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PREFACE TO NEW EDITION.

In introducing to the public a new edition of a work of such established worth as the "Household Management," the editors think it expedient to state briefly the reasons that have rendered a revision of the book desirable, and to explain, in a few words, the nature of the alterations and additions that have been made during the period of nearly thirty years which has elapsed since the publication of the first edition of "Mrs. Beeton's Household Management."

In the art of Cookery a great advance has necessarily taken place, and radical changes and new methods have been introduced. Cookery is now a study of the many, and not of the few; and to its aid have been brought all the contrivances that modern invention and ingenuity could devise, to render the work of the cook more satisfactory and less laborious. New ranges, new culinary apparatus for saving labour, and new dishes are invented almost daily. Still more remarkable is the advance made in the scientific department of cookery. The improved knowledge of the chemistry and economy of cookery enables us at the present day to prepare food upon sounder principles and rules. To meet this advance in science, to introduce the newest modes of serving meals, to embody the improvements effected in every branch of domestic economy, in fact, to give the public all that time and labour could bring together to make Mrs. Beeton's work as valuable to-day as it was when first published, this new edition has been compiled.

The world-wide renown of "Household Management" is not at all surprising, even to those who are but slightly acquainted with its merits; but the present editors, who have carefully examined it line by line, page by page, for the purpose of revision, cannot but express their unqualified admiration of the marvellous skill, care and labour bestowed on the work by Mrs. Beeton, and the thoroughness apparent in every detail. They can easily understand her statement in the preface to the first edition, that, had she known the labour it would have cost her, she would never have undertaken the work. Even the task of its complete revision has been one of far greater magnitude than the editors could possibly have foreseen.

It will not be surprising that a work so thoroughly planned and so admirably executed was found—with the exception of one or two repetitions—to contain nothing that could properly be omitted; the editors accordingly are pleased to state that none of the recipes have been taken away. *On the contrary, the book has been greatly enlarged. The size of the page has been increased, and 360 extra pages have been added; thus making the new book nearly half as large again as the former edition.* In fact, no pains have been spared to make this standard work replete with the latest and fullest information on all matters relating to the home.

Those interested in household economy will not fail to appreciate the tables of the relative value of various joints, fish and poultry. Each page of these tables represents many days of labour—labour not lost, however; for we are able to judge from the lists, not only the actual and relative value of each item, but also how to provide to the best advantage.

Country housewives, whose cooks, instead of the poulterers, have to prepare poultry and game for cooking, will see how practically "Trussing" has been treated. Here, finding how impossible it is to teach the art without ocular demonstration, a series of illustrations has been introduced, taken from nature, representing each stage of the operations necessary to bring the birds, &c., into proper order for spit or pan.

All travellers will be glad to find some of the nicest of the dishes found at good Continental tables brought home to them in the recipes that follow the observations on French, German and Italian cookery; while many will be interested in American and Colonial dishes. In the recipes for the latter will be found some foods not yet introduced here, as, for instance, the Australian wallaby and parrots, and the clams of American fame; but in this age of tinned meats it is not unlikely they may, within a short time, be brought to our English tables. Apropos of tinned meats, for which we most of us now and then find an absolute necessity, it will be seen that a great many recipes are given by which they can be used to the best advantage, and they will be often found to occur in the quickly-prepared dinners for every month in the year. Preceding these dinners, and also for every season, are the vegetarian meals, in which recipes are given for the dishes. With the now strong movement in favour of vegetarian diet, it is hoped that many will try how pleasantly some of these dishes will relieve the "eternal beef and mutton" of homely tables, and how well they are adapted to the appetites of children and delicate persons, whose requirements in this and other directions are well considered in this new edition, in our Chapters on Invalid Cookery, Sick Nursing, and Mothers', Nurses' and Governesses' Duties.

Space does not permit of our saying much about the *Menus* that form a very important section of the book. It will be seen that those for dinners are in every case written in both French and English, that they are varied in character, and that the average cost is in every case reckoned, so that they are a real and valuable help to dinner givers; while for those who prefer the old-fashioned plan of having all the dishes placed upon the table, one dinner is set out in courses for each month in the year, showing how the dishes can best be arranged to leave room for table decorations.

The important subject of table decorations is treated of in a chapter, giving the newest and prettiest plans for different seasons, and where some of the vases and flower-stands now used are illustrated. The many fresh illustrations and new coloured plates will, it is hoped, speak for themselves; no expense or trouble having been spared in getting them as perfect as possible—making them accurate representations of the original objects—so that they may serve as useful guides as well as embellish the book.

"The Doctor" has been entirely re-written by an eminent medical authority; the Diseases of Infancy and Childhood are specially treated of. The chapter on "Legal Memoranda" has been revised to the latest date.

The following short summary of revisions and additions will give a slight idea of the magnitude of the work that has been done:—

The Housekeeper's Guide, for Choosing and Buying all Household Requisites, and showing the proper Seasons of the various Fresh Provisions.

New Modes of Cooking, New Ranges, New Gas Stoves and other Cookery Appliances.

New Tables giving the Relative Value of Fish, Meat, Poultry, and Game, showing Waste in Cooking and Loss in Bone and Skin.

Tinned Meats: How Best to Prepare Them.

Cookery as a Science and Fine Art; Reasons for Cooking; Diet, and Economy of Food.

Trussing, Illustrated by Sketches from Nature, showing each stage of preparation for cooking.

Vegetarianism, with Recipes for Vegetable Soups, Savouries and Sweets.

Small Savouries, suitable for fashionable Menus.

Home-Made Confectionery and Ornamental Pastry

New Recipes for Invalid Cookery.

Cookery and Housekeeping; American, Colonial and Continental; with Original Recipes for the principal Dishes for each country.

Useful Hints upon Breakfasts, Luncheons, Dinners, Teas and Suppers.

Table Decorations:—Newest and Prettiest Plans for each Season of the Year.

Menu Cards of all kinds, with instructions for making them at home.

Menus for Breakfasts: Guests,' Wedding and Home, for each season.

Menus for Luncheons: Public Luncheons, Picnics, &c. &c.

Menus for Family Dinners and Dinner Parties, from 6 to 18 persons, for each month in the year, in French and English, with the cost of each carefully reckoned.

Menus for Dinners that can be Quickly Prepared, two for each month.

Menus for Teas: Wedding, At Home, High Teas and Family Teas, &c.

Menus for Suppers: Family Suppers, Ball and Public Suppers.

Menus for Vegetarian Cookery for every month in the year.

New and Valuable Recipes for every kind of Cookery, with names of each dish in French and English.

New Recipes for all kinds of Household Work.

Nursing and the Sick-Room, with Recipes or Invalids.

The Doctor, specially treating of the Diseases of Infancy and Childhood.

The Homœopathist, Homœopathic Medicines, and their uses.

Legal Memoranda, revised to date.

New Coloured Plates, and full-page and other engravings.

It only remains to be said, that all the recipes have been most carefully tested, and the whole work has been thoroughly revised. The prices, where necessary, have been altered to those of the present day. Thus, in offering this enlarged and improved edition of "Mrs. Beeton's Household Management" to the public, the Editors can honestly say that every effort has been made to render the work a complete and reliable guide on all matters connected with the household, and more worthy than ever of the reputation it has already so long enjoyed:—that of being "THE BEST COOKERY BOOK IN THE WORLD."

November, 1888.

PREFACE TO THE FIRST EDITION.

I MUST frankly own that, if I had known beforehand that this book would have cost me the labour which it has, I should never have been courageous enough to commence it. What moved me, in the first instance, to attempt a work like this, was the discomfort and suffering which I had seen brought upon men and women by household mis-management. have always thought that there is no more fruitful source of family discontent than a housewife's badly-cooked dinners and untidy ways. Men are now so well served out of doors—at their clubs, well-ordered taverns and dining-houses—that, in order to compete with the attractions of these places, a mistress must be thoroughly acquainted with the theory and practice of cookery, as well as be perfectly conversant with all the other arts of making and keeping a comfortable home.

In this book I have attempted to give, under the chapters devoted to cookery, an intelligible arrangement to every recipe, a list of the *ingredients*, a plain statement of the *mode* of preparing each dish, and a careful estimate of its *cost*, the *number of people* for whom it is *sufficient*, and the time when it is *seasonable*. For the matter of the recipes, I am indebted, in some measure, to many correspondents of the "Englishwoman's Domestic Magazine," who have obligingly placed at my disposal their formulæ for many original preparations. A large private circle has also rendered me considerable service. A diligent study of the works of the best modern writers on cookery was also necessary to the faithful fulfilment of my task. Friends in England, Scotland, Ireland, France and Germany, have also very materially aided me. I have paid great attention to those recipes which come under the head of "COLD MEAT COOKERY." But in the department belonging to the Cook I have striven, too, to make my work something more than a Cookery-Book, and have, therefore, on the best authority that I could obtain, given an account of the natural history of the animals and vegetables which we use as food. I have followed the animals from their birth to their appearance on the table; have described the manner of feeding them, and of slaying them, the position of the various joints; and after giving the recipes, have described the modes of carving Meat, Poultry and Game. Skilful artists

have designed the numerous drawings which appear in this work, and which illustrate, better than any description, many important and interesting items. The coloured plates are a novelty not without value.

Besides the great portion of the book which has especial reference to the cook's department, there are chapters devoted to those of the other servants of the household, who have all, I trust, their duties clearly assigned to them.

Towards the end of the work will be found valuable chapters on the "Management of Children," "The Doctor," the latter principally referring to Accidents and Emergencies, some of which are certain to occur in the experience of every one of us; and the last chapter contains "Legal Memoranda," which will be serviceable in cases of doubt as to the proper course to be adopted in the relations between Landlord and Tenant, Tax-gatherer and Tax-payer, and Tradesman and Customer.

These chapters have been contributed by gentlemen fully entitled to confidence; those on medical subjects by an experienced surgeon, and the legal matter by a solicitor.

I wish here to acknowledge the kind letters and congratulations I have received during the progress of this work, and have only further to add, that I trust the result of the four years' incessant labour which I have expended will not be altogether unacceptable to some of my countrymen and countrywomen.

248, *Strand*, 1861. ISABELLA BEETON.

S. O. BEETON'S NOTE TO THE NEW EDITION of 1869.

In this New Edition, I have striven, with feminine aid of the most valuable kind, to make a few improvements upon the original model of this work, and I have infused some new and modern information which, seven years ago, did not exist. The arrangement of the first edition was so well conceived that it admitted of scarcely any reform; and my late wife's writing was so clear, and her directions were so practical, that only the slightest alterations and corrections were needed, except such as Time had rendered necessary.

S. O. BEETON.

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LIST OF COLOURED PLATES.

PLATE 1.—DINNER TABLE WITH FLORAL DECORATIONS, completely Laid for Twelve Persons ... ... *Frontispiece.*

To face Page

PLATE 2.—SUPPER TABLE, DECORATED, and completely Laid for Sixteen Persons 1

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THE BOOK
OF
HOUSEHOLD MANAGEMENT.

CHAPTER I.
THE MISTRESS.

1. "Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness. She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her."—PROVERBS, xxxi. 25–28.

As with the Commander of an Army, or the leader of an enterprise, so is it with the mistress of a house. Her spirit will be seen through the whole establishment; and just in proportion as she performs her duties intelligently and thoroughly, so will her domestics follow in her path. Of all those acquirements, which more particularly belong to the feminine character, there are none which take a higher rank, in our estimation, than such as enter into a knowledge of household duties; for on these are perpetually dependent the happiness, comfort, and well-being of a family. In this opinion we are borne out by the author of "The Vicar of Wakefield," who says:—"The modest virgin, the prudent wife, and the careful matron are much more serviceable in life than petticoated philosophers, blustering heroines, or virago queans. She who makes her husband and her children happy, who reclaims the one from vice and trains up the other to virtue, is a much greater character than ladies described in romances, whose whole occupation is to murder mankind with shafts from their quiver, or their eyes."

2. ***The Housewife.***—To be a good housewife does not necessarily imply an abandonment of proper pleasures or amusing recreation; and we think it the more necessary to express this, as the performance of the duties of a mistress may, to some minds, perhaps seem to be incompatible with the enjoyment of life. Let us, however, proceed to describe some of those home qualities and virtues which are necessary to the proper management of a household, and then point out the plan which may be the most profitably pursued for the daily regulation of its affairs.

3. ***Early Rising is one of the most Essential Qualities*** which enter into good Household Management, as it is not only the parent of health, but of innumerable other advantages. Indeed, when a mistress is an early riser, it is almost certain that her house will be orderly and well-managed. On the contrary, if she remain in bed till a late hour, then the domestics, who, as we have observed, invariably partake somewhat of their mistress's character, will surely become sluggards. To self-indulgence all are more or less disposed, and it is not to be expected that servants are freer from this fault than the heads of houses. The great Lord Chatham thus gave his advice in reference to this subject:—"I would have inscribed on the curtains of your bed, and the walls of your chamber, 'If you do not rise early, you can make progress in nothing.'" Cleanliness is quite indispensable to Health, and must be studied both in regard to the person and the house, and all that it contains. Cold or tepid baths should be employed every morning. The bathing of *Children* will be treated of under the heads of "THE NURSE" and "THE DOCTOR." Many diseases would be less common than they are if the pores of the skin were left open. Bathing is, if possible, more necessary in sickness than in health.

4. ***Frugality and Economy are Home Virtues,*** without which no household can prosper. Dr. Johnson says:—"Frugality may be termed the daughter of Prudence, the sister of Temperance, and the parent of Liberty. He that is extravagant will quickly become poor, and poverty will enforce dependence and invite corruption." The necessity of practising economy should be evident to everyone, whether in the possession of an income no more than sufficient for a family's requirements, or of a large fortune which puts financial adversity out of the question. We must always remember that to manage a little well is a great merit in housekeeping. "He is a good waggoner," says Bishop Hall, "that can turn in a little room. To live well in abundance is the praise of the estate, not of the person. I will study more how to give a good account of my little than how to make it more." In this there is true wisdom, and it may be added that those who can manage a little well are most likely to succeed in their management of larger matters. Economy and frugality must never, however, be allowed to degenerate into parsimony and meanness.

5. ***The Choice of Acquaintances*** is very important to the happiness of a mistress and her family. A gossiping acquaintance, who indulges in scandal and the ridicule of her neighbours, should be avoided as a pestilence. It is likewise all-necessary to beware, as Thomson sings—

> "The whisper'd tale,
> That, like the fabling Nile, no fountain knows;—
> Fair-faced Deceit, whose wily, conscious eye
> Ne'er looks direct; the tongue that licks the dust
> But, when it safely dares, as prompt to sting."

If the duties of a family do not sufficiently occupy the time of a mistress, it is well for her to go into society and receive visitors. One is apt to become narrow-minded by living too much in the home circle; also, as in many cases the mistress will have to take her daughters into society, it is well not to get out of the way of meeting fresh people. With children it is better also that they should meet other young people when opportunity admits of their doing so.

6. ***Friendships should not be hastily formed,*** or the heart given, at once, to every new-comer. There are ladies who uniformly smile on, and ap-

prove everything and everybody, and who possess neither the courage to reprehend vice nor the generous warmth to defend virtue. The friendship of such persons is without attachment, and their love without affection or even preference. They imagine that everyone who has any penetration is ill-natured, and look coldly on a discriminating judgment. It should be remembered, however, that this discernment does not always proceed from an uncharitable temper; but that those who possess a long experience and thorough knowledge of the world scrutinise the conduct and dispositions of people before they trust themselves to the first fair appearances. Addison, who was not deficient in a knowledge of mankind, observes that—"A friendship, which makes the least noise, is very often the most useful; for which reason, I should prefer a prudent friend to a zealous one." And Joanna Baillie tells us that—

> "Friendship is no plant of hasty growth;
> Though planted in esteem's deep-fixed soil,
> The gradual culture of kind intercourse
> Must bring it to perfection."

7. ***Hospitality is a most Excellent Virtue;*** but care must be taken that the love of company, for its own sake, does not become a prevailing passion; for then the habit is no longer hospitality, but dissipation. Reality and truthfulness in this, as in all other duties of life, are the points to be studied; for, as Washington Irving well says—"There is an emanation from the heart in genuine hospitality which cannot be described, but is immediately felt, and puts the stranger at once at his ease." With respect to the continuance of acquaintanceships, however, it may be found necessary, in some cases, for a mistress to relinquish, on assuming the responsibility of a household, many of those commenced in the earlier part of her life. This will be the more requisite if the number still retained be quite equal to her means and opportunities.

8 ***In Conversation. Trifling Occurrences,*** such as small disappointments, petty annoyances, and other everyday incidents, should never be mentioned to friends. A bad habit that very many people get into is to tattle of their servants and children incessantly, not realising that to many of their listeners they are most wearisome subjects, while to most they are very uninteresting ones. The extreme injudiciousness of repeating these will be at once apparent when we reflect on the unsatisfactory discussions they too frequently occasion, and on the load of advice which may, thereupon, be tendered, and which is, too often, of a kind neither useful nor agreeable. Greater events, whether of joy or sorrow, should be communicated to friends; and, on such occasions, their sympathy gratifies and comforts. If the mistress be a wife never let a word, in connection with her husband's failings, pass her lips; and in cultivating the power of conversation, she should keep the versified counsel of Cowper continually in her memory,—that it

> "Should flow like water after summer showers,
> Not as if raised by mere mechanic powers."

The secret of our conversation being entertaining or the reverse consists mainly on our powers of suiting it to that of those with whom we are speaking. To some it is necessary to say very little at all, for they much prefer to talk themselves, and it is then the duty of the hostess to listen as sympathisingly or as interestedly as she can. Other people are shy, and then a good deal of tact is required to find out what would be pleasant subjects for them, for there are sure to be some upon which they can speak, and it is well for the mistress of a household to learn as much as she can of the leading topics of the day.

9. ***Good Temper should be cultivated*** by every mistress, as upon it the welfare of the household may be said to turn; indeed, its influence can hardly be over-estimated, as it has the effect of moulding the characters of those around her, and of acting most beneficially on the happiness of the domestic circle. Every head of a household should strive to be cheerful, and should never fail to show a deep interest in all that appertains to the well-being of those who claim the protection of her roof. Gentleness, not partial and temporary, but universal and regular, should pervade her conduct; for where such a spirit is habitually manifested, it not only delights her children, but makes her domestics attentive and respectful; her visitors are also pleased by it, and their happiness is increased.

10. ***On the Important Subject of Dress and Fashion*** we cannot do better than quote an opinion. "Let people write, talk, lecture, satirise, as they may, it cannot be denied that, whatever is the prevailing mode in attire, let it intrinsically be ever so absurd, it will never *look* as ridiculous as another, or as any other, which, however convenient, comfortable, or even becoming, is totally opposite in style to that generally worn." The dress of the mistress should be always adapted to her circumstances, and be varied with different occasions. Thus, at breakfast she should be attired in a very neat and simple manner, wearing no ornaments. If this dress should decidedly pertain only to the breakfast-hour, and be specially suited for such domestic occupations as usually follow that meal, then it would be well to change it before the time for the arrival of visitors, if the mistress be in the habit of "receiving." It is still to be remembered, however, that, in changing the dress, jewellery and ornaments are not to be worn until the full dress for dinner is assumed. It is the duty, as well as the privilege of every mistress to dress as well and as tastefully as her means will allow, without spending too much time upon the subject. Further information and hints on the subject of the toilet will appear under the department of the "LADY'S-MAID." In purchasing wearing apparel for her own wear, a mistress of a household has to consider, after the important fact of the length of her purse, that the garments should be those befitting a matron, that they should be suited to her requirements for home wear, outdoor attire, or entertainment, and for these three cases one should be in keeping with the other. The quaint Fuller observes that "The good wife is none of your dainty dames, who love to appear in a variety of suits every day new, as if a gown, like a stratagem in war, were to be used but once. But our good wife sets up a sail according to the keel of her husband's estate; and, if of high parentage, she doth not so remember what she was by birth, that she forgets what she is by match."

The advice of *Polonius* to his son *Laertes*, in Shakespeare's tragedy of "Hamlet," is most excellent; and although given to one of the male sex, will equally apply to a "fayre ladye:"—

> "Costly thy habit as thy purse can buy,
> But not express'd in fancy; rich, not gaudy;
> For the apparel oft proclaims the man."

11. ***Charity and Benevolence are duties*** which a mistress owes to herself as well as to her fellow creatures; and there is no income so small but something may be spared from it, even if it be but "the widow's mite." It is to be always remembered, however, that it is the *spirit* of charity which imparts to the gift a value beyond its actual amount, and is by far its better part.

> True Charity, a plant divinely nursed,
> Fed by the love from which it rose at first,

Thrives against hope, and, in the rudest scene,
Storms but enliven its unfading green,
Exub'rant is the shadow it supplies,
Its fruit on earth, its growth above the skies.

Visiting the houses of the poor is the only practical way really to understand the actual state of each family; and fortunately at the present time it is customary—we had almost said fashionable—for the well-to-do to spend some of their superfluous time in visiting their poorer neighbours, in the Metropolis and other large cities as well as in country towns and rural districts. Great advantages may result from visits paid to the poor; for there is, unfortunately, much ignorance amongst them with respect to all household knowledge, and there will be opportunities for advising and instructing them, in a pleasant and unobtrusive manner, in cleanliness, industry, cookery, good management, and the rules of health, nor will the visitors fail to learn much that will greatly benefit them, though in a different way.

12. ***That the Best Articles are the Cheapest*** may be laid down as a rule; and it is desirable, unless an experienced and confidential housekeeper be kept, that the mistress should herself purchase all provisions and stores needed for the house. If the mistress be a young wife, and not accustomed to order things for the house, a little practice and experience will soon teach her who are the best tradespeople to deal with, and what are the best provisions to buy. Under each particular head of FISH, MEAT, POULTRY, GAME, &c., will be described the proper means of ascertaining the quality of these comestibles.

13. ***Accounts in Housekeeping*** should invariably be kept, and kept punctually and precisely. The plan for keeping household accounts which we should recommend would be to enter, that is, write down, in a daily diary every amount paid on each particular day, be it ever so small; then, at the end of a week or month, let these various payments be ranged under their specific heads of Butcher, Baker, &c.; and thus will be seen the proportions paid to each tradesman, and any week's or month's expenses may be contrasted with another. The housekeeping accounts should be balanced not less than once a month—once a week is better; and it should be seen that the money in hand tallies with the account. Judge Haliburton never wrote truer words than when he said—"No man is rich whose expenditure exceeds his means, and no one is poor whose incomings exceed his outgoings." Once a month it is advisable that the mistress overlook her store of glass and china, marking any breakages on the inventory of these articles.

When, in a large establishment, a housekeeper is kept, it will be advisable for the mistress to examine her accounts regularly. Then, any increase of expenditure which may be apparent can easily be explained, and the housekeeper will have the satisfaction of knowing whether her efforts to manage her department well and economically have been successful.

14. ***Engaging Domestics*** is one of those duties in which the judgment of the mistress must be keenly exercised. One of the commonest modes of procuring servants is to answer advertisements inserted in the newspapers by those who want places; or to insert an advertisement, setting forth the kind of servant that is required. In these advertisements it is well to state whether the house is in town or country, and indicate pretty closely the amount of wages that the mistress proposes to give. There are some respectable registry-offices, where good servants may sometimes be hired. Another plan, and one to be recommended under certain conditions, is for the mistress to make inquiry amongst her circle of friends and acquaintances, and her tradespeople. Shopkeepers generally know those in their neighbourhood who are wanting situations, and will communicate with them, when a personal interview with some of them will enable the mistress to form some idea of the characters of the applicants, and to suit herself accordingly.

We would here point out an error—and a grave one it is—into which some mistresses fall. They do not, when engaging a servant, expressly tell her all the duties which she will be expected to perform. This is an act of omission severely to be reprehended. Every portion of work which the maid will have to do should be plainly stated by the mistress, and understood by the servant. If this plan is not carefully adhered to, an unseemly contention is almost certain to ensue, and this may not be easily settled; so that a change of servants, which is so much to be deprecated, is continually occurring.

15. ***Servant's Character.***—It is not prudent to be guided by a written one from some unknown quarter; but it is better to have an interview, if at all possible, with the former mistress. By this means you will be assisted in your decision as to the suitableness of the servant for your place by the appearance of the lady and the state of her house. Negligence and want of cleanliness in her and her household generally will naturally lead you to the conclusion that her servant has suffered from the influence of the bad example.

The proper course to pursue in order to obtain a personal interview with the lady is this:—The servant in search of the situation should be desired to see or write to her former mistress, and ask her to be kind enough to appoint a time, convenient to herself, when you may call on her; this proper observance of courtesy being necessary to prevent any unseasonable intrusion on the part of a stranger. Your first questions should be relative to the honesty and general morality of her former servant; and if no objection is stated in that respect, her other qualifications are then to be ascertained. Inquiries should be very minute, so that you may avoid disappointment and trouble, by knowing the weak points of your domestic. Your questions also should be brief, as well as to the point.

In giving a Character, it is scarcely necessary to say that the mistress should be guided by a sense of strict justice. It is not fair for one lady to recommend to another a servant she would not keep herself. The benefit, too, to the servant herself is of small advantage, for the failings which she possesses will increase if suffered to be indulged with impunity. It is hardly necessary to remark, on the other hand, that no angry feelings on the part of a mistress towards her late servant should ever be allowed, in the slightest degree, to influence her so far as to induce her to disparage her maid's character.

16. ***The Treatment of Servants*** is of the highest possible moment, as well to the mistress as to the domestics themselves. On the head of the house the latter will naturally fix their attention; and if they perceive that the mistress's conduct is regulated by high and correct principles, they will not fail to respect her. If, also, a benevolent desire is shown to promote their comfort, at the same time that a steady performance of their duty is exacted, then their respect will not be unmingled with affection, and well-principled servants will be still more solicitous to continue to deserve her favour.

17. ***Wages of Servants.***—The following Table of the average yearly wages paid to domestics, with the various members of the household placed according to their rank, will serve to regulate the expenditure of an establishment:—

The prices given will, of course, vary according to experience and locality, extent of duties, supply and demand. No Table could possibly be given which would not be subject to alteration under special circumstances, but taken as a general average these prices will be correct, and as reliable a guide as could possibly be given.

MEN SERVANTS.	When not found in Livery.	When found in Livery.
House Steward	From £60 to £100	.....
Butler	„ £60 to £80	.....
Groom of the Chambers	„ £45 to £55	.....
Valet	„ £35 to £50	.....
Cook	„ £100 and upwards	.....
Head Gardener (not in the house)	„ £70 to £120	.....
Under Gardener	„ £40 to £45	.....

MEN SERVANTS.	Without Livery.	With Livery.
Butler	From £60 to £100	.....
Under Butler	,, £25 to £40	.....
Footman	.....	From £25 to £40
Under Footman	.....	,, £ 0 to £30
Coachman	,, £40 to £70	,, £30 to £60
Coachman (not in the house)	,, £70 to £90	,, £60 to £80
Groom	.....	,, £25 to £35
Under Groom	,, £18 to £25	,, £15 to £20
Page	.....	,, £12 to £18
Stableboy	,, £6 to £12	.....
Servants' Hall Boy	,, £6 to £12	.....
Steward's Boy	,, £8 to £15	.....
Head Gardener	,, £80 to £100	.....
Under Gardener	,, £40 to £70	.....
Head Gamekeeper	,, £100 to £150	.....
Under Gamekeeper	,, £50 to £70	.....

WOMEN SERVANTS.	Without Tea, Sugar, and Beer, or allowance for the same.	With Tea, Sugar, and Beer, or allowance for the same.
House-keeper	From £40 to £80	From £30 to £75
Lady's-maid	,, £25 to £30	,, £20 to £25
Head Nurse	,, £25 to £30	,, £20 to £25
Professed Cook	,, £40 to £60	.....
Cook	,, £25 to £40	,, £20 to £30
Upper Housemaid	,, £22 to £28	,, £18 to £25
Upper Laundry-maid	,, £25 to £30	,, £20 to £30
General Servant	.....	,, £12 to £18
Under Housemaid	,, £10 to £14	,, £8 to £12
Still-room Maid	,, £18 to £20	,, £12 to £16
Nursemaid	.....	,, £6 to £12
Under Laundry-maid	,, £12 to £18	,, £10 to £15
Kitchen-maid	,, £10 to £18	,, £8 to £15
Scullery-maid	,, £8 to £14	.....

These quotations of wages are those usually given in or near the Metropolis; but, of course, there are many circumstances connected with locality, and also having reference to the long service on the one hand, or the inexperience on the other, of domestics, which may render the wages still higher or lower than those named above. All the domestics mentioned in the above table would enter into the establishment of a wealthy nobleman. The number of servants, of course, would become smaller in proportion to the lesser size of the establishment. The following is a scale of servants suited to various incomes, commencing with—

About £1,000 a year—Cook, upper and under housemaid, man-servant.
About £750 a year—Cook, housemaid, and parlour maid.
About £500 a year—Cook, housemaid, and foot-boy.
About £300 a year—General servant, and boy for knives, etc.
About £200 or £150 a year—General servant, or girl for rough work.

If there be any children, where the income will allow of it, nurses will be required in addition to the servants named. In the case of very moderate incomes a nurse sometimes combines the duties of housemaid if there are not many children, while in other cases it is necessary to keep a nurse instead of a housemaid, and let the plain cook be a general servant.

18. ***Daily Duties.***—Having thus indicated some of the more general duties of the mistress, relative to the moral government of her household, we will now give a few specific instructions on matters having a more practical relation to the position which she is supposed to occupy in the eye of the world. To do this the more clearly, we will begin with her earliest duties, and take her completely through the occupations of the day.

19. ***Before Breakfast.***—Having risen early, as we have already advised (*see* 3), and made a careful toilet, it will be well at once to see that the children, if there are any, have received proper care, and are in every way clean, comfortable, and being well attended to. **The first meal of the day, breakfast, will then**

be served, at which all the family should be punctually present, unless illness, or other circumstances, prevent. After breakfast is over, it will be well for the mistress to make a round of the kitchen and other offices, to see that all are in order, and that the morning's work has been properly performed by the various domestics. The orders for the day should then be given; and any questions which the domestics desire to ask, respecting their several departments, should be answered, and any special articles they may require handed to them from the store-closet.

In those establishments where there is a housekeeper, it will not be necessary for the mistress, personally, to perform the above-named duties. If a mistress observe slack or slovenly manners in her servant, she should call the attention of the servant to the unsatisfactory performance of her duties. Notice should be taken of the very first appearance of inattention or omission, so that the servant may know that her mistress's eye is quick to detect the least disorder, and be aware that the least falling off in properly doing her work will not be permitted. A small fault unnoticed will quickly grow, and what might have been easily remedied in the outset will become difficult to eradicate, if permitted to increase and strengthen.

20. ***After this General Superintendence*** of her servants, the mistress will probably have a certain number of letters to write, possibly some marketing or shopping to do, besides numberless small duties which are better done early in the day, such as arranging the flowers for drawing-room and dinner-table, &c.; while if she be the mother of a young family there may be some instruction to give them, or some of their wardrobes to inspect, and needlework to be done; should there be any time left it would be well to devote it to reading, or to some amusing recreation. "Recreation," says Bishop Hall, "is intended to the mind as whetting is to the scythe, to sharpen the edge of it, which would otherwise grow dull and blunt. He, therefore, that spends his whole time in recreation is ever whetting, never mowing; his grass may grow and his steed starve; as, contrarily, he that always toils, and never recreates, is ever mowing, never whetting, labouring much to little purpose. As good no scythe as no edge. Then only doth the work go forward when the scythe is so seasonably and moderately whetted that it may cut, and so cut, that it may have the help of sharpening."

Where the mistress makes her own and her children's clothes, it is necessary for her to possess a sewing machine—necessary because time is money. With the help of this useful invention, a lady can, with perfect comfort, make and mend every article used by herself and children, and do a great deal towards repairing and making her husband's clothes, and this without labour to herself, and at no expense beyond the first outlay. She can do all this without neglecting the duty she owes to herself of serious reading and recreation.

In many homes are to be found two sewing machines, one treadle and one hand, and undoubtedly it is far more convenient to possess them for the reason that while a large and heavy machine should have its place in a work-room, or one in which large pieces of work, plain sewing or dressmaking, can be allowed, a little hand one can be carried from room to room and used for small articles in either dining or usual sitting-rooms.

A very useful addition to an ordinary sewing machine is a flap-board, which, when required, can be set up and used for dresses or large articles, such as quilts and sheets. For skirts it is invaluable, as it can be passed through them, and spares all the tumbling and crushing that it is otherwise almost impossible to avoid.

A treadle machine works more quickly than a hand machine, but it is as well to remember that a treadle cannot be worked many hours daily without possible injury to the worker; while a hand machine is as harmless, or more so, than sewing with needle and cotton. A lock-stitch machine is preferable to a chain-stitch for general family use.

The assistance of so helpful an instrument is invaluable in every home, especially to a mother of daughters. The education in the arts of cutting out and fitting,

alteration and re-making, which always results when sewing is done with so great facility and pleasure—this education alone often makes all the difference between a costly and an economical wardrobe.

Not only is it a good thing to give this training to young girls, but it also behoves their mothers to instruct them as they get old enough in the arts of housekeeping and cookery, of which it is so essential that they should have a practical knowledge.

21. ***Luncheon.***—The duties we have spoken of having been performed, the hour of luncheon will have arrived. This is a very necessary meal between an early breakfast and a late dinner, as a healthy person, with good exercise, should have a fresh supply of food once in four hours. It should be a light meal; but its solidity must, of course, be in some degree proportionate to the time it is intended to enable you to wait for your dinner, and the amount of exercise you take in the meantime. At this time, also, the servants' dinner will be served.

In those establishments where an early dinner is served, that will, of course, take the place of the luncheon. In many houses, where a nursery dinner is provided for the children about one o'clock, the mistress and the elder portion of the family usually make their luncheon at the same time from the same joint, or whatever may be provided. A mistress will arrange, according to circumstances, the serving of the meal; but the more usual plan is for the lady of the house to have the joint brought to her table, and afterwards carried to the nursery. But, if circumstances are not strongly against the arrangement, the children of the house may take their dinner with the mistress. It is highly conducive to the good health and proper behaviour of children to have their principal meal in the company of their mother and other members of the family, as soon as they are able to feed themselves. Many little vulgar habits and faults of speech and manner are avoided by this companionship. The mother will also judge of their health by their appetite, and see that their food is properly cooked and served, and suited to them. Children, too, who are accustomed to the society of ladies at their meals will show no awkwardness or shyness at the entrance of a stranger, or when they are staying from home. The nurse, likewise, by this plan is released, for a short period, from the care of her little charges, and, while she enjoys her dinner with her fellow-servants, the "waiting on the nurse," a great objection with many housemaids, is avoided.

22. ***Visiting.***—After luncheon, morning calls and visits may be made and received. These may be divided under three heads: those of ceremony, friendship, and congratulation or condolence. Visits of ceremony or courtesy, which occasionally merge into those of friendship, are to be paid under various circumstances. Thus, they are uniformly required after dining at a friend's house, or after a ball, picnic, or any other party. These visits should be short, a stay of from fifteen to twenty minutes being quite sufficient.

When other visitors are announced, it is well to retire as soon as possible, taking care to let it appear that their arrival is not the cause. When they are quietly seated, and the bustle of their entrance is over, rise from your chair, taking a kind leave of the hostess, and bowing politely to the guests. Should you call at an inconvenient time, not having ascertained the luncheon hour, or from any other inadvertence, retire as soon as possible, without, however, showing that you feel yourself an intruder. It is not difficult for any well-bred or even good-tempered person to know what to say on such an occasion, and, on politely withdrawing, a promise can be made to call again, if the lady you have called on appear really disappointed.

23. ***Visits of Friendship*** need not be so ceremonious as those of ceremony. It is, however, requisite to call at suitable times, and to avoid staying too long if your friend is engaged. The courtesies of society should ever be maintained, even in the domestic circle and amongst the nearest friends. During these visits the manners should be easy and cheerful, and the subjects of conversation such as may be readily terminated. Serious discussions or arguments are to be altogether avoided, and there is much danger and impropriety in expressing opinions of those persons and characters with whom, perhaps, there is but a slight acquaintance. (*See* 6, 7, and 9.)

It is not advisable at any time to take favourite dogs into another lady's drawing-room, for many persons have an absolute dislike to such animals; and besides this, there is always a chance of a breakage of some article occurring, through their leaping and bounding here and there, sometimes very much to the fear and annoyance of the hostess. Her little children also

unless they are particularly well-trained and orderly, and she is on exceedingly friendly terms with the hostess, should not accompany a lady in making morning calls. Where a lady, however, pays her visits in a carriage, the children can be taken, remaining in it when the lady enters her friend's house.

With respect to morning calls, it has become very general with the mistress of a house to set aside one day in every week, fortnight, or month, as the case may be, on which she is at home to receive callers. Wherever this is known to be the case, the visitors should make it a rule to go on no other day. It is hardly necessary to add that any lady who has made such an arrangement must always be prepared for her guests on such days. If any circumstance obliges her to be from home on such a day, she must carefully inform all her acquaintances of the matter in good time, that they may be spared making a fruitless journey.

It is usual, when this is the case, and such cards have been issued as, for example, "Mrs. A—— At Home on Wednesdays from 4 to 7," that afternoon tea should be provided by the hostess, fresh supplies of it, with its accompanying thin bread-and-butter, cakes, &c., being forthcoming as fresh guests arrive.

24. ***Morning Calls*** demand good but neat attire; for a costume very different from that you generally wear, or anything approaching an evening dress will be very much out of place. As a general rule, it may be said, both in reference to this and all other occasions, it is better to be underdressed than overdressed.

A strict account should be kept of ceremonial visits, and notice be taken how soon your visits have been returned. An opinion may thus be formed as to whether your frequent visits are, or are not, desirable. There are, naturally, instances when the circumstances of old age or ill-health will preclude any return of a call; but when this is the case, it must not interrupt the discharge of the duty by those who have not such excuses to make.

25. ***Visits of Condolence*** should be paid within a week after the event which occasions them. If the acquaintance, however, is but slight, then immediately after the family has appeared in public. A lady should send in her card, and, if her friends be able to receive her, the visitor's manner and conversation should be subdued, and in harmony with the character of her visit. Visitors paying visits of condolence should be dressed either in black silk or plain-coloured apparel. Sympathy with the affliction of the family is thus expressed, and these attentions are, in such cases, pleasing and soothing.

In all visits, if your acquaintance or friend be not at home, a card should be left. If in a carriage, the servant will answer your inquiry and receive your card; if paying your visits on foot, give your card to the servant in the hall, but leave to go in and rest should on no account be asked. The form of words, "Not at home," may be understood in different senses; but the only courteous way is to receive them as being perfectly true. You may imagine that the lady of the house is really at home, and that she would make an exception in your favour, or you may think that your acquaintance is not desired; but, in either case, not the slightest word is to escape you which would suggest, on your part, such an impression.

26. ***Receiving Morning Calls.*** — The foregoing description of the etiquette to be observed in paying them will be of considerable service. It is to be added, however, that the occupations of drawing, music, or reading should be suspended on the entrance of morning visitors. If a lady, however, be engaged with light needlework—and none other is appropriate in the drawing-room—it may not be, under some circumstances, inconsistent with good breeding to quietly continue it during conversation, particularly if the visit be protracted.

Formerly the custom was to accompany all visitors quitting the house to the door of the house, and there take leave of them; but modern society, which has thrown off a great deal of this kind of ceremony, now merely requires that the lady of the house should rise from her seat, shake hands, or bow, according to the intimacy she has with her guests, and ring the bell to summon the servant to attend them and open the door. In making a first call, either upon a newly-married couple or persons newly arrived in the neighbourhood, a lady should leave her husband's card, together with her own, at the same time stating that the profession or business in which he is engaged has prevented him from having the pleasure of paying the visit with her. It is a custom with many ladies, when on the eve of an absence from their neighbourhood, to leave or send their own and husband's cards, with the letters P. P. C. in the right-hand corner. These letters are the initials of the French words *Pour prendre congé*, meaning "To take leave," or P. D. A., *Pour dire adieu*, "To say good-bye."

The fashion of visiting cards varies much. They are made extremely thin and highly glazed; but by some enamelled cards are preferred to plain. When calling to enquire at a house during

filness, it is usual to turn up the lower right-hand corner of the card, for this denotes that a personal enquiry has been made. Some cards have the words, *Visite, Félicitation, Affaires, Adieu,* printed upon the reverse side, on the corners, so that whichever corner is turned up one of these words appears, and explains the cause of the visit. Tennis invitations are issued on pretty cards, having the word "Tennis" in coloured letters, formed by the rackets and balls. For Soirées, "At Homes," and Conversaziones, invitation cards are still used; but for Dinners, Balls, and Wedding Breakfasts, the invitations are issued upon note-paper. Gilt edges are much used, and the monogram, or crest, or both, head the paper. It is a custom at many houses during the summer to give tennis luncheons or teas. The meal is very informal, and is usually *al fresco*. Iced tea, coffee, claret-cup, &c., are served, with sandwiches, pastry, cakes and other light viands. The buffet is set under shady trees, and a couple of footmen or maids are in attendance at it, the players themselves fetching what they may want. The following is a form for wedding invitations:—

Mr. and Mrs. A—— request the pleasure of Mr. and Mrs. B——'s company on Thursday, the 12th of June, to celebrate the marriage of Alice A—— with Frederick S. Ceremony at —— Church, at — o'clock. Déjeuner at—o'clock. An early answer will oblige.

The morning calls being paid or received, and their etiquette properly attended to, the next great event of the day in most establishments is "The Dinner;" and we only propose here to make a few general remarks on this important topic, as in future pages the whole "Art of Dining" will be thoroughly considered, with reference to its economy, comfort and enjoyment.

27. ***Invitation for Dinner.***—In giving these it is usual to give about three weeks' notice, and formal ones are sent on printed cards, such as the following—

HOWARD HOUSE,
KENSINGTON, W.

.....

request the pleasure of

.....

company at Dinner

on ..... the .....at ..... o'clock.

R. S. V. P., or an answer will oblige, is sometimes added, but with a dinner invitation it ought to be unnecessary.

In accepting an invitation the form of words used is—

..... *have much pleasure in accepting* ..... *kind invitation for* .....

while in declining one it is usual to say—

..... *regret they are unavoidably prevented* [*or that a previous engagement prevents them*] *from accepting* ..... *kind invitation for* .....

28. ***The Half-hour before Dinner*** has always been considered as the great ordeal through which the mistress, in giving a dinner-party, will either pass with flying colours, or lose many of her laurels. The anxiety to receive her guests, her hope that all will be present in due time, her trust in the skill of her cook, and the attention of the other domestics—all tend to make those few minutes a trying time. The mistress, however, must display no kind of agitation, but show her tact in suggesting light and cheerful subjects of conversation, which will be much aided by the introduction of any particularly new book, curiosity

of art, or article of vertu, which may pleasantly engage the attention of the company. Photograph albums, crest albums, new music, will aid to pass a few moments pleasantly. "Waiting for Dinner," however, is a trying time, and there are few who have not felt—

"How sad it is to sit and pine,
The long *half-hour* before we dine!
Upon our watches oft to look,
Then wonder at the clock and cook,

* * * * *

And strive to laugh in spite of Fate
But laughter forced soon quits the room,
And leaves it in its former gloom.
But lo! the dinner now appears—
The object of our hopes and fears,
The end of all our pain!"

In giving an entertainment of this kind, the mistress should remember that it is her duty to make her guests feel happy, comfortable, and quite at their ease; and the guests should also consider that they have come to the house of their hostess to be happy. Thus an opportunity is given to all for innocent enjoyment and intellectual improvement, when also acquaintances may be formed that may prove invaluable through life, and information gained that will enlarge the mind. Many celebrated men and women have been great talkers; and, amongst others, the genial Sir Walter Scott, who spoke freely to everyone, and a favourite remark of whom it was, that he never did so without learning something he didn't know.

29. ***Going to Dinner.***—Dinner having been announced, the host offers his arm to, and places on his right hand at the dinner-table, the lady to whom he desires to pay most respect, either on account of her age, position, or from her being the greatest stranger in the party. If this lady be married and her husband present, the latter takes the hostess—who always enters the dining-room last—to her place at table, and seats himself at her right hand. The rest of the company follow the host in couples, as specified by the master or mistress of the house, the whole party being arranged according to their rank and other circumstances which may be known to the host and hostess.

It will be found of great assistance to the placing of a party at the dinner-table, to have the names of the guests neatly (and correctly) written on small cards, and placed at that part of the table where it is desired they should sit. It is a matter of taste what cards should be used for this purpose; small plain ones are perfectly admissible, but those with gold, silver or coloured borders are more effective and show more distinctly, laid as they are upon either white table-cloths or serviettes. Some with floral ornamentation are sometimes used, but are, as a rule, rather out of harmony with the real flowers with which the dinner table is so invariably decorated. Sometimes the menu card is a double one, which folds like a ball programme, and upon the outside of this the guest's name is written. With respect to the number of guests, it has often been said, that a private dinner-party should consist of not less than the number of the Graces, or more than that of the Muses. A party of ten or twelve is, perhaps, in a general way, sufficient to enjoy themselves and be enjoyed. Gloves are worn by ladies at dinner-parties, but should be taken off before the business of dining commences.

30. ***The Dinner à la Russe,*** introduced into this country some years since, has been received with various degrees of satisfaction and encouragement Some mistresses have attempted it, and have relinquished the plan; others have considered it a success, and maintain the style. It is impossible to decide, absolutely, whether the old style or the new is the better, because many conditions govern the verdict. Further on in this work, in its proper place, are stated all the necessary details for serving a dinner *à la Russe;* but we may at this point say, that for a household which is not very well appointed, and has not ample space and resources of plates, dishes, and stores of knives and forks larger than

common, it is not a kind of entertainment likely to be attended by any great *éclat.*

Dessert.—When dinner is finished, the dessert is placed on the table, accompanied by finger-glasses. The hostess, whose behaviour will set the tone to all the ladies present, will merely wet the tips of her fingers, which will serve all the purposes required.

31. ***Leaving the Dinner Table.***—When fruit has been taken, and a glass or two of wine passed round, the time will have arrived when the hostess will rise, and thus give the signal for the ladies to leave the gentlemen, and retire to the drawing-room. The gentlemen of the party will rise at the same time, and he who is nearest the door will open it for the ladies, all remaining courteously standing until the last lady has withdrawn. Dr. Johnson has a curious paragraph on the effects of a dinner on men. "Before dinner," he says, "men meet with great inequality of understanding; and those who are conscious of their inferiority have the modesty not to talk. When they have drunk wine, every man feels himself happy, and loses that modesty, and grows impudent and vociferous; but he is not improved, he is only not sensible of his defects." This is rather severe, but there may be truth in it.

In former times, when the bottle circulated freely amongst the guests, it was necessary for the ladies to retire earlier than they do at present, for the gentlemen of the company soon became unfit to conduct themselves with that decorum which is essential in decent society. Thanks, however, to the improvements in modern society, and the high example shown to the nation by its most illustrious personages, temperance is, in these happy days, a necessary feature in the character of a gentleman, and thus, the very early withdrawal of the ladies from the dining-room is to be deprecated. A lull in the conversation will seasonably indicate the moment for the ladies' departure.

32. ***After-dinner Invitations may be given,*** by which we wish to be understood, invitations for the evening. The time of arrival of these visitors will vary according to their engagenents, or sometimes will be varied in obedience to the caprices of fashion. Guests invited for the evening are, however, generally considered at liberty to arrive whenever it will best suit themselves—usually between nine and twelve, unless earlier hours are specifically named. By this arrangement, many fashionable people and others who have numerous engagements to fulfil, can contrive to make their appearance at two or three parties in the course of one evening.

33. ***Ball or Evening Party Etiquette.***—The etiquette of the dinner-party table being disposed of, let us now enter slightly into that of an evening party or ball. The invitations for these are usually on "At Home" cards, filled in with the name and address of the sender and the date of the invitation, with the word "Dancing" or "Music," as the case may be, in one corner. They should be sent out about three weeks before the day fixed for the event, and should be replied to within a week of their receipt. By attending to these courtesies, the guests will have time to consider their engagements, and prepare their dresses, and the hostess will also know what will be the number of her party.

Short or verbal invitations, except where persons are exceedingly intimate, or are very near relations, are very far from proper, although, of course, in this respect and many other respects, very much always depends on the manner in which the invitation is given. True politeness, however, should be studied, even amongst the nearest friends and relations, for the mechanical forms of good breeding are of great consequence, and too much familiarity may have for its result the destruction of friendship.

34. ***Arrival of Guests.***—Visitors on arrival should be shown to a room exclusively provided for their reception; and in that set apart for the ladies,

attendants should be in waiting to assist in uncloaking, and helping to arrange the hair and toilet of those who require it. It will be found convenient, in those cases where the number of guests is large, to provide numbered tickets, so that they can be attached to the cloaks and shawls of each lady; a duplicate of which should be handed to the guest. Tea and coffee is provided in an ante-room, for those who would like to partake of it.

THE ARRIVAL OF GUESTS.—The lady of the house usually stands at the door of the drawing-room to receive her guests. If she wishes to show particular favour to some peculiarly honoured guests, she may introduce them to others, where she may imagine mutual acquaintance will be specially suitable and agreeable. It is very often the practice of the master of the house to introduce one gentleman to another, but occasionally the lady performs this office; when it will, of course, be polite for the persons thus introduced to take their seats together for the time being.

The custom of non-introduction is very much in vogue in many houses, and guests are thus left to discover for themselves the position and qualities of the people around them. The servant, indeed, calls out the names of all the visitors as they arrive, but, in many instances, mispronounces them; so that it will not be well to follow this information, as if it were an unerring guide. In our opinion, it is a cheerless and depressing custom; although, in thus speaking, we do not allude to the large assemblies of the aristocracy, but to the smaller parties of the middle classes.

35. ***Refreshments.***—A separate room or buffet should be appropriated for refreshments, and to which the dancers may retire. With greater wealth have also come greater profusion and costlier wines than formerly. A supper is also mostly provided at the private parties of the middle classes; and this requires, on the part of the hostess, a great deal of attention and supervision. It usually takes place between the first and second parts of the programme of the dances, of which there should be one given to each guest. Programmes of the dances are printed in various forms, and have pencils attached. The monogram of the hostess, or the name of the house, with the date of the party, generally heads these programmes.

In private parties, a lady is not to refuse the invitation of a gentleman to dance, unless she be previously engaged. The hostess must be supposed to have asked to her house only those persons whom she knows to be perfectly respectable and of unblemished character, as well as pretty equal in position; and thus, to decline the offer of any gentleman present would be a tacit reflection on the master and mistress of the house. It may be mentioned here, more especially for the young who will read this book, that introductions at balls or evening parties do not necessarily involve a subsequent acquaintanceship, no introduction, at these times, giving a gentleman a right to address, afterwards, a lady. She is consequently, free next morning to pass her partner at a ball of the previous evening without the slightest recognition.

36. ***Dancing.***—The ball is generally opened, that is, the first place in the first quadrille is occupied, by the lady of the house. When anything prevents this, the host will usually lead off the dance with the lady who is either the highest in rank or the greatest stranger. It will be well for the hostess, even if she be very partial to the amusement, and a graceful dancer, not to participate in it to any great extent, lest the ladies of the party should have occasion to complain of her monopoly of the gentlemen, and other causes of neglect. A few dances will suffice to show her interest in the entertainment, without unduly trenching on the attention due to her guests. In all its parts a ball should be perfect,—

> "The music, and the banquet, and the wine;
> The garlands, the rose-odours, and the flowers."

The hostess or host, during the progress of a ball, will courteously accost and chat with their friends, and take care that the ladies are furnished with seats, and that those who wish to dance

are provided with partners. A gentle hint from the hostess, conveyed in a quiet, ladylike manner, that certain ladies have remained unengaged during several dances, is sure not to be neglected by any gentleman. Thus will be studied the comfort and enjoyment of the guests, and no lady, in leaving the house, will be able to feel the chagrin and disappointment of not having been invited to dance during the whole of the evening. Beside her other cares, the mistress has frequently the added duties of a chaperone either of her own or some friend's daughters. Without making any vexatious regulations, or preventing the legitimate enjoyments of her charges, she must be able to ensure their doing nothing that is either *outré* or improper. At a ball she will take especial care that her charges always know where to find her, though no reasonable chaperone will expect a girl to be always with her.

37. ***Departure.***—When any of the carriages of the guests are announced, or the time for their departure arrives, they should make a slight intimation to the hostess, without, however, exciting any observation that they are about to depart. If this cannot be done, however, without creating too much bustle, it will be better for the visitors to retire quietly, without taking their leave. During the course of the week, the hostess will expect to receive from every guest a call, where it is possible, or cards expressing the gratification experienced from her entertainment. This attention is due to every lady for the pains and trouble she has been at, and tends to promote social, kindly feelings.

Having thus discoursed of parties of pleasure, it will be an interesting change to return to the more domestic business of the house, although all the details we have been giving of dinner-parties, balls, and the like appertain to the department of the mistress. Without a knowledge of the etiquette to be observed on these occasions, a mistress would be unable to enjoy and appreciate those friendly pleasant meetings which give, as it were, a fillip to life, and make the quiet, happy home of an English gentlewoman appear the more delightful and enjoyable. In their proper places, all that is necessary to be known respecting the dishes and appearance of the breakfast, dinner, tea, and supper tables will be set forth in this work.

38. ***A Family Dinner at Home,*** compared with either giving or going to a dinner-party is, of course, of much more frequent appearance, and many will say, of much greater importance. Both, however, have to be considered with a view to their nicety and enjoyment; and the latter more particularly with reference to economy. These points will be especially noted in the following pages on "Household Cookery." Here we will only say, that for both mistress and servants, as well in small as large households, it will be found by far the better plan to cook and serve the dinner, and to lay the tablecloth and the sideboard, with the same cleanliness, neatness and scrupulous exactness, whether it be for the mistress herself alone, a small family, or for "company." If this rule be strictly adhered to, all will find themselves increase in managing skill; whilst a knowledge of their daily duties will become familiar, and enable them to meet difficult occasions with ease, and overcome any amount of obstacles.

39. ***Evenings at Home.***—Of the manner of passing evenings at home, there is none pleasanter than in such recreative enjoyments as those which relax the mind from its severer duties, whilst they stimulate it with a gentle delight. Where there are young people forming a part of the evening circle, interesting and agreeable pastime should especially be promoted. It is of incalculable benefit to them that their homes should possess all the attractions of healthful amusement, comfort and happiness; for if they do not find pleasure there, they will seek it elsewhere. It ought, therefore, to enter into the domestic policy of every parent to make her children feel that home is the happiest place in the world. To imbue them with the delicious home-feeling is one of the choicest gifts a parent can

bestow. Musical evenings make additional attractions for home, and increase its pleasures. Where music is cultivated by the mistress of a house or by the daughters, husbands and brothers are generally found "at home" in the evenings.

Light or fancy needlework often forms a portion of the evening's recreation for the ladies of the household, and this may be varied by an occasional game. It has often been remarked, too, that nothing is pleasanter to the feminine members of a family than the reading aloud of some good standard work or amusing publication. A knowledge of polite literature may be thus obtained by the whole family, especially if the reader is able and willing to explain the more difficult passages of the book, and expatiate on the wisdom and beauties it may contain. This plan, in a great measure, realises the advice of Lord Bacon, who says, "Read not to contradict and refute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider."

40. ***Retiring for the Night.***—It is well to remember that early rising is almost impossible, if late going to bed be the order, or rather disorder, of the house. The younger members of a family should go early and at regular hours to their beds, and the domestics as soon as possible after a reasonably appointed hour. Either the master or the mistress of a house should, after all have gone to their separate rooms, see that all is right with respect to lights and fires below; and no servants should on any account be allowed to remain up after the heads of the house have retired.

Having thus gone from early rising to early retiring, there remain only now to be considered a few special positions, respecting which the mistress of the house will be glad to receive some specific information.

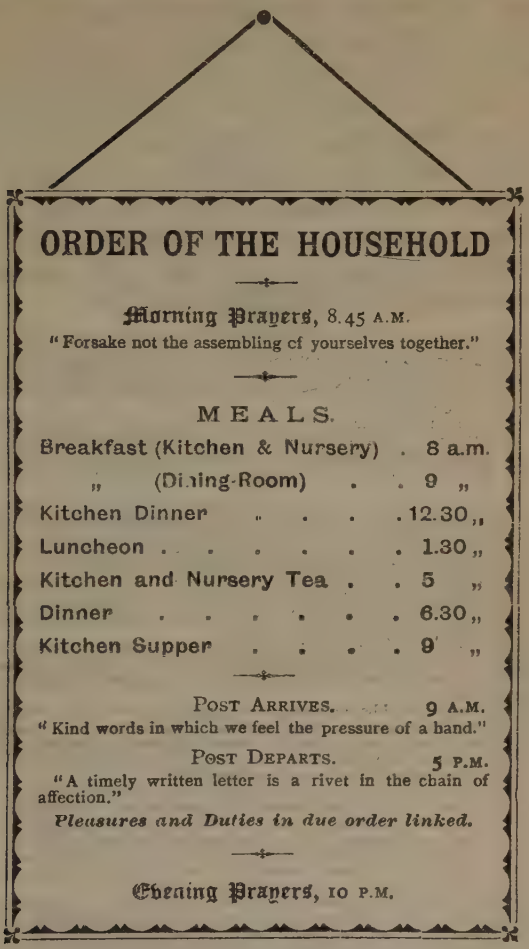
41. ***When a Mistress takes a House*** in a new locality, it will be etiquette for her to wait until the older inhabitants of the neighbourhood call upon her; thus evincing a desire, on their part, to become acquainted with the new comer. It may be, that the mistress will desire an intimate acquaintance with but few of her neighbours; but it is to be specially borne in mind that all visits, whether of ceremony, friendship or condolence, should be punctiliously returned, though some time may be allowed to elapse in the case of undesirable acquaintance.

42. ***Letters of Introduction.***—You may perhaps have been favoured with letters of introduction from some of your friends, to persons living in the neighbourhood to which you have just come. In this case, enclose the letter of introduction in an envelope, with your card. Then, if the person to whom it is addressed call in the course of a few days, the visit should be returned by you within the week, if possible. Any breach of etiquette in this respect will not readily be excused. It is now more usual to write by the post and introduce a friend, instead of leaving everything to be said by the letter that is given.

In the event of your being invited to dinner under the above circumstances, nothing but necessity should prevent you from accepting the invitation. If, however, there is some distinct reason why you cannot accept, let it be stated frankly and plainly. An opportunity should, also, be taken to call in the course of a day or two, in order to politely express your regret and disappointment at not having been able to avail yourself of the kindness.

In Giving a Letter of Introduction, it should always be handed to your friend unsealed. Courtesy dictates this, as the person whom you are introducing would, perhaps, wish to know in what manner he or she was spoken of. Should you *receive* a letter from a friend, introducing to you any person known to and esteemed by the writer, the letter should be immediately acknowledged, and your willingness expressed to do all in your power to carry out his or her wishes.

43. ***Order and Punctuality*** are so important to the comfort and happiness of the household that every mistress should fix stated hours for meals, &c., which ought to be strictly observed by every member of the family. We give


ORDER OF THE HOUSEHOLD
Morning Prayers, 8.45 A.M.
"Forsake not the assembling of yourselves together."
MEALS.
Breakfast (Kitchen & Nursery) . 8 a.m.
„ (Dining-Room) . . 9 „
Kitchen Dinner . . . 12.30 „
Luncheon . . . . . 1.30 „
Kitchen and Nursery Tea . . 5 „
Dinner . . . . . 6.30 „
Kitchen Supper . . . . 9 „
Post Arrives. 9 A.M.
"Kind words in which we feel the pressure of a hand."
Post Departs. 5 P.M.
"A timely written letter is a rivet in the chain of affection."
Pleasures and Duties in due order linked.
Evening Prayers, 10 P.M.

here a specimen card of order of the household which will guide the mistress in drawing up a set of rules adapted to the special requirements of her own home.

Such a card might easily be made ornamental, and if hung in some conspicuous place would serve as a constant reminder of the family arrangements and daily duties.

44. *Furnishing a House* is a matter upon which so much could be said that it would be impossible to give in this chapter much advice to the mistress of a household who has to undertake that duty. A very great deal depends upon the house itself; but there are certain things, and very many things, of actual necessity in every house, and we would advise that if there is to be a limit to the expenditure in this respect, that all these necessaries should first be bought, and then, if there should not be enough left for all that was desired, that she should get these by degrees, keeping a good look out for pretty things which can often be bought far cheaper here and there than by ordering them all of one upholsterer. One great advantage of this plan is that one often lights upon something far prettier and more suitable than we had thought of before, while there is a great charm in adding constantly to the beauty or convenience of our rooms which we lose if we put in all they will hold at once. It is now usual for the landlord of a house to allow the incoming tenant to choose the wall papers, and we would advise the mistress not to mind taking some little trouble in this respect. To think well whether the rooms require light or dark papers, according to their height, aspect, &c.; also that they should harmonise with the furniture and carpets with which they are to be associated.

Note.—Many mistresses have experienced the horrors of house-hunting, and it is well known that "three removes are as good (or bad, rather) as a fire." Nevertheless, it being quite evident that we must, in these days at least, live in houses, and are sometimes obliged to change our residence, it is well to consider some of the conditions which will add to, or diminish the convenience and comfort of our homes.

Although the choice of a house must be dependent on so many different circumstances with different people, that to give any specific directions on this head would be impossible and useless; yet it will be advantageous, perhaps, to many, if we point out some of those general features as to locality, soil, aspect, &c., to which the attention of all house-takers should be carefully directed.

Regarding the locality, we may say, speaking more particularly of a town house, that it is very important to the health and comfort of a family that the neighbourhood of all factories of any kind, producing unwholesome effluvia or smells, should be strictly avoided. Neither is it well to take a house in the immediate vicinity of where a noisy trade is carried on, as it is unpleasant to the feelings, and tends to increase any existing irritation of the system.

In taking a house on lease, it is well to have a surveyor to inspect the state of the building—roof, gutters, drainage, &c. Do not rely upon the statements of an agent, or anyone interested in letting it. Where circumstances permit, it is well to stay for some time in the neighbourhood, to ascertain if it suits your health and tastes.

Referring to soils: it is held as a rule, that a gravel soil is superior to any other, as the rain drains through it very quickly, and it is consequently drier and less damp than clay, upon which water rests a far longer time. A clay country, too, is not so pleasant for walking exercise as one in which gravel predominates.

The aspect of the house should be well considered, and it should be borne in mind that the more sunlight that comes into the house, the healthier is the habitation. The close, fetid smell which assails one on entering a narrow court or street in towns is to be assigned to the want of light and air. A house with a south or south-west aspect is lighter, warmer, drier, and consequently more healthy, than one facing the north or north-east.

Great advances have been made, during the last few years, in the principles of sanitary knowledge, and one most essential point to be observed in reference to a house is its drainage, as it has been proved in an endless number of cases that bad or defective drainage is as certain to destroy health as the taking of poisons. This arises from its injuriously affecting the atmosphere, thus rendering the air we breathe unwholesome and deleterious. Let it be borne in mind, then, that unless a house is effectually drained, the health of its inhabitants is sure to suffer; and they will be susceptible to ague, rheumatism, diarrhœa, fevers, and cholera.

We now come to an all-important point—that of the water supply. The value of this necessary article has also been lately more and more recognized in connection with the question of health and life; and most houses are well supplied with every convenience connected with water. Let it, however, be well understood that no house, however suitable in other respects, can be desirable if this grand means of health and comfort is in the slightest degree scarce or impure. No caution can be too great to see that it is pure and good, as well as plentiful; for, knowing as we do that not a single part of our daily food is prepared without it, the importance of its influence on the health of the inmates of a house cannot be overrated. Filters can now be fixed in the cistern itself, so that nothing but filtered water can be used.

Ventilation is another feature which must not be overlooked. In a general way, some air is admitted by the cracks round the doors and windows; but if there is not enough the chimney

will smoke; and other openings for ventilation, such as the placing of a plate of finely-perforated zinc in the upper part of the window, must be used. Cold air should never be admitted under the doors, or at the bottom of a room; for it will flow along the floor towards the fireplace, and thus leave the foul air in the upper part of the room unpurified, cooling, at the same time, unpleasantly and injuriously, the feet and legs of the inmates.

The rent of a house, it has been said, should not exceed one-eighth of the whole income of its occupier, and, as a general rule, we are disposed to assent to this estimate, although there may be many circumstances which would not admit of its being considered infallible.

45. ***Responsibilities or the Onerous Duties*** which enter into the position of the mistress of a house are, happily, with a slight but continued attention, of by no means difficult performance. She ought always to remember that she is the first and the last, the Alpha and the Omega in the government of her establishment; and that it is by her conduct that its whole internal policy is regulated. She is, therefore, a person of far more importance in a community than she usually thinks she is. On her pattern her daughters model themselves; by her counsels they are directed; through her virtues all are honoured;—"her children rise up and call her blessed; her husband also, and he praiseth her." Therefore, let each mistress always remember her responsible position, never approving a mean action, nor speaking an unrefined word. Let her conduct be such that her inferiors may respect her, and such as an honourable and right-minded man may look for in his wife and the mother of his children. Let her think of the many compliments and the sincere homage that have been paid to her sex by the greatest philosophers and writers, both in ancient and modern times. Let her not forget that she has to show herself worthy of Campbell's compliment when he said—

> "The world was sad! the garden was a wild!
> And man the hermit sigh'd, till *woman* smiled."

Let her prove herself, then, the happy companion of man, and able to take unto herself the praises of the pious prelate, Jeremy Taylor, who says: "A good wife is Heaven's last best gift to man; his angel and minister of graces innumerable; his gem of many virtues; his casket of jewels. Her voice is sweet music; her smiles his brightest day; her kiss the guardian of his innocence; her arms, the pale of his safety, the balm of his health, the balsam of his life; her industry, his surest wealth; her economy, his safest steward; her lips, his faithful counsellors; her bosom, the softest pillow of his cares; and her prayers, the ablest advocates of Heaven's blessings on his head."

Cherishing, then, in her breast the respected utterances of the good and the great, let the mistress of every house rise to the responsibility of its management; so that, in doing her duty to all around her, she may receive the genuine reward of respect, love, and affection!

"The woman the name of a housewife doth win
By keeping her house and of doings therein;
And she that with husband will quietly dwell
Must think on this lesson, and follow it well."

The housekeeper's room is generally made use of by the lady's-maid, butler and valet, who take there their breakfast, tea and supper. The lady's-maid will also use this apartment as a sitting-room, when not engaged with her lady, or with some other duties, which would call her elsewhere. In different establishments, according to their size and the rank of the family, different rules, of course, prevail. For instance, in the mansions of those of very high rank, and where there is a house-steward, there are two distinct tables kept, one in the steward's room for the principal members of the household, the other in the servants' hall, for the other domestics. At the steward's dinner-table, the steward and housekeeper preside; and here, also, are present the lady's-maid, butler, valet, and head-gardener. Should any visitors be staying with the family, their servants, generally the valet and lady's-maid, will be admitted to the steward's table.

After Dinner, the housekeeper, having seen that all the members of the establishment have regularly returned to their various duties, and that all the departments of the household are in proper working order, will have many important matters claiming her attention. She will, possibly, have to give the finishing touch to some article of confectionery, or be occupied with some of the more elaborate processes of the still-room. There may also be the dessert to arrange, ice-creams to make; and all these employments call for no ordinary degree of care, taste and attention.

The still-room was formerly much more in vogue than at present, for in days of "auld lang syne" the still was in constant requisition for the supply of sweet-flavoured waters for the purposes of cookery, scents and aromatic substances used in the preparation of the toilet, and cordials in cases of accidents and illness. There are some establishments, however, in which distillation is still carried on, and in these, the still-room maid has her old duties to perform. In a general way, however, this domestic is immediately concerned with the housekeeper. For the latter she lights the fire, dusts her room, prepares the breakfast table, and waits at the different meals taken in the housekeeper's room (*see* 50). A still-room maid may learn a very great deal of useful knowledge from her intimate connection with the housekeeper, and if she be active and intelligent, may soon fit herself for a better position in the household.

51. ***Evening Occupation.***—In the evening, the housekeeper will often busy herself with the necessary preparations for the next day's duties. Numberless small, but still important arrangements will have to be made, so that everything may move smoothly. At times, perhaps, attention will have to be paid to the breaking of lump-sugar, the stoning of raisins, the washing, cleansing, and drying of currants, &c. The evening, too, is the best time for setting right her account of the expenditure, and duly writing a statement of moneys received and paid, and also for making memoranda of any articles she may require for her store-room or other departments.

Periodically, at some convenient time—for instance, quarterly or half-yearly—it is a good plan for the housekeeper to make an inventory of everything she has under her care, and compare this with the lists of a former period; she will then be able to furnish a statement, if necessary, of the articles which, on account of time, breakage, loss, or other causes, it has been necessary to replace or replenish.

52. ***Responsibilities.***—In concluding these remarks on the duties of the housekeeper, we will briefly refer to the very great responsibility which attaches to her position. Like "Cæsar's wife," she should be "above suspicion," and her honesty and sobriety unquestionable; for there are many temptations to which she is exposed. In a physical point of view, a housekeeper should be healthy and strong, and be particularly clean in her person, and her hands; although they may show a degree of roughness, from the nature of some of her employments, they yet should have a nice inviting appearance. In her dealings with the various tradesmen, and her behaviour to the domestics under her, the demeanour and conduct of the housekeeper should be such as, in neither case, to diminish, by an undue familiarity, her authority or influence.

Note.—It will be useful for the mistress and housekeeper to know the best seasons for various occupations connected with Household Management; and we, accordingly, subjoin a few hints which we think will prove valuable.

As, in the winter months, servants have much more to do, in consequence of the necessity there is to attend to the number of fires throughout the household, not much more than the ordinary every-day work can be attempted.

In the summer, and when the absence of fires gives the domestics more leisure, then any extra work that is required can be more easily performed.

The spring is the usual period set apart for house-cleaning, and removing all the dust and dirt which will necessarily, with the best of housewives, accumulate during the winter months, from the smoke of the coal, oil, gas, &c. This season is also well adapted for washing and bleaching linen, &c., as, the weather not being then too hot for the exertions necessary in washing counterpanes, blankets, and heavy things in general, the work is better and more easily done than in the intense heats of July, which month some recommend for these purposes. Winter curtains should be taken down, and replaced by the summer white ones; and furs and woollen cloths also carefully laid by. The former should be well shaken and brushed, and then pinned upon paper or linen, with camphor to preserve them from the moths. Furs, &c., will be preserved in the same way. Included, under the general description of house-cleaning, must be understood, turning out all the nooks and corners of drawers, cupboards, lumber-rooms, lofts, &c., with a view of getting rid of all unnecessary articles, which only create dirt and attract vermin; sweeping of chimneys, taking up carpets, painting and whitewashing the kitchen and offices, papering rooms, when needed, and, generally speaking, the house putting on, with the approaching summer, a bright appearance, and a new face, in unison with nature. Oranges should now be preserved, and orange wine made.

The summer will be found, as we have mentioned above, in consequence of the diminution of labour for the domestics, the best period for examining and repairing household linen, and for "putting to rights" all those articles which have received a large share of wear and tear during the dark winter days. In direct reference to this matter, we may here remark that sheets should be turned "sides to middle" before they are allowed to get very thin. Otherwise, patching, which is uneconomical from the time it consumes, and is unsightly in point of appearance, will have to be resorted to. In June and July, gooseberries, currants, raspberries, strawberries, and other summer fruits should be preserved, and jams and jellies made. In July, too, the making of walnut ketchup should be attended to, as the green walnuts will be approaching perfection for this purpose. Mixed pickles may also be now made, and it will be found a good plan to have ready a jar of pickle-juice (for the making of which all information will be given in future pages), into which to put occasionally some young French beans, cauliflowers, &c.

In the early autumn, plums of various kinds are to be bottled and preserved, and jams and jellies made. A little later, tomato sauce, a most useful article to have by you, may be prepared; a supply of apples laid in, if you have a place to keep them, as also a few keeping pears and filberts. Endeavour to keep also two or three large vegetable-marrows—they will be found delicious in the winter, and may be cut and used as required without spoiling.

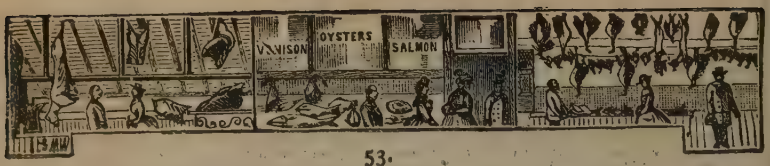
In September and October it will be necessary to prepare for the cold weather, and get ready the winter clothing for the various members of the family. The white summer curtains will now be carefully put away, the fire-places, grates, and chimneys looked to, and the house put in a thorough state of repair, so that no "loose tile" may, at a future day, interfere with your comfort, and extract something considerable from your pocket.

In December, the principal household duty lies in preparing for the creature comforts of those near and dear to us, so as to meet Old Christmas with a happy face, a contented mind, and a full larder; and in stoning the plums, washing the currants, cutting the citron, beating the eggs, and MIXING THE PUDDING, a housewife is not unworthily greeting the genial season of all good things.

THE PRAISE OF HUSWIFRY.

I serve for a day, for a week, for a year,
For lifetime, for ever, while man dwelleth here;
For richer, for poorer, from north to the south;
For honest, for hard-head, for dainty of mouth;
For wed and unwedded, in sickness and health;
For all that well liveth in good commonwealth;
For city, for country, for court and for cart,
To quiet the head and comfort the heart.

TUSSER, 1557.



MARKETING REFERENCE TABLES.

A GUIDE FOR BUYING AND CHOOSING PROVISIONS AND HOME REQUISITES.

Containing full information as to prices and seasons for fish, meat, poultry, game, dairy produce, vegetables, fruit, tinned meats, provisions, groceries, beverages, wines, spirits, and other articles for the Household.

That these lists may be of real service, neither time nor care has been spared to render them as complete and reliable as possible. They show not only the prices and seasons of all provisions, but when they can be bought at their cheapest and best, a necessary thing to be known by all household managers, particularly those who have to provide for large families.

With regard to fish, meat, poultry, game, dairy produce, vegetables and fruit, the prices have been obtained from the principal provincial towns as well as from different parts of London, so as to arrive at the average cost.

In the case of tinned provisions, groceries, &c., they are quoted from various sources, and at the present reduced scale of charges generally adopted by tradesmen throughout the kingdom.

54.—MEAT.

Except in the case of early Lamb, which is always dear, the price of Meat varies but little with the season. Lamb and Veal are in full season during Spring and Summer, and are generally preferred in the hot weather to Beef and Mutton, which are not then considered so good.

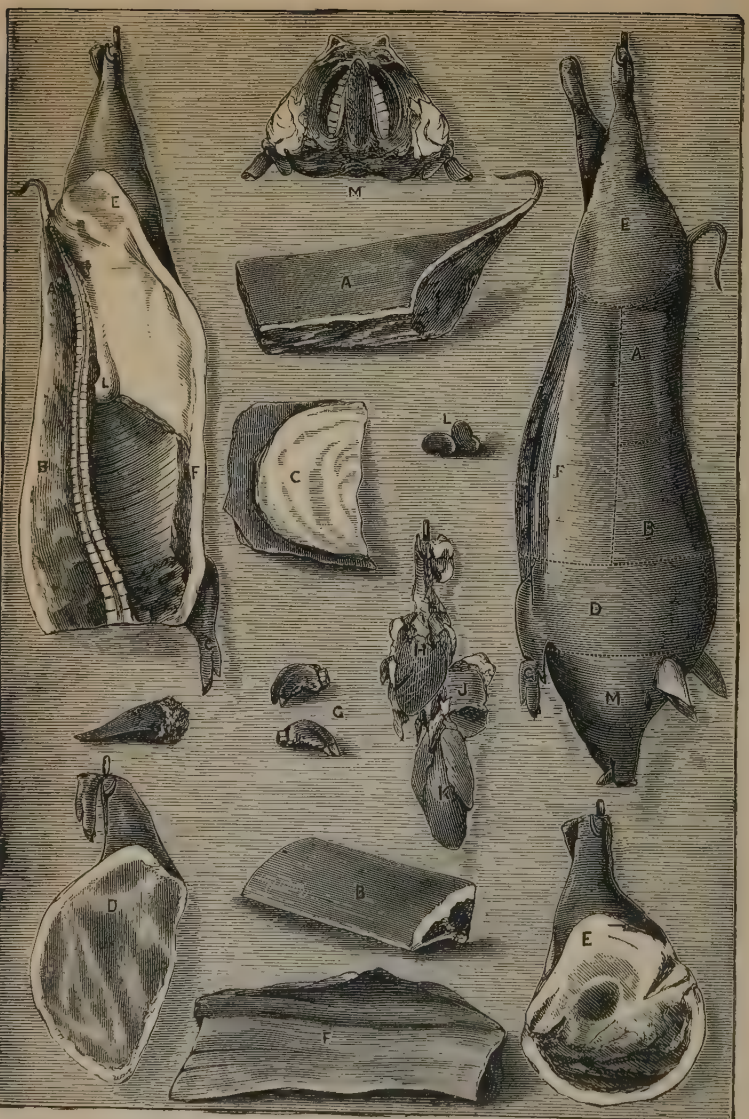
BEEF.

PART.	IN SEASON.	BEST.	AVERAGE PRICE. ENGLISH.	AVERAGE PRICE. AMERICAN.
AITCHBONE	All the year round.	During Winter Months.	per lb. 6½*d.*	per lb. 5½*d.*
BARON	,,	,,	9*d.*	—
BRISKET	,,	,,	4½*d.*	3½*d.*
BUTTOCK	,,	,,	10*d.*	10*d.*
CLOD	,,	,,	4*d.*	—
FLANK	,,	,,	5½*d.*	4*d.*
HOCK	,,	,,	5*d.*	—
LEG OF MUTTON PIECE	,,	,,	8½*d.*	—
NECK	,,	,,	5*d.*	—
RIBS	,,	,,	8½*d.*	7½*d.* to 8½*d.*
RUMP (in steaks)	,,	,,	1*s.*	10*d.*
SHIN	,,	,,	3½*d.*	—
ROUND	,,	,,	8½*d.*	7*d.* to 8½*d.*
SIRLOIN	,,	,,	9*d.*	8*d.*
CHEEK	,,	,,	1*s.* 3*d.* each.	—
HEART	,,	,,	1*s.* 6*d.* ,,	—
KIDNEY	,,	,,	10*d.*	9*d.*
TAIL	,,	,,	1*s.* 9*d.* each.	—
TONGUE	,,	,,	3*s.* 6*d.* ,,	2*s.* 6*d.*

A, Leg of Beef; B, Round; C, Aitch bone; D, Rump; E, Thick Flank; F, Sirloin; G, Fore-rib; H, Middle-ribs; I, Thin Flank; K, Brisket; L, Chuck and Leg-of-Mutton piece; M, Clod; N, Sticking; O, Shin; P, Cheek; Q, Suet; R, Skirt: S, Heart; T, Melt; U, Tongue; V, Liver; W, Lights; X, Brains Y, Kidneys; Z, Tail A', Tripe A'', Cowheel.

A, Hind Knuckle; B, Fillet; C, Loin (chump end); D, Do. (best end); E, Breast; F, Neck; G, Shoulder; H, Fore Knuckle; I, Feet; K, Kidneys; L, Lights; M, Liver; N, Heart; O, Brains; P, Leg; Q, Head; R, Tongue; S, Sweetbread; T, Caul.

A, Neck; B, Shoulder; C, Breast; D, Loin; D D, Saddle; E, Leg; F, Scrag end of Neck; G, Tongue; H, Feet; I, Loin Chop; J, Chump do.; K, Liver; L, Heart; M, Kidneys; N, Head; E D, Haunch.



A. Hind Loin; B, Fore do.; C, Spare-rib; D, Hand; E, Leg; F, Belly-piece; G, Pettitoes; H, Heart; I, Tongue; J, Fry; K, Liver; L, Kidneys; M, Head.

VEAL.

Part.	In Season.	Best.	Average Price.
BREAST	Feb. to Nov.	In Summer.	8*d.* per lb.
CUTLET	,,	,,	1*s.* per lb.
FILLET	,,	,,	10½*d.* per lb.
KNUCKLE	,,	,,	6*d.* per lb.
LOIN	,,	,,	9½*d.* per lb.
SHOULDER	,,	,,	8½*d.* per lb.
HEAD	,,	,,	2*s.* 6*d.*
HEART	,,	,,	6*d.* to 9*d.* each.
SWEETBREAD	,,	,,	from 1*s.*

MUTTON.

Part.	In Season.	Best.	Average Price. English.	Average Price. New Zeal'd.
	All the year round.	Sept. to April.	per lb.	per lb.
BREAST	,,	,,	5*d.*	2½*d.*
HAUNCH	,,	,,	9½*d.*	—
LEG	,,	,,	9½*d.*	6½*d.*
LOIN	,,	,,	9½*d.*	5½*d.*
NECK (best end)	,,	,,	9*d.*	5½*d.*
NECK (Scrag end)	,,	,,	6*d.*	3*d.*
SADDLE	,,	,,	9½*d.*	5½*d.*
SHOULDER	,,	,,	8½*d.*	5½*d.*
HEAD	,,	,,	6*d.* each.	—
HEART	,,	,,	3*d.* to 4*d.* ea.	—
KIDNEY	,,	,,	2½*d.* each.	1*d* each.
CHOPS	,,	,,	10*d.*	8*d.*

LAMB.

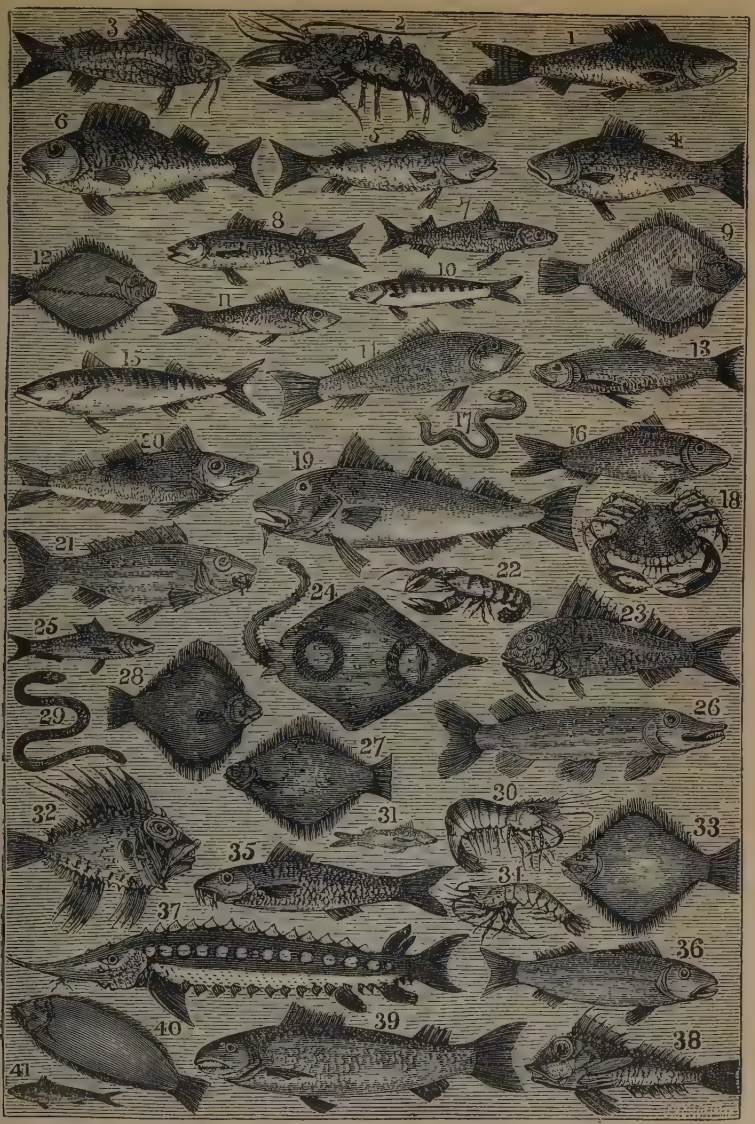
Part.	In Season.	Best.	Average Price. English.	Average Price. New Zeal'd.
			per lb.	per lb.
BREAST	Mar. to Sept.	May to July.	7*d.*	4*d.*
FORE-QUARTER	,,	,,	9*d.*	7*d.*
HIND-QUARTER	,,	,,	11*d.*	8½*d.*
LEG	,,	,,	1*s.*	9½*d.*
LOIN	,,	,,	11*d.*	7½*d.*
NECK (best end)	,,	,,	10*d.*	6*d.*
NECK (Scrag end)	,,	,,	8*d.*	5*d.*
SHOULDER	,,	,,	10*d.*	8½*d.*
FRY (about)	,,	,,	8*d.*	—

PORK.

Part.	In Season.	Best.	Average Price.
BELLY generally pickled)	Sept. to April.	Nov. to March.	8*d.* per lb.
HAND	,,	,,	7½*d.* per lb.
FORE-LOIN	,,	,,	9*d.* per lb.
HIND-LOIN	,,	,,	9*d.* per lb.
LEG	,,	,,	8½*d.* per lb.
SPARE RIBS	,,	,,	8*d.* per lb.

55.-In purchasing Fish it should be remembered that it is always most wholesome when in full season, and the following list will be found useful in ascertaining when it is best and cheapest.

Name of Fish.	In Season.	Best & Cheapest.	Average Price.
BARBEL	October to April	January to February	6*d.* to 8*d.* per lb.
BLOATERS	September to April	September to Feb.	1*s.* ,, 2*s.* doz.
BREAM	All the Year round	Autumn	8*d.* ,, 1*s.* per lb.
BRILL	All the Year round	August to April	1*s.* ,, 6*s.* each.
CARP	November to March	January to February	2*d.* ,, 6*d.* per lb.
COCKLES	All the Year round	Summer	2*d.* ,, 4*d* per qt.
COD	November to March	February to March	4*d.* ,, 1*s.* per lb.
CHUB	June to December	Summer	4*d.* ,, 6*d.* per lb.
CRABS	April to October	Summer	6*d.* ,, 4*s.* each.
CRAYFISH	All the Year round	Summer	1*s.* ,, 3*s.* doz.
DACE	June to December	July to September	4*d.* ,, 6*d.* per lb.
DORY	All the Year round	Winter	1*s.* ,, 6*s.* each.
EELS	June to March	September to Nov.	8*d.* ,, 1*s.* per lb.
FLOUNDERS	All the Year round	August to November	2*d.* ,, 6*d.* each
GUDGEON	June to December	July to September	6*d.* — per lb.
HADDOCKS	August to February	Winter	4*d.* ,, 1*s.* each.
HALIBUT	All the Year round	November to June	4*d.* ,, 1*s.* per lb.
HERRINGS	May to January	June to September	1*s.* ,, 2*s.* doz.
LAMPREYS	All the Year round	June to September	6*d.* ,, 1*s.* per lb.
LING	All the Year round	November to March	4*d.* ,, 6*d.* per lb.
LOBSTERS	All the Year round	Summer	6*d.* ,, 4*s.* each.
MACKEREL	Nearly all the Year	April to July	4*d.* ,, 1*s.* each.
MULLET (red)	All the Year round	April to October	4*d.* ,, 2*s.* each.
MULLET (grey)	All the Year round	Winter	4*d.* ,, 2*s.* each.
MUSSELS	January to April	January to April	2*d.* ,, 3*d.* per qt.
OYSTERS	September to April	Winter	1*s.* ,, 3*s.* doz.
PERCH	May to February	July to October	6*d.* ,, 1*s.* per lb.
PIKE	September to Feb.	October to January	3*d.* ,, 6*d.* per lb.
PLAICE	All the Year round	May to November	6*d.* ,, 1*s.* 6*d.* lb.
PRAWNS	All the Year round	May to December	6*d.* ,, 1*s.* 6*d.* doz.
SALMON	February to Sept.	Spring and Summer	8*d.* ,, 4*s.* per lb.
SHAD	February to Sept.	May to August	6*d.* ,, 9*d.* per lb.
SHRIMPS	All the Year round	April to November	3*d.* ,, 6*d.* per pint.
SKATE	September to April	October to March	4*d.* ,, 1*s.* per lb.
SCALLOPS	January to June	March to May	6*d.* ,, 1*s.* doz.
SMELTS	October to May	Winter	6*d.* ,, 2*s.* doz.
SOLES	All the Year round	April to July	1*s.* ,, 2*s.* per lb.
SPRATS	November to March	Nov. and December	1*d.* ,, 3*d.* per lb.
STURGEON	April to September	Summer	6*d.* ,, 1*s.* per lb.
TENCH	November to March	Dec. to February	6*d.* ,, 9*d.* per lb.
THORNBACK	All the Year round	Summer	3*d.* ,, 6*d.* per lb.
TROUT	Feb. to September	April to July	1*s.* ,, 2*s.* per lb.
TURBOT	All the Year round	Spring and Summer	2*s.* 6*d.* to 15*s.* each.
WHITEBAIT	January to September	February to May	1*s.* 6*d.* ,, 2*s.* 6*d.* qt.
WHITING	All the Year round	Spring and Summer	3*d.* to 1*s.* each.



1, Grayling; 2, Lobster; 3, Grey Mullet; 4, Tench; 5, Ling; 6, Perch; 7, Smelt; 8, Whiting; 9, Plaice; 10, Gudgeon; 11, Sardine; 12, Flounder; 13, Herring; 14, Trout; 15, Mackerel; 16, Roach; 17, Lamprey; 18, Crab; 19, Cod; 20, Haddock; 21, Carp; 22, Cray-fish; 23, Red Mullet; 24, Skate; 25, Sprat; 26, Pike; 27, Halibut; 28, Brill; 29, Eel; 30, Prawn; 31, Whitebait; 32, John Dory; 33, Turbot; 34, Shrimp; 35, Barbel; 36, Shad; 37, Sturgeon; 38, Gurnard; 39, Salmon; 40, Sole; 41, Minnow.

A, Turkey; B, Goose; C, Duck; D, Fowl; E, Guinea Fowl; F, Partridge; G, Capercailzie (Cock of the Woods); H, Pheasant; I, Teal; K, Wild Pigeon; L, Ptarmigan; M, Prairie Hen; N, Landrail; O, Grey Plover; P, Golden do.; Q, Wheatear; R, Ortolan; S, Quail; T, Lark; U, Woodcock; V, Snipe.

56.—POULTRY AND GAME.

The cost of Poultry varies with the season, but comparing one year with another there will be found no great difference in price. Such, however, is not the case with Game, for whilst in a plentiful year it is often very cheap, in a scarce one it is proportionately dear.

POULTRY.

Poultry.	In Season.	Best & Cheapest.	Average Price.
CHICKENS	February to October	July to October	2*s.* to 3*s.* 6*d.* each.
DUCKLINGS	February to August	May to July	2*s.* 6*d.* to 3*s.* 6*d.* each
DUCKS	August to February	September and October	3*s.* to 4*s.* each.
FOWLS	All the Year round	June to October	2*s.* 6*d.* to 3*s.* 6*d.* each
GEESE	September to February	October and November	6*s.* to 10*s.* each.
GREEN GEESE	May to August	June	6*s.* to 10*s.* each.
GUINEA FOWL	February to August	Summer	3*s.* to 4*s.* each.
LARKS	October to December	November	2*s.* to 3*s.* per doz.
PIGEONS	August to April	Winter	9*d.* to 1*s.* each.
,, (Bordeaux)	All the Year round	Winter	1*s.* to 1*s.* 4*d.*
RABBITS	All the Year round	October to February	6*d.* to 8*d.* per lb.
,, (Ostend)	All the Year round	October to February	7*d.* and 8*d.* per lb.
TURKEYS	October to March	November to January	10*s.* to £1 each.
WHEATEARS	September to March	September and October	1*s.* each.

GAME.

In this variable climate no hard and fast rule can be laid down for the keeping of Game before it is cooked. In all cases it requires hanging; but while in winter it is safe to buy birds that have been shot some time, in damp or warm weather no such risk should be run.

Game.	In Season.	Best & Cheapest.	Average Price.
BLACK-COCK	August to November	September and October	2*s* 6*d.* to 3*s.* 6*d.* br'ce
DUCKS (wild)	October to September	November and Dec.	2*s.* to 3*s.* brace.
GROUSE	August to November	September	3*s.* 6*d.* to 5*s.* brace.
HARES	September to March	October	3*s.* 6*d.* to 5*s.* each.
LANDRAIL	October to February	November and Dec.	1*s.* to 1*s.* 6*d.* each.
LEVERETS	August to September	August	3*s.* to 4*s.* each.
PARTRIDGES	September to February	October and November	3*s.* to 5*s.* brace.
PHEASANTS	October to February	Winter	6*s.* to 10*s.* brace.
PLOVERS	October to February	Winter	1*s.* to 1*s.* 6*d.* each.
PTARMIGAN	September to April	September	1*s.* to 1*s.* 6*d.* each.
QUAIL	September to February	September and October	1*s.* to 1*s.* 6*d.* each.
SNIPES	October to February	October and November	2*s* 6*d.* to 3*s.* brace.
TEAL	October to February	Winter	1*s.* to 1*s.* 6*d.* each.
VENISON	September to January	September and October	1*s.* to 2*s.* per lb.
WIDGEON	October to February	October and November	1*s.* to 1*s.* 6*d.* each.
WOODCOCK	October to February	October and November	3*s.* 6*d.* to 5*s.* brace.

VEGETABLES AND FRUIT.

Vegetables and Fruits vary much in price according to the abundance or scarcity of the supplies, but our Table gives the prices which would have to be paid at the various seasons of an average year.

VEGETABLES.

NAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
ARTICHOKES	July to October	August	3*d.* to 6*d.* each.
,, (Jerusalem)	November to Feb.	December	1½*d.* to 2*d.* per lb.
ASPARAGUS	January to July	April and May	1*s.*6*d.* to 4*s.*6*d.* bun
BEANS (French)	May to November	September and Oct.	2*d.* to 4*d.* per lb
,, (Broad)	July and August	August	6*d.* to 9*d.* per peck
,, (Runners)	July to October	August and September	2*d.* to 4*d.* per lb.
BEETROOT	All the Year round	Autumn	1*d.* to 3*d.* each.
BROCCOLI	Different kinds all the Year round	Autumn	2*d.* to 6*d.* each.
,, SPROUTS	January to May	April	1*d.* to 2*d.* per lb.
BRUSSELS SPROUTS	September to January	October and Nov.	2*d.* to 4*d.* per lb.
CABBAGES	All the Year round	Spring and Summer	1*d.* to 2*d.* each.
RED CABBAGE	October to February	November and Dec.	4*d.* to 6*d.* each.
CARROTS	All the Year round	Autumn	4*d.* to 6*d.* bunch.
CAULIFLOWER	June and July	July	2*d.* to 6*d.* each.
CELERY	October to March	November and Dec.	1*d.* to 4*d.* per stick.
ENDIVE	September to Nov.	October	1*d.* to 6*d.* each.
HORSERADISH	All the Year round	Winter	1*d.* to 2*d.* per stick.
LEEKS	October to May	October and Nov.	4*d.* to 6*d.* bundle.
LETTUCES	June to November	July and August	1*d.* and 2*d.* each.
ONIONS	All the Year round	Summer and Autumn	1*d.* and 2*d.* per lb.
PARSNIPS	October to April	February to April	1*d.* and 2*d.* per lb.
PEAS	June to September	July and August	6*d.* to 2*s.* per peck
POTATOES	All the Year round	Autumn	1*d.* per lb.
,, (New)	May to August	July	3*d.* to 8*d.* per lb.
RADISHES	May to September	June to August	1*d.* per bunch.
SEA KALE	January to May	February and March	1*d.* to 2*s.*6*d.* basket.
SAVOYS	October to March	November to January	1*d.* to 4*d.* each.
SPINACH	All the Year round	Summer	2*d.* to 4*d.* per lb.
TOMATOES [ROW	June to December	September and Oct.	4*d.* to 8*d.* per lb.
VEGETABLE MAR-	June to October	July and August	1*d.* to 6*d.* each.
WATERCRESS	All the Year round	Summer	1*d.* per bunch.

FRUIT.

NAME	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
APPLES	October to March	October to December	3*d.* to 6*d.* per lb.
APRICOTS	June to September	August	1*s* 6*d.* to 3*s.*6*d.* do.
BULLACES	Autumn	October	2*d.* to 3*d.* per lb.
CHERRIES	June to August	July	4*d.* ,, 8*d.* per lb.
CURRANTS	July to September	August	3*d.* ,, 8*d.* per lb.
DAMSONS	September & October	October	1*d.* ,, 4*d.* per lb.
FIGS	September & October	October	2*s.* ,, 3*s.* per doz.

1. French Beans; 2, Green Peas; 3, Haricot Beans; 4, Broad do.; 5, Scarlet Runners; 6, Garlic; 7, Sea-kale; 8, Spinach; 9, Endive; 10, Brussels Sprouts; 11, Mustard and Cress; 12, Truffles; 13, Savoy; 14, Broccoli; 15, Horseradish; 16, Turnip Radish; 17, Turnip; 18, Beetroot; 19, Radishes, long; 20, Asparagus; 21, Scotch Kale; 22, Mushrooms; 23, Onions; 24, Carrots; 25, Cabbage; 26, Cucumber; 27, Jerusalem Artichokes; 28, Green do.; 29, Red Cabbage; 30, Tomatoes; 31, Spanish Onion; 32, Lettuce, Cos; 33, Do., Cabbage; 34, Parsnips; 35, Celery; 36, Potatoes; 37, Do., Kidney; 38, Leeks; 39, Vegetable Marrow; 40, Cauliflower; 41, Custard Marrow.

1, Barberries; 2, Currants; 3, Grapes; 4, Hazel Nuts; 5, Nectarines; 6, Mangoes; 7, Pistachio Nuts; 8, Dates; 9, Prunes; 10, Figs; 11, Blackberries; 12, Apricots; 13 Mulberries; 14, Cherries; 15, Plums; 16, Damsons; 17, Quince; 18, Pine Apple; 19, Orange; 20, Raspberries; 21, Almonds; 22, Raisins; 23, Walnuts; 24, Chestnuts; 25, Pomegranate; 26, Citron; 27, Lemon; 28, Gooseberries; 29, Cranberries; 30, Strawberries; 31, Pears; 32, Melon; 33, Peach; 34, Medlars; 35, Apple.

FRUIT—*continued.*

NAME.	IN SEASON.	BEST & CHEAPEST.	AVERAGE PRICE.
GOOSEBERRIES	July to September	August	4*d.* to 8*d.* per qt.
,, (Green)	May to July	June	3*d.* ,, 6*d.* per qt.
GRAPES (Foreign)	All the Year round	Autumn	4*d* ,, 1*s.* per lb.
,, (Hothouse)	Sept. to November	October	2*s.* and upwards.
GREENGAGES	August & September	August	3*d.* to 8*d.* per lb.
MEDLARS	October to January	October & November	4*d.* ,, 8*d.* per lb.
MELONS	June to November	October	1*s.* ,, 5*s.* each.
NECTARINES	September & October	October	3*s.* ,, 4*s.* per doz.
ORANGES	All the Year round	Winter	From 4*d.* per doz.
PEACHES	September & October	October	4*s.* to 8*s.* per doz.
PEARS	October to March	October & November	1*d.* ,, 6*d.* each.
PLUMS	August to October	September & October	2*d.* ,, 6*d.* per lb.
QUINCES	September & October	October	2*s.* ,, 3*s.* per doz.
RHUBARB	January to May	March and April	4*d.* ,, 8*d.* bundle.
STRAWBERRIES	June to September	July	4*d.* ,, 1*s.* per lb.

58.

DAIRY PRODUCE, HAM, BACON, &c.

Dairy Produce varies somewhat in price in accordance with locality, but the differences are not so great of late years, the increased railway facilities having brought about a greater uniformity of price.

DAIRY PRODUCE.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Butter :—Fresh	1*s.* 6*d.* to 1*s.* 10*d.* lb.	Cheese :—Stilton ...	1*s.* per lb.
Dorset	1*s* 2*d.* to 1*s.* 6*d.* lb.	Eggs :—Hens'	1*s.* to 2*s.* per doz.
Salt	1*s.* to 1*s* 2*d.* lb.	Ducks'	1*s.* ,, 2*s.* per doz.
Margarine	10*d.* per lb.	Geese...	3*s.* ,, 4*s.* per doz.
Cheese :—American...	7*d.* to 9*d.* per lb.	Guinea Fowls'	1*s.* ,, 2*s.* per doz.
Cheddar	10*d.* per lb.	Plovers'	3*s.* ,, 5*s.* per doz.
Cheshire	10*d.* per lb.	Turkeys'	3*s.* ,, 4*s.* per doz.
Cream	6*d.* each	Milk	4*d.* per qt.
Dutch	7*d.* per lb.	,, Separated	2*d.* per qt.
Gorgonzola	1*s.* per lb.	Cream	1*s.* to 3*s.* per pint.
Gruyère	11*d.* per lb.	Whey	2*d.* per pint.

BACON, HAM, &c.

The cheaper parts of Bacon vary from 5d. to 9d. per lb., but by reason of the quantity of bone contained in them they are not in reality more economical than the best.

ARTICLE.	AVERAGE PRICE.	ARTICLE.	AVERAGE PRICE.
Bacon (best part) ...	11*d.* per lb.	Lard	10*d.* per lb.
Ham—English	11*d.* per lb.	Pickled Pork	8*d.* per lb.
American	8*d.* per lb.	Sausages	10*d.* per lb.

STORE SAUCES, VARIOUS PICKLES AND BOTTLED FRUITS FOR TARTS AND COMPÔTES.

TINNED PROVISIONS, JAMS, &c.

ARTICLE.	AVERAGE PRICE.
Beef, Boiled or Roast ...	1*s.* 2*d.* per tin.
Pressed	1*s.* 3*d.* per tin.
Cherries in Brandy ...	1*s.* 7*d.* per ½ bot.
Cakes, various	10½*d.* each.
Chicken	1*s.* 4*d.* per tin.
Fruit in Tins :—Peaches	10*d.* per tin.
Pine Apple	1*s.* 2*d.* per tin.
Pears	1*s.* 6*d.* per tin.
Apricots	1*s.* 4*d.* per tin.
Fruit, Bottled :—Plums	6½*d.* per bottle.
Gooseberries	6½*d.* per bottle.
Black Currants	8½*d.* per bottle.
Red Currants	8½*d.* per bottle.
Cherries	10*d.* per bottle.
Greengages	8½*d.* per bottle.
Raspberries&Currants	8½*d.* per bottle.
Haddocks, Blanchflower	10*d.* per tin.
Herrings...	8*d.* per tin.
Honey	9*d.* per jar.
Jams :—Apricot	8*d.* per lb. jar.
Raspberry, Strawberry	6*d.* per lb. jar.
Raspberry & Currant	6*d.* per lb. jar.
Greengage	6*d.* per lb. jar.
Black Currant	6*d.* per lb. jar.
Red Currant	6*d.* per lb. jar.
Gooseberry. Plum...	5½*d.* per lb. pot.
Jellies :—Red Currant...	3½*d.* per pot.
Black Currant	3½*d.* per pot.
Table	
Calf's Foot. Orange	2*s.* per quart.
Lemon. Madeira ...	2*s.* per quart.
Champagne	2*s.* 4*d.* per quart.
Aspic	6*d.* per ½ pint.
Lobster	8*d.* per tin.
Marmalade	5*d.* per pot.
Milk :—Anglo-Swiss ...	6*d.* per tin.
English	5*d.* per tin.
Mutton :—Roast	10*d.* per tin.
Boiled (Australian) ...	1*s.* 2*d.* per tin.

ARTICLE.	AVERAGE PRICE.
Olives :—French	6½*d.* per bottle.
Olives Spanish	6½*d.* per bottle.
Ox Tongues (Paysandu)	2*s.* 9*d.* per tin.
Oysters	6½*d.* per tin.
Plum Pudding	1*s.* 10*d.* per lb. tin.
Potted Meats: Anchovy	5*d.* per tin.
Bloater	5*d.* per tin.
Ham. Tongue ...	5*d.* per tin.
Strasbourg Meats :—	
Beef	5*d.* per tin.
Paté de foie gras ...	2*s.* 6*d.* per jar.
Game...	5*d.* per tin.
Rabbit	1*s.* 8*d.* per tin.
Salmon	8*d.* per tin.
Sardines (Péneau) ...	1*s.* 2*d.* per tin.
,, (Philipee & Canaud)	1*s.* 4*d.* per tin.
Sausages	1*s.* 2*d.* per tin.
Soups, Turtle (Brand's)	6*s.* 3*d.* per lb. tin.
Ox Tail, Mock Turtle, Hare, Julienne, Mulligatawny, Gravy and Giblet	1*s.* 4*d.* per lb. tin.
Soups : — (Crosse and Blackwell, & Lazenby)	
Game. Hare	10½*d.* per lb. tin.
Mock Turtle. Ox Tail	9½*d.* per lb. tin.
Giblet. Mulligatawny	9½*d.* per lb. tin.
Julienne	9½*d.* per lb. tin.
Gravy. Vegetable ...	7*d.* per lb tin.
Green Pea...	7*d.* per lb. tin.
Mutton Broth	7*d.* per lb. tin.
Truffles	1*s.* 8*d.* ¼ bottle.
Vegetables :—	
Asparagus. American	1*s.* 3*d.* per tin.
,, French ...	1*s.* 3*d.* per tin.
Mushrooms	10*d.* per tin.
Haricots Verts... ...	10*d.* per tin.
Green Peas	10*d.* per tin.
Tomatoes	10*d.* per tin.

BISCUITS (Peek, Frean & Co., and Huntley & Palmers.)

ARTICLE.	AVERAGE PRICE.
Abernethy	1*s* 3*d.* per tin.
Albert	1*s.* 10*d.* per tin.
Almond Rings	1*s.* per tin.
Arrowroot	9*d.* per tin.
Coffee	2*s.* 3*d.* per tin.
Colonial	
Cracknel...	1*s.* 5*d.* per tin.
Dessert	2*s.* 9*d.* per tin.
Digestive	1*s.* 4*d.* per tin.
Ginger Nut	1*s.* 9*d.* per tin.
Health	1*s.* 7*d.* per tin.

ARTICLE.	AVERAGE PRICE.
Ice Creams	1*s.* 7*d.* per tin.
Kinder Garten	1*s.* 3*d.* per tin.
Maccaroons	2*s.* 6*d.* per tin.
Marie	1*s.* 9*d.* per tin.
Milk	1*s.* 4*d.* per tin.
Mixed	1*s.* 1*d.* per tin.
Osborne	1*s.* 6*d.* per tin.
Ratafias	2*s.* 6*d.* per tin.
Sponge Rusks ...	1*s.* 10½*d.* per tin.
Toast	1*s.* 2*d.* per tin.
Wafers (various) ...	10½*d.* per tin.

GRAIN AND PREPARED FOODS.

Article.	Average Price.	Article.	Average Price.
Arrowroot	6*d.* per lb.	Rice :—Patna	2½*d.* per lb.
Barley	7*d.* per packet.	Java	3*d.* per lb.
Corn Flour	5*d.* per packet.	Carolina	4*d.* per lb.
Groats	7*d.* per packet.	Ground	3*d.* per lb.
Hominy	7½*d.* per bag.	Sago, small	2*d.* per lb.
Lentil-flour	9*d.* per tin	Large	2*d.* per lb.
Maccaroni :—Genoa	5½*d.* per lb.	Semolina	3½*d.* per lb.
Naples	3½*d.* per lb.	Sweet Corn	7*d.* per tin.
Oatmeal	1*s.* 6*d.* 7-lb. bag.	Tapioca	2½*d.* per lb.
Pea-flour	9*d.* per lb.	Best	3½*d.* per lb.
Rice :—Rangoon	2*d.* per lb.	Vermicelli	5½*d.* per lb.

SAUCES AND PICKLES.

Article.	Average Price.	Article.	Average Price
Sauces :—Anchovy	10*d.* per bottle.	Sauces :—Lion	6*d.* per bottle.
Browning for Sauce	6*d.* per bottle.	Mandarin	9*d.* per bottle.
Brand's A 1	8*d.* per bottle.	Pickles :—Cabbage	8½*d.* per bottle.
Tomato	4½*d.* per bottle.	Cauliflower	8½*d.* per bottle.
Clarence	6*d.* per bottle.	Mixed. Onions	8½*d.* per bottle.
Harvey's	5½*d.* per bottle.	Walnuts	8½*d.* per bottle.
Ketchup	8*d.* per bottle.	Piccalilli	8½*d.* per bottle.
Reading (Cock's)	4½*d.* per bottle.	Gherkins	9*d.* per bottle.
Soy	6½*d.* per bottle.	Mangoes	3*s.* 6*d.* per bottle.
Regent	1*s.* per bottle.	Chutnee	1*s.* 6*d.* per bottle.
Tapp	11½*d.* per bottle.	Mango	3*s.* 6*d.* per bottle.
Worcester	10*d.* per bottle.	Bengal Club	3*s.* 6*d.* per bottle.
Yorkshire Relish	8½*d.* per bottle.	Lucknow	3*s.* 6*d.* per bottle.
Edward's	8*d.* per bottle.	Salad Dressing	6*d.* per bottle.

HOUSEHOLD REQUISITES.

Article.	Average Price.	Article.	Average Price.
Bath Brick	2*d.* each.	Pepper :—Whole	1*s.* 2*d.* per lb.
Beeswax	1*s.* 7*d.* per lb.	Ground	1*s.* 2*d.* per lb.
Berlin Black	7*d.* per lb.	Cayenne	4*d.* per bottle.
Blacking	3*d.* doz. skins.	Nepaul	1*s.* per bottle.
Ebonite	9*d.* per bottle.	Plate Powder	6*d.* per box.
Blackiead	6*d.* per packet.	Polishing Paste	6*d.* per pot.
Blue	10*d.* per lb.	Salt	4½*d.* per jar.
Brunswick Black	7*d.* per bottle.	Soap, Yellow (Knight)	10½*d.* per bar.
Candles, Composite	3*s.* 9*d.* 6 lbs.	Soft (Knight)	10½*d.* 3½-lb. tin.
Stearine	5*s.* 6 lbs.	Cold Water	4*d.* per lb.
Rock Wax	5*s.* 6 lbs.	Carbolic	4*d.* per lb.
Dyes (Judson's)	3½*d.* per bottle.	Hudson's Extract	3*d.* per packet.
Gold Paint	10½*d.* per bottle.	Terebene (Cleaver)	1*s.* 6*d.* per box.
Essences for flavouring	6½*d.* per bottle.	Toilet (Rimmel)	1*s.* 6*d.* per box.
Furniture Polish	6*d.* per pot.	Best Scented (Pears)	1*s.* 6*d.* per tablet.
Cream	6*d.* per bottle.	Unscented	4½*d.* per tablet
Knife Powder	4½*d.* per packet.	Soda	7*d.* per 14 lb.
Polish	4½*d.* per packet.	Starch :—Glenfield	5½*d.* per lb.
Metal Polishing Powder	3*d.* per box.	Colman's	3½*d.* per lb.
Night Lights	5*s.* doz. boxes.	Vinegar	10*d.* per quart

TINNED PROVISIONS, INCLUDING FISH, MEAT, GAME, FRUIT, AND HOUSEHOLD REQUISITES.

MINERAL WATERS AND OTHER BEVERAGES.

60.—WINES, SPIRITS, AND LIQUEURS.

In the following Lists the prices are those of good firms of Wine Merchants, both in London and the chief Provincial Towns.

WINES.

Article.	Average Price.	Article.	Average Price.
Sherry :—		**Marsala :—**	
Pale, Dinner Wine ...	24*s.* to 48*s.* doz.	Sound Old Wine ...	24*s.* to 48*s.* doz.
Gold, Dinner Wine...	24*s.* to 54*s.* doz.	**Champagne :—**	
Brown, Dinner Wine	42*s.* to 60*s.* doz.	Good Dry Wine ...	30*s.* to 48*s.* doz.
Montilla	48*s.* to 72*s.* doz.	Moineaux, Père et Fils	48*s.* to 60*s.* doz.
Amontillado	48*s.* to 72*s.* doz.	Moet et Chandon ...	60*s.* to 84*s.* doz.
Port :—		Ayala...	68*s.* to 84*s.* doz.
Sound Wine	36*s.* to 54*s.* doz.	Perrier Jouet	72*s.* to 96*s.* doz.
Fine Old Vintage ...	60*s.* to 84*s.* doz.	Jules Mumm	74*s.* to 96*s.* doz.
Tarragona :—		Veuve Cliquot	76*s.* to 108*s.* doz.
Good Invalid's Wine	18*s.* to 30*s.* doz.	Pommery Greno ...	84*s.* to 120*s.* doz.
Claret :—		Roederer	84*s.* to 120*s.* doz.
Light Dinner Wine...	12*s.* to 30*s.* doz.	Heidsieck	86*s.* to 140*s.* doz.
Pauillac	18*s.* to 36*s.* doz.	**Hock :—**	
St. Estephe	18*s.* to 36*s.* doz.	Niersteener	36*s.* to 48*s.* doz.
St. Julienne	18*s.* to 36*s.* doz.	Marcobrunner	48*s.* to 54*s.* doz.
Larose	48*s.* to 54*s.* doz.	Johannisberg	60*s.* to 84*s.* doz.
Château Margaux ...	48*s.* to 54*s.* doz.	**Moselle :—**	
Château La Tour ...	54*s.* to 84*s.* doz.	Pleasant Wine... ...	36*s.* to 60*s.* doz.
Léoville	72*s.* to 120*s.* doz.	**Australian Wines (Red)**	
Mouton	84*s.* to 120*s.* doz.	Carbinet Grape ...	16*s.* per dozen.
Lafitte	84*s.* to 140*s.* doz.	Hermitage	24*s.* to 36*s.* doz.
Sauterne :—		Burgundy...	24*s.* to 36*s.* doz.
Barsac	24*s.* to 36*s.* doz.	**White Wine :—**	
La Tour Blanche ...	42*s.* to 48*s.* doz.	Riesling Grape ...	24*s.* per dozen.
Château Y'quem ...	84*s.* to 180*s.* doz.	Muscat	40*s.* per dozen.
Burgundy :—		**British Wines :—**	
Beaune	36*s.* to 48*s.* doz.	Orange	1*s.* 2*d.* per bot.
Chambertin	54*s.* to 72*s.* doz.	Ginger	
Madeira :—		Raisin	
Dinner Wine	36*s.* to 54*s.* doz.	Cowslip	
Good Old Wine ...	60*s.* to 120*s.* doz.		

SPIRITS.

Article.	Average Price.	Article.	Average Price
Brandy :—Hennessey or		**Whiskey, fine Old Irish**	42*s.* to 60*s.* doz.
Martell—One Star ...	54*s.* per dozen.	**Gin :—**	
Two Stars	60*s.* per dozen.	Sweetened or Unsweetened, 17 under proof	30*s.* to 42*s.* doz.
Three Stars	66*s.* per dozen.	**Rum :—**	
Whiskey :—		Old Jamaica, 10 under proof	36*s.* to 54*s.* doz.
Good quality (Scotch) 10 under proof ...	36*s.* to 48*s.* doz.		
Old Scotch	42*s.* to 60*s.* doz.		
Good quality (Irish) 10 under proof ...	36*s.* to 42*s.* doz.		

LIQUEURS.

Article.	Average Price.	Article.	Average Price.
Liqueurs:—		Maraschino	6*s.* per bot.
Anisette	4*s.* 6*d.* per bot.	Noyeau	5*s.* per bot.
Benedictine	7*s.* 6*d.* per bot.	Vermouth...	3*s.* 6*d.* per bot.
Chartreuse (yellow) ...	8*s.* 6*d.* per bot.	English Liqueurs:	
do. (green) ...	9*s.* 6*d.* per bot.	Cherry Brandy ...	3*s.* 6*d.* per bot.
Curaçoa (sweet or dry)	6*s.* 6*d.* per bot.	Ginger Brandy ...	3*s.* 6*d.* per bot.
Gold Water	3*s.* 6*d.* per half-bot.	Orange Brandy ...	3*s.* 6*d.* per bot.
Kumel	5*s.* per bot.	Milk Punch	4*s.* 6*d.* per bot.

MINERAL WATERS AND BEVERAGES.

Article.	Average Price.	Article.	Average Price.
Soda Water	1*s.* 6*d.* per doz.	Natural Mineral Waters	
Lemonade	1*s.* 6*d.* per doz.	Rosbach	5*s.* 6*d.* per bot.
Ginger Beer	1*s.* 6*d.* per doz.	Schwalbach	8*s.* per doz.
Ginger Ale	1*s* 6*d.* per doz.	Spa	9*s.* per doz.
Potass	1*s.* 6*d.* per doz.	Wilhelmsquelle ...	5*s.* 6*d.* per doz.
Lithia	3*s.* 9*d.* per doz.	Bitters:	
Soda Water (Schweppe)	2*s.* 9*d.* per doz.	Angostura	4*s.* 6*d.* per bot.
Seltzer do.	2*s.* 9*d.* per doz.	Hop	2*s.* 6*d.* per bot.
Ginger Ale do.	2*s.* 9*d.* per doz.	Khoosh	2*s.* 6*d.* per bot.
Lemonade do.	3*s.* 3*d.* per doz.	Orange	0*s.* 6*d.* per bot.
Potass do.	2*s.* 9*d.* per doz.	Fruit Juice and Syrups:	
Lithia do.	4*s.* per doz.	Lemon Juice	4½*d.* per bot
Natural Mineral Waters		Orange Juice	4½*d.* per bot.
Apollinaris	6*s.* per doz.	Lime Fruit Juice ...	1*s.* per bot.
Carlsbad	9*s.* 6*d.* per doz.	Lime Juice Cordial...	1*s.* 1½*d.* per bot.
Friedrichshall ...	13*s.* 6*d.* per doz.	Syrups, Lemon, &c.	1*s.* per bot.
Harrogate	7*s.* per doz.	Vinegar, Raspberry	5½*d.* per bot.
Homburg	10*s.* per doz.		

ALES AND STOUT.

Article.	Average Price.	Article.	Average Price.
Ale (Bass's & Allsopp's)	4*s.* 6*d.* per doz.	Ale in cask (Ind, Coope)	
Dinner	2*s.* 6*d.* per doz.	Pale	12*s.* per 9 gall.
Stout (Guinness's) ...	4*s.* per doz.	(Gordon & Co.) Bitter	9*s.* 6*d.* per 9 gall.
Cooper (Whitbread) ...	2*s.* 6*d.* per doz.	Stout in cask (Allsopp)	13*s.* 6*d.* per 9 gall.
Ale in cask:—India Pale (Allsopp)	16*s.* 6*d.* per 9 gall.	Porter (Allsopp)	12*s.* per 9 gall.

61. LIST OF SOME OF THE PRINCIPAL MANUFACTURERS OF HOUSEHOLD REQUISITES.

The preceding lists will be found useful and reliable as a guide to the prices of all the chief things required for home consumption.

It would not be possible here to enumerate all the varieties of the different articles, nor the specialties of every firm, but we subjoin a list of the principal manufacturers of the different household commodities whose productions can with confidence be recommended.

Allsopp, S., & Sons, Ales and Stout.
Australian Meat Co., Ramornie Beef.
Bishop & Sons, Stone's British Wines.
Borwick's Baking Powder.
Brand & Co., Meat Essences, Ar Sauce.
Brown & Polson, Corn Flour.
Brownhill, R. S., & Sons, "Feculina."
Bumsted, D., & Co., Table Salt.
Bush & Co., Flavouring Essences.
Cadbury Bros., Cocoa and Chocolate.
Cantrell & Cochrane, Mineral Waters.
Castell & Brown, Jams, Marmalade, &c.
Champion & Co., Mustard, Vinegar, &c.
Clarke, Nickolls & Coombes, Whole-Fruit Jams.
Cocks, Charles, Reading Sauce.
Colman, J. & J., Mustard.
Crosse & Blackwell, Jams, Sauces, &c.
Evans, Sons & Co., Montserrat Sauce, Cordials, and Conroy's Malt Coffee.
Foster, M. B., & Sons, Ltd., Bottled Beers and Mineral Waters.
Fry, J. S., & Sons, Chocolate, Cocoa, &c.
Goodall, Backhouse & Co., Yorkshire Relish, &c.
Griffiths & Browett, Beef-tea and Gravy Extractor.
Grootes Bros., D. & M., Cocoa.
Hall's Marrow Blue Peas.
Harvest, W. & D., Sauce, Pickles, &c.
Henley & Son, Cider and Cordials.
Holbrook & Co., Sauces, Pickles, &c.
Hudson, R. S., Extract of Soap.
Huntley & Palmers, Biscuits and Cakes.
Ind, Coope & Co., Ales and Stout.
Ingram & Royle, Natural Mineral Waters.
Kay, Bros., Coaguline, Linseed Soap, and Marking Ink.
Keen, Robinson, & Bellville, Patent Barley and Groats.
King, F., & Co., Ltd., Edwards' Desiccated Soups, &c.
Lazenby, E., & Sons, Pickles, Sauces, &c.
Liebig's Extract of Meat Co., Extract of Meat.
Lyle, Abram, & Sons, Ltd., Golden Syrup, &c.
Maconochie Bros., Preserved Provisions.
Margerison & Co., Soaps.
McCall, J., & Co., Preserved Meats.
Moore, Francis, & Co., Mandarin Sauce, &c.
Newball & Mason, Extracts for making Temperance Beers, Essences for making Temperance Wines, Dried Herbs, &c.
Oakey & Sons, Black Lead, Knife Polish, &c.
Page & Sandeman, Wines and Spirits.
Pears, A. & F., Toilet Soaps.
Peek, Frean & Co., Biscuits and Cakes.
Pink, E., & Sons, Jams.
Riddle, A., & Co., Stower's Lime Juice, &c.
Ripley's Oval Blue.
Rizine Food Co., Ltd.
Ross, W. A., & Co., Mineral Waters.
Rowntree's Cocoa.
Schweppe, J., & Co., Mineral Waters.
Smith, Tom, Cosaques.
Sparagnapane & Co., Cosaques.
Stanley, Chas., & Son, "Abbot" Polishing Soap.
Sutton, G. F. & Co., Sauces.
Swinborne, G. P., & Co., Gelatine and Isinglass.
Symington, W., & Co., Pea Flour, Pea Soup, Thickening Powder, &c.
Van Houten's Cocoa.
Waters & Son, Sauce.
Whybrow, George, Bottled Fruits, Pickles.
Wotherspoon, R., & Co., Glenfield Starch.
Yeatman & Co., Yeast Powder, Blanc Mange, &c.

62.—COMPARATIVE VALUE OF FOOD, WITH ITS PERCENTAGE OF CARBON AND NITROGEN.*

SHOWING WHAT A SHILLING WILL BUY.

A Shilling will Buy	Bone.	Meat.	Total Weight.	Per Cent. Carbon.	Per Cent. Nitrogen.
Rumpsteak	none.	13 oz.	13 oz.	11.00	3.00
Beefsteak	none.	16 oz.	16 oz.	,,	,,
Ribs of Beef	2½ oz.	15½ oz.	18 oz.	,,	,,
Leg of Mutton piece...	none.	19 oz.	19 oz.	,,	,,
Shin	none.	30 oz.	30 oz.	,,	,,
Leg of Mutton	2½ oz.	15½ oz.	18 oz.	,,	,,
Loin of Mutton...	3 oz.	15 oz.	18 oz.	,,	,,
Neck (best end)...	4 oz.	16 oz.	20 oz.	,,	,,
Shoulder (best end)	3 oz.	17 oz.	20 oz.	,,	,,
Veal Cutlet...	2 oz.	10 oz.	12 oz.	,,	,,
Breast of Veal	6 oz.	16 oz.	22 oz.	,,	,,
Salmon	1 oz.	7 oz.	8 oz	16.00	2.09
One third of a Fowl	.....	9 oz.	20 oz.	14.00	3.275
Two thirds of a Rabbit	4 oz.	16 oz.	20 oz.	.....	.....
Bacon	2 oz.	19 oz.	21 oz.	62.58	1.394
Bread	.....	.....	100 oz.	30.00	1.20
Cheese...	.....	.....	24 oz.	41.24	4.126
Potatoes	... ...	.....	192 oz.	81.00	0.33
Oatmeal†	.....	.....	112 oz.	44.00	1.95
Haricot Beans†	.....	.....	95 oz.	45.00	3.22
Hominy†	.....	.....	136 oz.	40.28	1.60

* Taken generally from Pagen's calculation, quoted by Dr. Pavey.

† Artificially dried. Reckon half as much again for the water to be added.

To arrive at the relative value of various foods, it is absolutely necessary to carefully estimate their different nutritive qualities.

By this table it will be seen that some expensive foods are really even more costly than they appear at first sight, because of the small proportion of flesh-forming, or nutritive, quality they contain. As an instance of this, one shilling will buy only 7 oz. of salmon, containing 2 per cent. nitrogen, while the same sum will buy 30 oz. of shin of beef, containing 3 per cent. nitrogen, or 24 oz. of cheese, containing 4 per cent.

The heat-giving qualities can be estimated by comparing the large percentage of carbon which such foods as oatmeal and potatoes contain with the small amount which is found in various meats. Thus one shilling will buy 136 oz. of hominy, containing 40·28 per cent. of carbon, or 192 oz. of potatoes, containing 81 per cent., whilst it will only buy 13 oz. of steak, which contains 11 per cent. of carbon.

"Once, weekly, remember thy charges to cast,
Once, monthly, see how thy expenses may last."

Tusser, 1557.

CHAPTER III.

ARRANGEMENT AND ECONOMY OF THE KITCHEN.

63. ***Writers on Domestic Economy, &c.***—There are few, if any, of those who have turned their attention to domestic economy and architecture, who have written on these important subjects with better effect than Sir Benjamin Thompson, an American chemist and physicist, better known as "Count Rumford," a title of nobility bestowed upon him by the king of Bavaria, in whose service he remained from 1783 to 1802. He did not, however, go as deeply and fully into the design and construction of that part of the dwelling-house that is chiefly devoted to culinary purposes, when he contented himself with declaring that "the distribution of a kitchen must always depend so much on local circumstances that general rules can hardly be given respecting it," and that "the principles on which this distribution ought in all cases to be made are simple and easy to be understood," these principles resolving themselves, in his estimation, into symmetry of proportion in the building, and convenience to the cook.

64. ***Requisites of a Good Kitchen.***—That the Count is perfectly right in his general, though somewhat broad, premises, no one will be disposed to deny; nevertheless, the requisites of a good kitchen demand something more special than is here pointed out. It must be remembered that it is the great laboratory of every household, and that much of the family "weal or woe," as far as regards bodily health, depends upon the nature of the preparations concocted within its walls. In the construction and disposition of a kitchen, therefore, in order that it may thoroughly serve the purposes for which it is designed, due regard should be had to the following particulars:—

(1.) Convenience of distribution in its parts, with largeness of dimension.

(2.) Excellence of light, height of ceiling, and good ventilation.

(3.) Easiness of access, without passing through the house.

(4.) Sufficient remoteness from the principal apartments of the house, that the members, visitors, or guests of the family may not perceive the odour incidental to cooking, or hear the noise of culinary operations.

(5.) Plenty of fuel and water, which, with the scullery, pantry, and store-room, should be so near the kitchen as to offer the smallest possible trouble in reaching them.

In addition to these important points, the equipment of the kitchen further demands consideration, under which term is comprised its fittings, its fixtures, its furniture, and the utensils that should be found in the kitchen itself and the adjacent back kitchen, or scullery for household and culinary uses. It will be convenient to consider the first three items as forming one division of our subject, and the last, as another; the portability, or mobility from place to place, of the various articles comprehended in the second division forming the chief point of distinction between them and those which more naturally find a place in the first.

65. ***Names of Manufacturers, Dealers, &c.***—Before entering on these matters *seriatim* it should be said that in describing special articles and

appliances of various kinds desirable or necessary for kitchen use, it has been determined, after careful consideration, to make mention of the firms by whom they are manufactured and to point out where they may be readily procured. Attention has been directed to these articles because they have been subjected to practical tests and proved to be truly good and useful, and, this being the case, it is obviously of the utmost importance to the readers of this work that they should be put in possession of the names and addresses of those who make them and those who sell them. But, although it is certain that the articles mentioned are eminently suitable for the purposes for which each is designed, there is no intention whatever of saying that similar articles manufactured and supplied by other makers and dealers are not as good or as serviceable, or of holding up to notice those that are mentioned to the depreciation and disparagement of those that are not.

THE FITTINGS, FIXTURES & FURNITURE OF THE KITCHEN.

66. ***The Fittings.***—Under this title, let us glance briefly at the finish of the several surfaces within which the cubic space of the apartment itself is included: namely, the ceiling, the walls, and the floor. There is more wear and tear and more injury from causes that tend to soil and disfigure in the kitchen than in any other part of the house, and care should therefore be taken to guard against the former as much as possible, and to render the effacement of the latter as easy and as speedy as possible. This will be best attained by having all *surfaces* found in the kitchen coated with varnish, because all soils, smears, and grease marks on varnished surfaces do not penetrate into the material and stain it, and, being merely superficial, can be removed at any time by aid of a damp cloth.

(1.) *The Ceiling.*—Let this surface be papered with a washable paper and varnished. White paper, or paper of a creamy or very pale blue tint should be used, for it must be borne in mind that the whiter the ceiling the greater will be its capacity to reflect light and therefore to render the apartment lighter.

(2.) *The Walls.*—In a kitchen, of all rooms, it is most desirable that the walls should be divided into two parts, the dado, and what, for convenience sake may be called the superdado, by a horizontal chair rail placed at chair height, or at any distance above chair height that may he considered to be more convenient. The chair rail should not be a mere make-believe in paper, or stencil, or paint, but a solid rail of wood projecting from the surface of the wall for at least an inch and a half, so as to form a *fender* between the wall itself, and any person or thing that may come or be brought into contact with it at that height. *Below* the chair rail, the portion of the walls that constitute the dado should be panelled or match-boarded, the former being preferable, and the woodwork should be either simply sized and varnished, or stained and varnished, or grained, the graining being finished with a coat of varnish. Paint should never be used in a kitchen, because paint is not protected by a final coat of varnish, and is therefore liable to destruction and ultimate removal by frequent washing with hot water, soap and soda, the bane of all painted surfaces. The superdado *above* the chair rail may be papered according to taste, but with a washing paper, which, when the paper-hanger has done his work, should also be varnished.

(3). *Varnished Work in Kitchen.*—It cannot be too strongly insisted on that everything found in a kitchen, whether fittings, fixtures, or furniture, should present a varnished exterior. Varnished work may be a little more costly than ordinary painting, but its durability and cleanly appearanee after being wiped

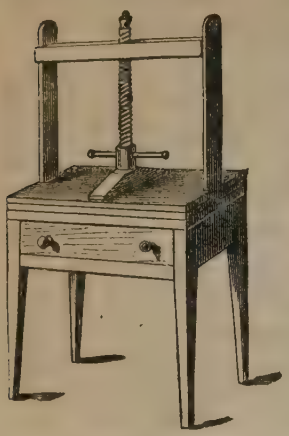
over with a damp cloth, render it cheaper in the long run. Cleanliness is a *sine qud non* in the kitchen, and by this means cleanliness can be always insured. Paint, it may be added, can be varnished, and looks well when finished in this manner, but it is not usual to varnish paint, and a painter would not do it unless special injunctions were given to him on this point.

(4.) *The Floor.*—Here varnish should again be resorted to as the finishing coat. Apply staining of any depth that may be liked to the flooring from the skirting boards to a distance of from two to three feet from them, finishing the staining in straight lines parallel to them; and over the central space left unstained, lay down oil-cloth or linoleum—preferably the latter—over lapping the staining to the extent of two or three inches. By this means the time and labour involved in scrubbing the floor of a kitchen that is left uncovered and unstained, as it comes from the builder's hands, will be considerably abridged, if not saved altogether, for all that is necessary to keep the linoleum and stained boards clean is to wipe them over with a damp cloth, and then oil or otherwise polish them. For this purpose petroleum will be found useful. It is unnecessary, and, indeed, impossible here to go into details with regard to the mode of applying the stain, coating it with size, and then giving a finish and a hard glossy surface to the work with varnish. It will be sufficient to say that stains for wood of the first quality, ranging in tint from light oak to ebony, with size and varnish, and all the appliances necessary for carrying out the work, with specimens and detailed instructions, may be obtained from Mr. H. C. Stephens, 191, *Aldersgate Street, London, E.C.*

67. ***The Furniture—the Kitchen Table.***—The size and quantity of this must depend entirely on the size of the kitchen in the first place, and, in the second, on the requirements of the occupants of the house of which the kitchen forms a part. The only article that requires special mention is the kitchen table, which should be massive, firm and strongly made. It may be furnished with drawers or not, according to inclination, perhaps it will be better without them, for kitchen table drawers but too often become receptacles and lurking places of a heterogeneous mass of rubbish and odds and ends, most of which would find a fitter resting-place in the dust-bin or ash-pit, and the rest in other places better adapted for their stowage. But however this may be, the table-board should be substantial not less than an inch and a quarter thick, supported on a frame and legs carefully put together, to insure the necessary stability. The upper surface of the table-board should show the natural wood, and, if made of deal, should be kept well scrubbed; the edge of the table-board, the frame, and the legs should be stained and varnished. Tables with laps and leaves, supported by legs, hinged to a centre frame, should never be used as kitchen tables, for in nine cases out of ten, they are rickety and by no means safe and stable, like the old fashioned kitchen table—as described above—and a very little want of care in using them may end in wholesale destruction of glass and earthenware, and cause a temporary interruption of peaceful relations throughout the household. Good kitchen tables, chairs, &c., and, indeed, every description of furniture necessary for the equipment of any and every part of the house and home may be obtained from Messrs. Story Brothers and Triggs, General House Furnishers, 152, 154, 156, *Queen Victoria Street, London, E.C.*

68. ***The Linen Press.***—There is no occasion to touch on furniture supplementary to the kitchen table, for this, as it has been said, must be governed by circumstances, and depend upon the size of the kitchen. It will be found useful, however, to have a small movable table, which, unlike the kitchen table, may be furnished with laps, supported on brackets that may be pulled out or pushed

back as necessary, such a table being of advantage when the kitchen is restricted in size. Some strong wooden chairs should be added, and a linen press, for the better preservation of table-cloths and napkins in use throughout the week. The linen press is shown in the annexed illustration, and may be obtained, with every other article of kitchen furniture, comprehended under the general name of "turnery," of Messrs. Adams and Son, 57, *Haymarket, S.W.* A linen press as shown in the annexed illustration is supplied for 45*s.*; but a press only, without legs or drawer, may be had for 30*s.* Of course when there is a butler's pantry, or housemaid's pantry in the house, the linen press is usually kept there.



Linen Press.

69. ***The Kitchen Clock.***—As the observance of time and adherence to punctuality are so necessary in almost everything that is done in the kitchen, no kitchen can be regarded as being completely furnished without a clock. The best kind of clock is an eight-day dial, which requires winding up only once a-week. A good English eight-day dial may be obtained from Messrs. Benson and Co., *Ludgate Hill, London, E.C.*, measuring twelve inches across the dial, for 35*s.*; and if furnished with machinery for striking the hours, for 70*s.* American dials in nickel-plated cases can be purchased at lower rates of Messrs. Perry and Co., Limited, *Holborn Viaduct, London, E.C.*, an attractive and useful article being obtainable for 18*s.* 6*d.* The circular form of dial as shown in the accompanying illustration is the most convenient for kitchen use. The best position for the kitchen clock is over the mantelpiece, as in some culinary operations it has to be frequently consulted; and the cook should be able to do this without turning away from the fireplace.

Circular Dial.

70. ***The Kitchen Overmantel.***—If an overmantel has been introduced into the kitchen, a convenient and suitable receptable for the clock may be made in its very centre, while around it may be placed shelves and small cupboards, niches and pigeon holes for some of the thousand and one smaller articles that are constantly wanted in the kitchen, and which may be kept in such a structure within sight and therefore within remembrance, for they are far better bestowed here than in drawers or cupboards. The overmantel, moreover is far neater in appearance than a number of nails driven into the wall for the suspension of various pieces of tinware, skewers, measures, &c. It is not possible nor desirable to lay down any distinct form and management for it. The better way is to decide, first of all, what shall be kept therein and then to suit the sizes, &c., of the cupboards and compartments to the articles which they are destined to hold.

71. ***The Kitchen Steps.***—In most kitchens, and especially in those that are fairly lofty, the upper shelves, &c., of the overmantel and the kitchen dresser may be out of the reach of mistress and maid without standing on a chair. Now as the general height of a chair seat from the ground is seventeen inches, it forms

rather too high a step for anyone to mount, with comfort, and, moreover, stepping on to and down from a chair is an operation not wholly free from danger of falling. For one of the ordinary kitchen chairs, therefore, a hall or library chair should be substituted, which by a simple movement is immediately convertible into steps. A chair of this description is shown both as a chair, closed, and as steps when open in the annexed illustrations. It is called a "hall step chair," and is supplied at prices ranging from 21*s.* upwards, according to the material and style of which and in which it is made. The outlay on such a chair may be soon saved in the prevention of accidents which might result in the fracture of a well-dish, or other dishes of large size, which are usually kept on the topmost shelf of the dresser.

HALL STEP CHAIR (CLOSED).

72. ***The Fixtures.***—The preceding remarks on the furniture of the kitchen have been rather confined to pointing out certain articles that are desirable, but which are not always to be found therein, than extended, as they might have been, to the consideration of every piece of furniture that might be placed within it, with its price, &c. It will now be convenient to turn to the fixtures, or articles which are attached to the walls of the house; and which, therefore, are immovable and form part and parcel of it. Chief among these are the kitchen cupboards and the dresser, the bell-board and slips of wood attached to the walls, to take dish covers, &c. The kitchen range, too, which, in most cases, is a fixture, may conveniently be considered as such although it will be necessary to touch on kitcheners, and gas apparatus for cooking which may be moved by the tenant when changing houses, provided always, that they have been purchased by him for use in the house which he is quitting.

HALL STEP CHAIR (OPEN).

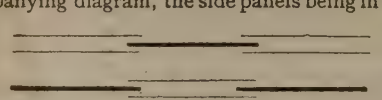
73. ***The Kitchen Dresser.*** — This is usually a tripartite arrangement, consisting of a range of drawers, usually three in number in the centre, having a recess open from end to end and from front to back below, with boarding on the bottom raised some three or four inches above the floor, painted black, and usually known as the "pot board," because it is commonly, though not always, used for the bestowal of the larger culinary utensils used for boiling, stewing, &c. Above the drawers rise from four to five tiers of shelves, narrow at the bottom, but each being wider than the one below it until the topmost shelf is reached, this shelf being appropriated to the larger dishes, while those below it carry soup plates, dinner plates, pudding plates and cheese plates in the order laid down. The broad shelf of the dresser, surmounting the drawers, is usually set out with the soup tureen and vegetable dishes, while the edges of the shelves above are furnished with brass dresser-hooks on which jugs, mugs, &c. of different kinds and sizes are hung.

74. ***The Shelves.***—Of the shelves above the drawers there is little to say, and that little refers to the wall behind the shelves, rather than to the shelves

themselves. Frequently, the shelves constitute an open framework placed against the wall itself, and held there by iron spikes known as "holdfasts," an ugly, careless, and reprehensible mode of attachment in such a conspicuous position. The wall behind the shelves should be match-boarded, and the boards in this case painted white, or some light and pretty tint, and varnished. The colouring serves as a suitable background to the earthenware placed on the dresser shelves, and the boarding furnishes suitable means of attachment for the shelves themselves, which can be kept at their proper level by brackets of brass or iron at proper intervals, and prevented from "sagging," or sinking in the middle, which is caused partly by their own length and weight and partly by the weight of the earthenware placed on them.

75. ***The Drawers.***—These should move in and out easily on their runners and fit nicely to the framework in which they are set. As a means for pulling them out, drawer pulls are far better and more convenient than knobs or swing handles, which are apt to catch and tear the dress if the kitchen be not tolerably roomy. Drawer-pulls are made in three sizes, namely 3 inch, 3½ inch and 4 inch, and are sold, plain, and complete with screws, by any ironmonger, in dead brass, at 2*s.* 3*d.*, and 2*s.* 6*d.* per dozen, according to size; in polished brass at 3*s.* 6*d.* and 3*s.* 9*d.* per dozen; and ornamental, at 3*s.* 6*d.*, 5*s.*, and 6*s.* 6*d.* per dozen. A cheaper kind in fancy enamelled iron may be bought at about 1*s.* 6*d.* per dozen. For all kinds of drawers these drawer-pulls will be found convenient.

76. ***The Pot Board.***—Sometimes the pot board is left open to view, and sometimes it is enclosed with panelled doors opening outwards on hinges, and three in number, to correspond with the drawers. It is desirable that the pot board should be enclosed, but the doors are often in the way when open, and in some cases even inconvenient to get at. The better way is to substitute three sliding panels for the doors, working in two parallel grooves, and arranged as shown in the accompanying diagram, the side panels being in the outer groove and



Arrangement of Sliding Panels in Dresser.

the centre panel in the inner groove. Thus either of the ends may be opened by pushing the panel that covers it in front of the centre panel, and the middle may be opened by pushing the centre panel behind either of the side panels. Thus access to the interior is obtained as easily as by doors, without the inconvenience which the use of hinged doors often entails and to which allusion has been made above.

77. ***The Cupboards.***—Broad and deep cupboards are an absolute necessity in a kitchen, and the recess formed by the piers that flank the range and the chimney breast above are usually appropriated to this purpose, each recess being divided into two cupboards with folding doors, the larger one above and the smaller one below. In the former two or three shelves are placed, according to the height of the cupboard; the bottom or partition between the upper and the lower divisions forming another. Each cupboard should be devoted to a special purpose. Thus, one of the larger cupboards might contain the breakfast and tea services, and all glass, &c., in every day use: the other would form a convenient receptacle of pie-dishes, baking-dishes, patty pans, moulds, shapes and the various appliances of this kind that are constantly in demand for cooking. Of the smaller cupboards one might be set apart for the storage of earthen jars, bottles of various kinds, foot-warmers, &c., and the other for blacking, black lead, petro-

leum, and all the vessels, brushes, &c., that are required in applying these things to the different purposes they are intended to serve. It is too frequently the case that the interior of cupboards is papered. This mode of treatment is unwholesome for any cupboard, but above all for cupboards in kitchens and sitting-rooms. In all cases the portion of the plastered walls that form the back and sides of cupboards should be painted and varnished, whatever the painter may say to the contrary.

78. ***Bell Board.***—The board on which the bells of the house are hung, according to the old-fashioned mode of bell-hanging, or the indicator that is used with electric bells, is usually placed above the kitchen door, that being the most convenient position, because it is unoccupied by anything else. Indicators of electric bells are properly numbered or lettered; but the ordinary bells have nothing by which the bell of one room may be distinguished from the bell of another, much to the confusion of servants newly come and who have not yet learnt to recognise the sound peculiar to each of them. To prevent doubt, delay, and possible mistakes, a number or letter should be placed under each bell to show to which room it belongs and for the benefit of new comers a card to serve as a key to the numbers or letter should be kept in the kitchen.

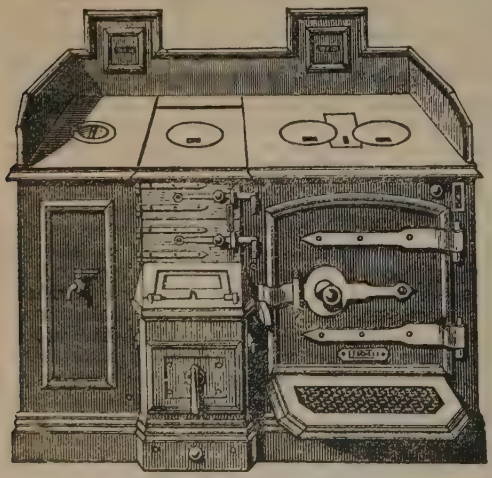
79. ***Minor Fixtures.***—These consist of brackets, ledges and small shelves, which may be placed against the walls in any convenient and suitable position for the reception of trays and a variety of articles for which it is desirable to find a special resting-place. Among these stand conspicuous two slips of wood attached to one of the walls at a sufficient height above the chair-rail, in a horizontal position and parallel one to the other. In the upper of these slips dresser-hooks are inserted, on which are hung the metal dish-covers in daily use. The lower slip receives the lower part of the edge of the dish-cover when hung up, and prevents it from coming into contact with the wall, which it is apt to damage.

80. ***Apparatus for Cooking, &c.***—The last, but by far the most important of the fixtures that we are called upon to consider is the apparatus that is used for cooking, heating water, &c., usually known as the kitchen range or kitchener, names which originally had a distinctive import; but which have lost much of their primary significance and are now applied without much discrimination to cooking apparatuses of every kind, whether the fuel used be coal or gas. We will, however, for the sake of clearness, use the terms kitchen range, kitchener, and gas range or stove, to indicate three widely marked varieties of cooking apparatuses: (1) the kitchen range, being taken to imply a range, either open or close, that is fixed in its place with brickwork, &c., and that is therefore unmovable; (2) the kitchener, a range that is entirely independent of all its surroundings, and which stands, usually raised on four low legs, on the hearth in the recess otherwise occupied by the kitchen range, movable in itself when necessary but virtually a fixture through its weight and size; and (3) the gas range or stove, like the kitchener in being really movable, though virtually a fixture for the same reasons, but differing from the kitchener, not only in form and in the kind of fuel used, but also in the fact that it need not, like the kitchener, of necessity be placed on the hearth, that the chimney may be utilised as a means of escape for smoke and the various products of combustion; but may be placed in any part of the kitchen that may be found to be the most convenient for the purpose.

81. ***The Kitchen Range.***—Kitchen ranges may be distinguished as close and open, the chief point of difference between them being in the construction of the fire-grate or box in which the fuel used for heating purposes is burnt. In the open range the fire-grate is uncovered at the top, and forms a cavity, enclosed by the boiler and oven at the sides and back, by a grating of close bars at the bottom, and by parallel horizontal bars, about one inch square in section, placed from

one and a half to two inches apart in front. The fire in the open range, generally speaking, can be made larger or smaller at pleasure by means of a movable check attached to a notched bar which is fixed at right angles to its surface on one side of it, and moved backwards and forwards by means of a small cog-wheel, to a greater or less distance from the fixed side of the grate, as may be found necessary. In the close range the fire-chamber is inexpansive, closed in front either wholly or partially by an iron door, and covered in at the top by an iron plate, movable, and generally in two parts, namely, a circular plate, dropping into and filling an opening in a square plate, the size of the top of the fire box. At the back there is a fire-brick moulded into shape. In all other respects, as far as outward appearance goes, the close range is similar to the open range. Close ranges are now chiefly used, and but few open ranges are to be met with except in houses that have been built for some years, and in which the open range that was originally fixed in the kitchen, still remains. It is true that Mr. Constantine, of 61, *Fleet Street, E.C.*, supplies a variety of his Improved Patent "Treasure" Cooking Ranges, which is called an "open fire" range; but this differs only from the close range in having a grating of vertical bars in front, instead of the solid door.

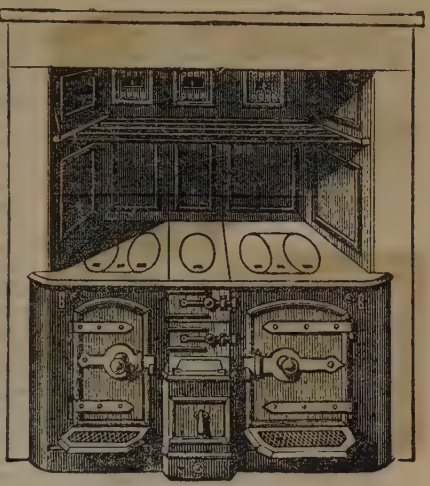
82. ***Close Fire Ranges.***—There is little doubt that "close fire" ranges were at first mostly used in Devonshire for the convenience of the hot plate over the top for scalding the milk to obtain the thick clotted cream which was converted by beating it with the hand into butter; open ranges being then used in London and other parts of the United Kingdom. Gradually the use of the open range was abandoned for the Leamington range, which at one time may be said to have had it all its own way; but now there are a variety of ranges, each claiming some special merit of its own, and rendering it a matter of considerable difficulty to pick and choose between them. It may be said, however, that economy of fuel and cleanliness are the chief features of close ranges of all kinds, combined with efficiency of action, provided that the flues themselves, through which the smoke and soot pass off into the chimney, leaving considerable deposits in the passage, are kept perfectly clean.



CRABTREE'S PATENT CLOSE FIRE RANGE.

83. ***Crabtree's Patent Close Fire Range.***—It will be convenient first of all to deal with ranges that may be regarded absolutely as fixtures, and although there are many excellent ranges in the market, specialties of various manufacturers, yet as it is impossible to describe or even mention the names of all, it will be sufficient to select one or two which will serve as types of the best ranges yet contrived; and for this purpose Crabtree's Patent Close Fire Range and the same maker's Patent Kitchener may be selected. The construction and general appearance of the Patent Close Fire Range may be gathered from the annexed

illustration, in which every part is clearly shown. Like most of the close ranges already in use, it has the boiler on one side and the oven on the other side of a central fire-box, fitted with two doors, each of which may be opened independently of the other. Below the lower door is a hood with a door in it, the hood preventing the cinders from falling elsewhere than into the ashes-drawer under the fire-box, as they will do in ranges in which there is no contrivance of this kind. Access to the fire-chamber, at the top of the oven, is secured by movable plates, and every facility is afforded for ventilating the oven and regulating the intensity of the heat. In front of the oven is a perforated plate, on which anything can be placed or rested when in course of being put into or taken out of the oven. The combustion in this kind of range may be rendered slow or quick as may be desired. It is manufactured in three sizes, the details of which in every respect are given below by the patentees, Messrs. Crabtree Brothers, *Old Union Foundry, York Road, Leeds.* The prices of the ranges are appended to the details.



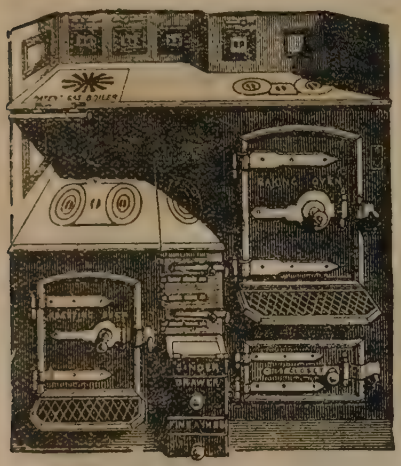
CRABTREE'S PATENT CLOSE FIRE RANGE.
(Another Form.)

	First Size. Inches.	Second Size. Inches.	Third Size. Inches.
Width over all	36	42	48
Oven	14×15×16	16×15×16	18×15×16
Fire	8	10	10
Side Boiler with neck, plug lid, and brass tap	9	11	15
Hot Hearth with three holes	36×16	42×16	48×16
Ashes-pan and Cinder Sifter	8	10	10
PRICES	£7 15s. od.	£9 os. od.	£11 5s. od.

Another form of the Patent Close Fire Range is shown in the second of these illustrations of this firm's specialties. This, as will be seen on inspection of the engraving, is furnished with high coverings, a bright wrought-iron plate rack, and two ovens. It is also supplied with one oven only and a boiler instead of two ovens, as shown in the illustration. The following are the sizes and prices:

	First Size. Inches.	Second Size. Inches.	Third Size. Inches.	Fourth Size. Inches.
Width of Mantel	42	45	48	54
Height of Mantel	54	54	54	54
Larger Oven	14×16×18	16×16×18	16×16×18	18×16×18
Smaller Oven	11×16×18	11×16×18	14×16×18	16×16×18
Fire	8	8	8	10
Hot Hearth with five holes	42×18	45×18	48×18	54×18
Ashes-pan and Cinder Sifter	8	8	8	10
PRICES	£10 10s. od.	£11 8s. od.	£12 12s. od.	£14 17s. od.
Wrought Iron Bath Boiler, extra	£1 4s. od.	£1 6s. od.	£1 8s od.	£1 10s. od.

84. ***Crabtree's Patent Kitchener.***—For those, however, who can afford to purchase a more expensive range, the Patent Kitchener, manufactured by the same firm will be found to be more complete in character, and therefore more efficient. Although it is to be regarded as a range rather than a kitchener, according to the definition of a kitchener as given above, there is no occasion to take exception to the name which the manufacturers have assigned to it, seeing that it combines efficiency with economy, the points which are most desirable in any apparatus or appliance for cooking. It is fitted, as may be seen from the accompanying third illustration given, with a baking oven, a roasting oven, a hot closet, gas stove, continuous plate rack, hot plate, automatic cinder sifter, and ash-pit; the lining is of fire-brick, the fire may be kept close or open at pleasure, combustion is slow and complete, and slack may be burnt in the grate. Its economy is shown by the fact that it yields a maximum of heat with a minimum of ashes and that there is throughout the range a general freedom of dirt, the large cleaning doors promoting thorough and easy clearance of the flues, and therefore complete efficiency when in use for culinary operations.



CRABTREE'S PATENT KITCHENER.

The following are the sizes in which the Patent Kitchener is made, and the prices at which they are sold:

	First Size. Inches.	Second Size. Inches.	Third Size. Inches.
Total width of Kitchener	48	54	60
Baking Oven	16×21	18×21	20×23
Roasting Oven	14×16	16×16	18×16
Fire	8	10	12
Hot Plate	27×14	31×14	35×16
PRICES	£15 0s. 0d.	£18 0s. 0d.	£21 0s. 0d.
Wrought Iron Bath Boiler, extra	£1 7s. 6d.	£1 12s. 6d.	£1 17s. 6d.

The particulars given below, relating to the construction, economy, and efficiency of this Patent Kitchener will prove of interest.

(1) *Capacity.*—This kitchener combines more appliances with greater efficiency and at less cost, it is said, than any other kitchener extant. It will bake twenty eight pounds of bread, roast twenty pounds of meat, and boil half a dozen saucepans at the same time, and also supply plenty of hot water for either bath or lavatory.

(2.) *Fireplace.*—The fireplace, or fire-box, consists of fire-brick bottom, back and side, with a front of thin bars placed comparatively close together, sloping inwards and downwards to the fire, to prevent the fire falling out, and at the same time affording a good view of the fire when looking at it in front.

(3.) *The Ash-pan.*—Below the fireplace is an ash-pan provided with two drawers. The upper one has a sloping grating for its bottom, which receives and

automatically screens the ashes as they fall, the dust going through the grating into the lower drawer. The cinders which remain in the upper drawer are returned to the fire until completely consumed, nothing being left but the incombustible portion of the fuel.

(4.) *Doors of Fire-grate.*—In front of the fire are two doors, one above the other, completely closing in the fire when shut. With both of these shut, and the little door in the hood-shaped cover of the ash-pan open, a very strong draught will be produced and the fire will burn fiercely, even with inferior fuel, producing great heat.

(5.) *Slow Combustion.*—The small door in the top of the ash-pan is made to open outwards and downwards; when closed, it may be slid endwise, so as to leave a small slit open. The effect of this is to convert the kitchener into a slow-combustion range, which may be regulated to burn at any given rate, according to the amount of air admitted.

(6.) *All-night Fires.*—By this arrangement the fire may be kept burning all night with a very small consumption of fuel, an inestimable advantage, especially in winter time, saving the dirty and disagreeable work of lighting the fire on a frosty morning, besides keeping the kitchen warm, the water hot, and the pipes from freezing.

(7.) *Cost of Fuel.*—The result of a week's trial by Mr. Shaw, of Leeds, of a 48 in. by 54 in. range, supplied to him showed that the coals consumed in a week cost only 7¾*d.*, or very little more than 1*d.* per day; a very favourable experience, when compared with an experiment in cooking with gas at an exhibition held in the Town Hall, Leeds, when ¾*d.* worth of gas was consumed in roasting a leg of mutton weighing 10 lbs. 14 ozs., which was considered a good result.

(8.) *Gas Ring Burner.*—However, as gas is always a useful adjunct in cooking, a duplex ring burner is placed in the plate-rack in such a way as not to interfere with anything else, so that water may be boiled, eggs or ham cooked, &c., at any time when the fire may not happen to be in use. With both rings burning, 5 lbs. of water, or, in other terms, half a gallon, in an 8-in. copper pan, at an initial temperature of 46° Fahrenheit, will boil in 16 minutes with a consumption of 3½ cubic feet of gas.

(9.) *Convertibility into Open Range.*—In the illustration of this kitchener the range is shown as a close one; but by opening the door at the back, lifting off the fire cover, and opening the doors in front, the range instantly becomes an open one, similar to any Yorkshire range, the operation being sooner done than described.

The following are the dimensions of the kitchener itself, and its different parts in the three best sizes in which it is made, with prices for each size of range, singly or with bath boiler, which is a desirable adjunct to the range. It is also made 66 inches and 72 inches wide, and may be had fitted with tiles in the back and side covings, at prices which will be supplied on application.

	First Size. Inches.	Second Size. Inches.	Third Size. Inches.
Total Width ...	48	54	60
Baking Oven ...	16×21	18×21	20×23
Roasting Oven	14×19	16×16	18×15
Fire ...	8	16	12
Hot Plate ...	27×14	31×14	35×16
Prices ...	£15 0s. 0d.	£18 0s. 0d.	£21 0s. 0d.
Bath Boiler, extra	£ 1 7s. 6d.	£1 12s. 6d.	£1 17s. 6d.

The range can be had fitted with an L boiler, instead of, and in place of, the lower oven shown to the left in the illustration, at the prices named above for the range complete.

85. ***Advantages of Kitchen Ranges.***—A word or two as to the advantages which the kitchen range just described possesses will not be out of place, and it may be said that though all its features are not presented, perhaps, by other ranges, yet that the benefits which are to be derived from its use, are to be obtained more or less from most of the various kitchen ranges, kitcheners, and gas ranges now in use On this most important kitchen fixture, be it of what kind it may, depends much of the success or failure of the cook's performances. To those who desire to have a nicely and cheaply cooked dinner every day, the close ranges, kitcheners and gas ranges may be especially recommended. By making use of one of these much trouble and labour are saved. Their advantages, indeed are so great that an inexperienced cook would scarcely fail to serve up a passable dinner with one of these at her disposal; while with an old fashioned open range, she would, in all probability, have acquitted herself in a wretched manner. The advantages that these ranges possess over the open stoves may be summed up as below, and there is not the least doubt but that our readers will be ready to acknowledge their superiority, particularly for those persons who are not too well acquainted with the culinary art.

First Advantage.—In addition to the oven for baking bread, pastry, &c., there is, on the other side of the fire-basket, or grate, of the Patent Kitchener, another oven ventilated on improved principles, for roasting joints. The boiler is entirely at the back of the range.

Second Advantage.—*There is no fear of having any dish smoked* sent to table. The range being made with a hot-plate all along the top, and the fire not being exposed, the possibility of having any concoction spoiled by its being smoked is quite precluded. On the other hand, when open stoves are in use, and are managed by rather *unskilful* hands, it is not too much to say that a smoked dish is almost as frequently the rule as the exception.

Third Advantage.—Many saucepans and vessels may be kept boiling at one time, *and at the proper point.* Moreover, these vessels are neither soiled nor injured. On an open stove, however, the proper degree of ebullition can scarcely be sustained where there are many saucepans to attend to. Frequently the liquid is either boiling or bubbling at a galloping rate, or is barely warm. Now the *gentle simmering* can be nicely kept up *on any part* of the Patent Kitchener, when supplied with fuel for cooking a dinner. On a 4-foot range 6 saucepans can be easily placed.

Fourth Advantage.—Saucepans, boiling-pots, frying-pans, &c., last double the time when used on a hot-plate; and may *be kept as clean outside as inside*, there being no accumulation of soot and black. This is an immense saving of labour to the cook and of money to the mistress.

Fifth Advantage.—After the cooking is done, the fire may be kept up with any cinders or small coal which could not possibly be burnt in any other range. By taking the measures already described for producing slow combustion, a fire once made up will last for hours.

Sixth Advantage.—Much breaking of crockery is avoided in warming plates and dishes that are to be used at dinner. There is a rack fixed above the range for this purpose, and this being quite out of the way, does not interfere with the cook when she is attending to the dinner.

Seventh Advantage.—The hot-plate is well calculated for an ironing-stove when not in use for cooking purposes. We need scarcely say the process is delightfully clean; the irons, after being heated, merely requiring a rub with a duster. Many of our readers know what it is to iron with irons that have been heated at an open fire—what rubbing must be resorted to on sand-paper, in sand, &c., &c., to make the irons at all fit for use.

Eighth Advantage.—On the right side of the range below the baking oven is

placed a hot closet for warming dishes, &c., an addition of incalculable advantage, especially when any circumstance has occurred, as is sometimes the case, to keep dinner waiting.

It would not be difficult to continue the enumeration of the merits and virtues of the Kitchener. But the construction of these ranges may be plainly seen from the illustrations; and they may be warmly recommended to all who are fitting or furnishing kitchens. It may be said, indeed, that English cookery will never be generally improved until all houses possess, instead of the old open range, one of the modern Kitcheners, or "close fire" ranges.

86. ***Ranges that do not require Fixing.***—The ranges that have been already under consideration are ranges that require fixing, and it will now be convenient to glance briefly at others which do not require fixing, and which are, therefore, more in accordance with what is usually understood and conveyed by the term Kitchener, that is a cooking apparatus which is complete in itself, and does not require setting in the place appropriated for its reception. Chief among these are the "Wilson" Portable Cooking Range, manufactured and sold by the Wilson Engineering Company, and on view in all its different sizes at their show-rooms, 227, *High Holborn, W.C.*; the Improved Patent "Treasure" Cooking Ranges, manufactured, supplied, and exhibited by Mr. T. J. Constantine, at 61, *Fleet Street, London, E.C.*, and the various ranges manufactured and sold by Messrs. Smith and Wellstood, *Columbian Stove Works, Ludgate Circus, London, E.C.*

87. ***The "Wilson" Cooking Range.***—The general appearance of the "Wilson" Cooking Range is shown in the first of the accompanying illustrations, which exhibits a view of it from the front; the principle on which it is constructed may be gathered from the second, in which a semi-sectional elevation of the range itself is exhibited. An air valve regulates the fire, so that almost all the heat engendered is employed in the range and but little passes up the chimney, thus rendering a fire in the latter almost, if not entirely, an impossibility. The combustion of the smoke and the noxious gases is ingeniously effected by means of intensely super-heated air. The cold air, in the first place, being admitted through a ventilator, A, in the fire-door, is made to travel through flanged chambers of which the fire-box, B, itself forms in every case one side. In this passage the air is thoroughly heated and meets the smoke and gases as they leave the fire-box, where the progress of the latter is arrested in some degree by means of a plate, C, which, from its function, is called a baffle-plate. At this point the heated air, smoke, gases, &c., commingle, producing almost perfect combustion before travelling round the flues surrounding the ovens and boilers. The range, as may be inferred from what has been stated, is practically a smoke consuming one, while but very little soot, comparatively speaking, accumulates in the flues. The ranges are made with a flue socket at top, but are supplied with the flue socket at the back instead, if this arrangement be preferred. A stove pipe fits on to the flue socket through which the smoke and products of combustion that escape from the range are conveyed into the chimney.

(1.) *Principle of Construction.*—Stated in as few words as possible the principle of construction of the "Wilson" Cooking range is designed to obviate waste in fuel and to reduce its consumption to a minimum. This is brought about, as shown above, by effecting with highly heated air the combustion of the smallest practical quantity of fuel with the utilisation of that heretofore wasted in smoke; and in giving a greater and more complete distribution of heat and in minimising the deposit of soot.

(2.) *Size and Price of Ranges.*—The "Wilson" Cooking Ranges are made in all sizes, from 1 foot 9 inches to 10 feet 6 inches, and even larger if required, at prices

ranging from £1 17*s.* 6*d.*, for the smallest size, to £50, for a range 6 feet 8 inches wide, with circulating or bath boiler attached. The ranges are numbered from 2 to 16, and thus it may be said that there are sixteen sizes, including No. 4*a*. For the most part each range is supplied with a close or open fire as may be preferred. For family use Range No. 9 presents a convenient size, the range itself being 42 inches wide, 28 inches high, and 22½ inches deep, the oven being 18 inches wide, 15 inches high, and 18 inches deep. The price, complete with boiler to hold 9 gallons, is £9 15*s.*; but with a boiler to supply bath, £12 15*s.* A plate-rack, same size as the range, is supplied with the range for 18*s.* extra. Every size is portable, requires no brick setting whatever, and has a single smoke pipe which can be carried into any chimney. It is claimed for these ranges that they cannot get out of order, that they have larger sized boilers, and are of greater weight and durability than any hitherto manufactured. Fire-bricks are not used in the fire-box.

(3.) *Roasting.*—This operation is carried out in the "Wilson" range in a manner in every respect equal to roasting done in front of an open fire. A perfect system of ventilation is kept up, whereby the vitiated air is carried from the oven into the flue at the back, also preventing any unpleasant smell in the kitchen.

(4.) *Grilling.*—Chops, steaks, beef bones, legs of fowls, turkeys, &c., can be grilled over the top of the range by removing the top centre cover, and inserting a circular grill manufactured and supplied by the company.

(5.) *Baking.*—Bread and pastry can be baked in the same oven that is used for baking or roasting meat by shutting the ventilation on the oven door. By this, and by the action of heat accumulators in the shape of gills, or flanges placed under the bottom of the oven, which attract and intercept the heated vapours prior to their leaving the range, great bottom heat is produced, without which no bread or pastry can be properly baked.

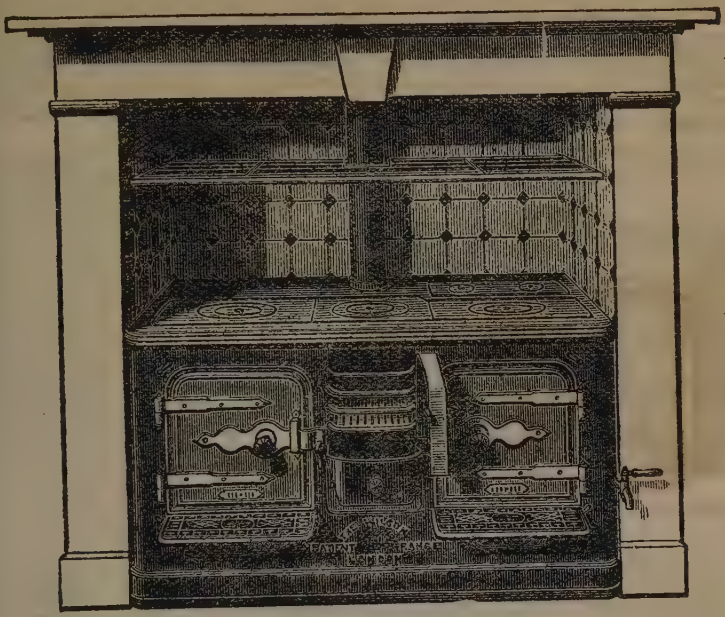
(6.) *Toasting.*—Bread can be nicely toasted on the top of the range by a simple toast grill supplied by the company, whereby three or four slices can be done at one time.

(7.) *Ironing.*—This operation can be conveniently carried out at any time, as the entire top surface of the range always constitutes a hot plate as long as the fire is kept alight, whereon irons can be readily heated and kept perfectly clean.

(8.) *Water Heating.*—It is claimed that this can be effected more quickly in the "Wilson" than in any other range. By a patented principle a great part of the heat impinges on the side of the boiler near the bottom, and travels under the whole base on its way to the flue. The boilers are made of copper, and thus there is no danger of cracking or bursting.

(9.) *Bath Warming, Steaming, &c.*—These operations can be carried out on the ranges of 3 feet in width and upwards, that is to say in all ranges from and including No. 7, by the introduction of a strong wrought iron, lap-welded high-pressure boiler. The heat is concentrated on the sides and under the boiler, travelling up the back, under the top plate of the range and round the ovens, thus reversing the old-fashioned system, which allowed 75 per cent of the heat to be wasted up the chimney.

88. ***Constantine's Patent "Treasure" Ranges.***—These ranges, like the "Wilson" ranges, are perhaps more truly described by the term kitchener. They differ from them in points of construction, and in being raised above the level of the hearth on short massive legs, one at each corner of the range; whereas the "Wilson" ranges rest wholly on the hearth. They are supplied as close,



THE "WILSON" COOKING RANGE.

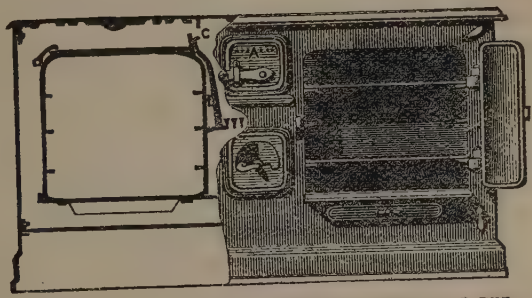
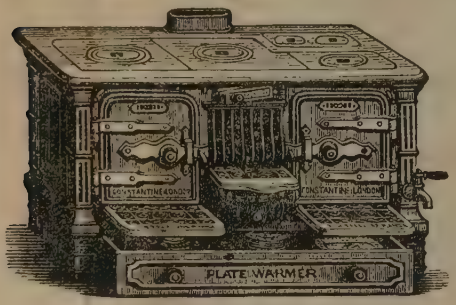


DIAGRAM SHOWING PRINCIPLE AND CONSTRUCTION OF THE "WILSON" RANGE.

or open fire ranges, as may be preferred, by the patentee and manufacturer, Mr. T. J. Constantine, 61, Fleet Street, London, E.C., in sizes, ranging from 24 inches in height, 18 inches in width and 14 inches in depth, to 36 inches in height and depth, and 72 inches in width, at prices varying from £1 10*s*., to £45. All the necessary appliances for each range are included in the prices at which the ranges are supplied and the price for the largest range includes an extra boiler for steaming purposes, with steam gauges, safety valves, &c. Plate racks to suit the opening of the area of range top are not included in the prices of the ranges, but are charged from 16*s*. to £3, according to the size of range.

(1.) *Fuel and Heat Economy.*—These ranges will burn the Anthracite smokeless coal or Welsh coal, which will not burn in ordinary fireplaces, but is chiefly used for engines and furnaces. This coal is less expensive than North country coal, and does not create so much smoke. The diminution of the smoke by the use of this coal, and the consumption of most, if not all, that the coal gives forth, with all gases, sulphurous acid and products of combustion by means of the peculiar construction of the ranges, cause them to be regarded as comparatively smokeless and therefore economical and cleanly. Moreover every particle of heat is utilised, which effects a saving of fuel stated to be 75 per cent, but very little heat escaping up the chimney with the smoke or unconsumed fuel that may find its way there. A 42 inch "Treasure" Range being tested daily for three months consecutively in 1873, when coals were 40*s*. per ton, it was found that the cost of cooking every day even when coals were at this unusually high price was no more than 1¾*d*., or, as nearly as possible 1*s*. per week. This shows that the "Treasure" Ranges are desirable on the score of economy; indeed, it is said that in them five shillings' worth of coal will do the work of twenty employed in heating an old-fashioned open range.



CONSTANTINE'S TREASURE RANGE (No. 84) WITH ROASTER AND OVEN.

(2.) *Construction.*—The ranges are self-contained cabinets in one piece, and do their work and duty well wherever they may be placed. They can stand anywhere; and being complete in themselves, they are always ready for use. They require no foundation, brickwork setting, or fixing by mason or bricklayer, like ordinary ranges, that are not complete until they have been built in with bricks, mortar and cement. It must be remembered, should the tenant of a house wish to put in a range for himself, that this very act of fixing has the effect of transferring all right in the stove from the tenant to the landlord, whereas the "Treasure" Range, being in one piece and requiring no brickwork, is so compact and portable that it is not only always ready for use but remains the property of the tenant, movable like any ordinary article of furniture. It will stand on the hearth, in front or at side of the ordinary range, if so desired. In addition to this, there are no complicated flues or dampers to be adjusted. The construction of the "Treasure" Range in the larger sizes is shown in the accompanying illustration in which the flue socket is at the top at the back; and the tap to the boiler, which is also at the back of the range, on the right hand side. The range illustrated is 42 inches wide, 30 inches high, and 25 inches deep: the roaster, or

oven, for baking meat is 13 inches wide, 15 inches high, and 21 inches deep. The oven for baking bread, pastry, &c., is the same in width and height, but only 13 inches deep. This is to make room for the boiler, which holds 7 gallons. The price of the range thus constituted is £11, but if a high pressure wrought-iron boiler is supplied for heating baths, steam closets, &c., the price is £13 10s., and the low pressure boiler with which the range is fitted when supplied at the lower price is dispensed with, thus enabling both ovens to be of the same depth, namely 21 inches.

(3.) *Ovens and Boilers.*—The ovens and boilers of the "Treasure" Ranges, are larger in proportion to the size of the range than those of other makes and so afford the greatest cooking powers within the smallest space. Greater heat is retained at the sides of the ovens farthest from the fire, and also on the bottom surface by means of gilled flanges on projections, which concentrate the flames where the most intense heat is required, a desideratum in baking bread or roasting joints which require great distribution of heat.

(4.) *Fire-door, Hot-air Tubes, &c.* — Another feature in the construction of the "Treasure" Ranges which tends to amplification of heat and economy of fuel by effecting perfect combustion is the triple-chambered fire-door, with the hot-air tubes, grooved and flanged furness bars, and patent cinder rocker with which these ranges are fitted. The rockers separate the cinders from the ashes or fine dust which is perfectly consumed; and the cinders being freed from the ashes, which fall into a lower dust-pan, or receiver, are available for burning again. The separation of the ashes from the cinders is effected by means of a fine dust strainer. The fire bars are channelled, which prevents them from clinkering.

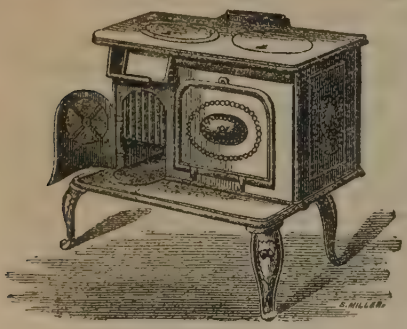
(5.) *Retention of Fire through the Night.*—The "Treasure" Ranges may be kept burning throughout the night by adopting the following method. Throw the residue from the ash-pan on the fire the last thing at night, then close the ash-pan valve and the oven flaps, so as to exclude the air to some extent from entering the range, and also open the sliding door in the chimney, which allows the air in the room to go to the chimney direct, instead of passing through the range. By this plan slow combustion is induced and the fire is kept alight throughout the night.

(6.) *Advantages.*—The following are the advantages claimed for the "Treasure" Ranges. They are economical in use, and will effectually and economically boil and bake all kinds of meat, pastry and bread, as well as make toast on a grill that is placed on the top of the range; and grill chops, steaks, &c., to perfection. The ovens being thoroughly ventilated on a novel principle, the mixed flavour which usually pervades different meats cooked in the same oven is entirely obviated. This perfect ventilation is secured by means of a continuous current of fresh air, which is passed through the oven over the joint or pastry. There is an entire absence of that sulphurous smell which often pervades ordinary ranges, and which is due to imperfect combustion of fuel. The flat top surface serves admirably as an ironing stove, the whole of the top plate being available for heating purposes. When the fire-pot or grating wears out, as it will, and requires renewal, the old one can be lifted out and a new one dropped in at any time and at a moment's notice.

89. ***Smith and Wellstood's Ranges.***—The ranges or kitcheners supplied by Messrs. Smith and Wellstood, *Columbian Stove Works, Ludgate Circus, London, E.C.*, are apparently of American origin. They are constructed so as to present a close or open fire in most cases, and are made some on feet, and some with a hot closet below, so that it is possible to have either kind as preferred.

They are portable, and therefore *tenants' fixtures*. They bear no special name collectively, but are distinguished individually by names chiefly of the feminine gender, ending in *ess*. Thus their ranges bear the names of "Doctress," "Congress," "Lioness," "Mistress," "Hostess," "New Fortress," and "New Princess." With the exception of the "Doctress," all these ranges are made in different sizes to suit different requirements. They are cheap and good, do their work efficiently, and require no setting in brick and mortar. Sets of cooking utensils specially adapted to the stoves are supplied with them at extra prices. It will be sufficient to describe two varieties of these ranges as types of the whole number.

90. ***The "Doctress" Range.***—For a small kitchen, or for temporary use in a back kitchen, or for a room which must do duty as living-room and bedroom combined, what could be better than the little "Doctress" Range for administering to the wants of one, two, or maybe three persons. Its form and construction are shown in the accompanying illustration. Its width across the front is 21 inches; its oven 9 inches by 10 inches, good for roasting or baking, the heat being carried all round it. Its price, without utensils, is £1 4*s*., with utensils, £1 18*s*.; the cooking utensils supplied for the extra 14*s*. being a boiling pot, tinned, a vegetable steamer, an iron kettle, tinned, a frying-pan, a tin saucepan, a pan for the oven, a gridiron or oven shelf, with the necessary shovel, poker, flue scraper, and lifter, &c.



THE "DOCTRESS" RANGE.

91. ***The "Mistress" Range.***—For family use, the "Mistress" Range, perhaps, will compare favourably with any ranges produced by Messrs. Smith and Wellstood for economy, efficiency and permanent durability. It is made in twelve different sizes or capacities, so that there is ample room for choice in consideration of family requirements. The general principle of construction and arrangement of its parts may be gathered from the annexed illustration, which represents No. 8 size, whose hot plate at top is 42 inches from end to end, with an oven whose capacity is 16 inches by 17 inches by 12 inches. The fire chamber may be closed or opened as desired; and roasting may be performed in front of it when open. It has a copper boiler within the body of the range, which is served by the surplus heat only. The advantages pre-

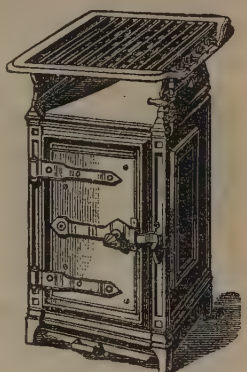
THE "MISTRESS" COOKING RANGE.

sented by this range, therefore, are roominess of open space, combined with rapid and good action; ample hot-plate accommodation, with utensils to fit, good front fire roasting, with roasting screen, a stand, and a large boiler, which is heated without loss of heat to oven, &c., and having a capacity of 8½ gallons. The cost of this range, without utensils, is £6 2*s.* 6*d.*, with utensils, £7 12*s.* 6*d.* If fitted with a hot closet under the range and between the feet, an extra charge of £1 18*s.* is made, and for a high boiler of double capacity, rising above the hot plate, 15*s.* extra.

(1.) *Cooking Utensils.*—The utensils supplied with this range, at the prices given above, are an iron boiling pot, tinned inside, with a steamer for cooking potatoes, vegetables or puddings, to fit the pot, as shown in the illustration, an iron tea-kettle, tinned inside, a Columbian goblet, also tinned inside, an iron stew-pan, an oval frying-pan or fish-pan, a round frying-pan, one large and two smaller baking-pans for oven, a broiler or gridiron, a front fire bread-toaster, fitting on the fire-door, with all the necessary appliances in the form of cover lifter, poker, flue rake and brush, &c.

(2.) *Modifications in Form, &c.*—The chief modifications in form in this range are the removal of the water boiler, by means of which a range of considerable power may be placed in a comparatively restricted space, and the substitution of a rectangular box, open in front, forming a kind of hood over the fire, for the lower part of the smoke pipe, by which the fire, when the front grating is unclosed, is caused to take a closer resemblance to the old-fashioned open fire.

92. ***Ranges for Cooking by Gas.***—From the consideration of ranges in which cooking is performed by the combustion of solid fuel, it is necessary to turn to those in which gas is the fuel employed. Cooking by gas has been much on the increase in late years. The gas companies in various localities lending all the aid in their power to further it by supplying their customers with gas stoves, or ranges, at a low annual rental. There are many features to recommend cooking by gas, chief among which are its cleanliness and the readiness by which the fire can be lighted and extinguished, facilities which are conducive to economy, because the fire need only be maintained when it is required for cooking. Again, during the greater part of the day, in the summer, no fire is needed even in the kitchen, and it is a genuine comfort to be able to dispense with it. Against this, however, must be placed the fact, that in the winter season a fire must be maintained from morning to evening, and that a gas range does not present the comfortable appearance that an ordinary range or kitchener has, with solid fuel burning within its fire-box or grate. Moreover, when a gas fire is constantly maintained, it is open to question whether it is not more costly than a fire of coals. This, however, cannot be conveniently sifted and argued here; but readers who are interested in the matter will gather much useful information on the point from a pamphlet entitled, "Economy and other Advantages of Gas as a Fuel for General Domestic Use and also for Manufacturing Purposes," by Mr. Thomas Fletcher, F.C.S., Warrington, Lancashire, who is the leading authority in this country on the use to which gas may be put, and takes rank as the first gas engineer and maker of appliances for the use of gas in the United Kingdom.



FLETCHER'S No. 4 GAS COOKING RANGE.

93. ***Fletcher's No. 4 Gas Cooking Range.***—A full exposition of the gas-cooking ranges, some twelve in number, manufactured and supplied by Mr. Fletcher will be found in his "List of Gas-heating and Labour-saving Appliances, Domestic Section," always to be had for *4d.* Of these ranges No. 4, which is illustrated in page 55, appears to be the most suitable for family use, being of sufficient capacity to cook for ten persons, the price, complete, being £7.

(1.) *Size and Construction.*— The outside size of the No. 4 indestructible cooking range, as shown in the accompanying illustration, is: height, 36 inches, and width and depth, 23 inches; the size of the door opening in front is 24 inches by 15½ inches; and the depth of the oven, from back to front inside, 15½ inches. It is made entirely of cellular cast iron, jacketed all over with slag wool. It can be supplied with double casing and hot-air jacket (without slag wool) if desired, to order, at the same price, namely £7, or £8 if the oven is lined with porcelain enamel. It is fitted at the top with Fletcher's patent reversible grill and gas rings, necessary for grilling, boiling, toasting, &c., and the top of the oven itself forms a hot plate. The boiling burners are four in number. The consumption of gas per hour, when in full operation, is stated to be about 22 cubic feet.

(2.) *Advantages.*— The oven constitutes a most perfect browning chamber, and requires no deflectors or solid shelves for browning pastry, and is fully heated for pastry, &c., in about five minutes. The inner part of the range, or inner casing, is cast in panels, to prevent cracking. No sheet iron is used in any constructive part, and, consequently, liability to rust is entirely avoided. The inside, even after long and careless use, can be made equal to new by the simple application of a coat of limewash. Any part broken by accident can be replaced at once from stock, all parts being screwed together. The taps and fittings are made of extra strength, and the range has the merit of being simple, substantial, and well made in every respect, and the only kind that will stand wet and rough usage without injury.

(3.) *Hot-water Apparatus.*—It may be objected that the range just described has no boiler, and therefore is not so desirable for family use as ranges that are fitted with this useful appliance. In gas ranges, however, the boiler is made separately, but can be placed at the side of any of the gas ranges made by Mr. Fletcher. This boiler only requires a space of 7½ inches, and therefore occupies but little room. Its other dimensions are: height, 24½ inches; and depth from back to front, 18½ inches. The boiler itself, which is strongly made, is of polished copper, tinned inside; it holds four gallons, and is supported by a cast iron stand. The gas is applied below the boiler, and the lighting hole is in front, immediately under the tap.

94. ***Other Gas Apparatus.***—Among other gas apparatus for household use supplied by Mr. Fletcher may be named his Instantaneous Water Heaters for baths, price 50*s.* and 90*s.*; and for lavatories, price 20*s.*; his Patent Quick Washer, made in three sizes, supplied at 52*s.*, 63*s.*, and 85*s.* respectively in galvanised or tinned iron, and at 84*s.*, 105*s.*, and 130*s.* respectively if in copper tinned inside; and his Patent Clothes Dryer and Airer, price 72*s.*; all heated by gas, and invaluable in a large family. Nor must Mr. Fletcher's patent gas attachment to range ovens be omitted, a simple contrivance, consisting of a burner and a false latch for keeping the oven door about half an inch open, by which any ordinary range can be converted with perfect ease and quickly into a gas range, The price for the burner and latch combined is 7*s.* 6*d.*; and grid shelves for pastry are made to order, any size, at the rate of *2d.* per inch in width.

95. ***How to Use Gas.***—Mr. Fletcher's pamphlet, entitled, "Economy and other Advantages of Gas as a Fuel for General Domestic Use," has been

mentioned and recommended; but it will be useful in behalf of those who may not feel inclined to send for it to make the following extracts from it, as they will certainly go far to reassure those who may wish to use gas, but yet feel deterred on account of the expense.

(1.) "*Advantages of Supervision.*—More gas must not be used than is necessary to do the work; and the eye of the mistress has the power to reduce an extravagant gas bill to an exceedingly small one, and this without any approach to meanness or close economy. It is the nature of things that those who do not pay the gas bill do not always take the trouble to prevent waste; and I need hardly remark that the same rules apply to waste of coals, food, and other household requirements: experienced housekeepers know that they can do as much with one ton of coals as an average servant can do with two, and as much as some servants will do with four or five.

(2.) "*General Economy.*—Judging from our experience, the use of gas for cooking, bath-heating, washing, and drying reduces the servants' work to one half, and this saving alone pays the total cost of gas used for these purposes more than twice over: the saving in expense of washing and cleaning, wear of carpets and curtains, and in economy of food is in practice a large item, well worth consideration also.

(3.) "*Gas Fires.*—The great advantages of gas over coal fires consists in the complete absence of ashes and dirt; in the fact that a bright hot fire can be obtained at any moment, night or day; that the heat can be regulated at will, or the fire extinguished when not required; in dispensing with the necessity of carrying coal into, and ashes and refuse out of, the room; in the freedom of the atmosphere from dust, and the consequent saving in the matter of furniture dusting, curtain washing, &c. Against this must be reckoned the greater cost of gas fires as compared with coal for constant use; but, notwithstanding this, there are few persons who have once used a good gas fire that could be persuaded to return to the old method of heating. For bedrooms, and occasional using, a gas fire is always economical, as compared with coal; in fact, the expense and great trouble of coal fires for bedrooms render their use practically prohibitory, whereas a good hot gas fire can be obtained for half an hour, night and morning, at a cost of 6*d.* per week or less. In the sick-room a gas fire is simply invaluable; its steadiness, night and day, and the perfect control over the warmth of the room are far above the possibilities of any coal fire. In sudden emergencies the instant command of a good fire in the night is sometimes a matter of life or death. In the bronchial affections so common in this country warmed air is frequently of the utmost importance, and this can be obtained in moderate sized rooms by a gas stove properly constructed, with a regularity and economy which cannot be approached by coal or coke. Where the family consists of only two or three persons, small but powerful open gas fires, with an oven over the fire to utilise the waste heat, will be found of the greatest value and economy, as they do away entirely with the dirt and labour of coal fires, and yet fill all the purposes of a small kitchen range. These are now to be obtained from any gas office.

(4.) "*Objections to Gas.*—The objections to the use of gas as a fuel exist only where the wrong appliances are selected, or when no trouble is taken to learn their proper use. One of the most common causes of failure with gas fires is that they are purchased for use either where there is no flue or where the chimney has a down draught; in such cases as these the faults which cause the failure of a coal fire will be equally unfavourable to a gas fire. Boiling burners must be kept clear and in good condition; if choked with dirt and grease, they will fail and be as unsatisfactory as a lighting burner under the same conditions. Pans and kettles must be kept clean outside, or they make an unpleasant smell, and ovens must be kept clean inside for the same reason, and also for the sake of sweet flavours in the food."

THE UTENSILS OF THE KITCHEN.

96. ***Cooking: what it is.***—Broadly speaking cooking may be regarded as an operation that is performed on any article fit for food by the application of heat—generally fire heat—through an intervening medium, which medium must be either water or air. Accepting this definition, cooking is of two kinds, namely, boiling and roasting, in the former of which heat is communicated to and acts on the article to be cooked through the medium of water, and in the latter through the atmospheric air, which pervades all space as far as we are immediately concerned with it, enveloping every material body that we can see and handle, and which, in cooking by roasting, conveys the heat from the source of heat to the material on which its action is desired. There are, then, two great operations included under the general terms cooking; namely, Boiling and Roasting.

97. ***Boiling and its Branches.***—Each of these great and principal operations in cooking, however, have their branches or subdivisions, for boiling is divisible into: (1) *Boiling* pure and simple, in hot water, as when a round of beef, a leg of mutton, or a ham is, as we call it, boiled; (2) *Stewing*, which is a modification of boiling, the action of the heat through the intervening medium, water or stock, being rendered less intense by the further removal of the vessel in which the stewing is performed from the source of heat, but being generally prolonged; and (3) *Frying*, which, after all, is really boiling in a fatty medium instead of water, although the result is more like that which is obtained by roasting. *Simmering*, which must not be passed over unnoticed, is merely a less violent form of boiling, the action of the heat being modified, as in stewing, so as to produce a more gentle transference of the heated particles of water from the sides of the vessel to the centre and surface of the fluid than the hurried rush that is noticeable in boiling.

98. ***Roasting and its Branches.***— Again, roasting, in which the heat passes from the source of heat to the material to be cooked, through the intervening and surrounding air, may be subdivided into (1) *Roasting proper*, performed before an open fire; (2) *Baking*, or roasting in an oven, applicable to meat, bread, or pastry; (3) *Broiling* or *Grilling*, in which the food to be cooked is laid on a metal grid, or frame with transverse bars, or suspended before the fire within a double frame; and (4) *Toasting*, which is analogous to broiling, although the latter term is more commonly applied to the browning of the surface of a slice of bread, muffin, crumpet, &c., and the former to the treatment of meat, bacon, &c. It will be convenient, therefore, to notice the principal utensils used in the kitchen in relation to the operations of boiling and roasting with their sub-divisions; and to take in a third section all utensils that are auxiliary to cooking and used in the preparation of food for cooking, and occasionally, as in the case of baking-dishes, patty-pans, &c., in the operations themselves.

I. Utensils Used in Boiling, &c.

99. ***Saucepans.***—A saucepan is for the most part a circular vessel, rather wider at the bottom than at the top, furnished with a long handle, a lid or cover, and sometimes, in the smaller kinds, with a lip for the better and easier transference of its contents to another vessel. Saucepans of various kinds and boilers, closely allied to them in form, and which serve much the same uses, rank among the most important articles in the kitchen, for very little cooking can be done without them. There are many kinds and varieties of saucepans, and illustrations are given of a few of those that are generally found to be the most useful. Saucepans are made in block-tin; cast-iron, tinned inside; cast-iron,

STOCK-POT.

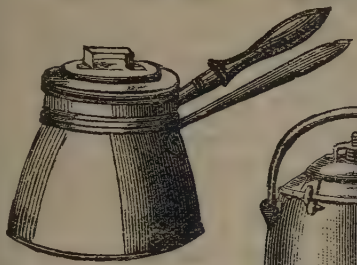
BAIN-MARIE.

STEW-PAN.

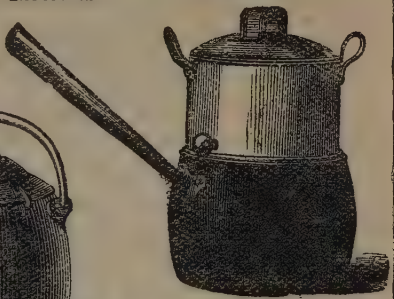
BRAIZING PAN.

BLOCK-TIN SAUCEPAN.

BOILING-POT.



DOUBLE, OR MILK, SAUCEPAN.



IRON SAUCEPAN, WITH STEAMER.

OMELETTE PAN.

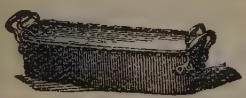
PRESERVING PAN AND SPOON.

FRICANDEAU PAN.

SAUTÉ-PAN.

FISH KETTLE.

TURBOT KETTLE.



SALMON KETTLE.

enamelled inside; in wrought-iron, with bright covers, and in copper. Illustrations of various saucepans will be found in page 59. Their capacity and prices range as follows:—

Description.	Capacity.	Price.
1. In Cast-iron, Strong:		
(*a*). With Covers and Wrought Handles	From 1 pint to 16 pints.	From 1*s.* 0*d.* to 4*s.* 0*d.*
(*b*). Do. with Front Handles	„ 16 „ 24 „	„ 4*s.* 9*d.* to 5*s.* 6*d.*
(*c*). Enamelled, Block-Tin Covers, with Lips	„ ½ „ 5 „	„ 1*s.* 6*d.* to 4*s.* 0*d.*
(*d*). Do. Do. without Lips	„ 2 „ 12 „	„ 2*s.* 6*d.* to 6*s.* 0*d.*
2. In Wrought Iron, Strong:		
(*a*). With Block-Tin Covers	„ 1 „ 24 „	„ 3*s.* 6*d.* to 17*s.* 6*d.*
3. In Copper, Extra Strong:		
(*a*). With Covers and Metal Handles ..	„ 2 „ 28 „	„ 8*s.* 6*d.* to 33*s.* 0*d.*
(*b*). Do. with Lips and Hardwood Handles..	„ ½ „ 6 „	„ 7*s.* 0*d.* to 16*s.* 0*d.*

The prices and capacity of saucepans and of other articles, in most cases, are taken from the illustrated catalogue and price list of Messrs. Adams and Son, 57, *Haymarket, London, S.W.* Messrs. Henry Loveridge and Company, *Merridale Works, Wolverhampton*, whose specialties are domestic ironmongery of every kind, and especially tin-ware, manufacture tin saucepans, to hold from ½ pint to 16 pints, and block-tin saucepans, with lip and cover, of the same range of capacity. It may be as well to explain that Messrs. Loveridge and Co. are manufacturers only, and supply the articles they make to furnishing ironmongers in quantities and not singly to individual purchasers. Their pattern book, however, which contains about 1,500 illustrations of all kinds of brass, copper, tin-plate, papier-maché, and japanned wares, can be seen and looked through at any furnishing ironmonger's in town or country throughout the United Kingdom, or we may go even further and say, in any and every British Colony or Dependency. On the score of economy, intending purchasers should make a point of asking for Messrs. Loveridge and Co.'s wares and obtaining them, and to see that this firm's *registered trade mark* appears on all goods they may order or receive.

100. ***Boiler or Boiling Pot.***—In large families this utensil comes into almost daily requisition. It is used for boiling large joints, hams, puddings, &c., and is usually made of iron. It is made as shown in page 59. Boilers may be had in cast-iron, tinned inside, to hold from 3 gallons to 7 gallons, at from 5*s.* 6*d.* to 11*s.*, according to size: in wrought iron, with bright cover, to hold from 4 gallons to 12 gallons, at from 16*s.* to 26*s.*

101. ***The Digester.***—This utensil is a kind of stock-pot, made of iron, having a lid which fits closely into a groove at the top of it, as shown in page 59. No steam escapes, therefore, by the lid; and it is only through the valve at the top of the cover that the superfluous steam passes off. It is a very valuable utensil, inasmuch as by using it a larger quantity of wholesome and nourishing food may be obtained at much cheaper rates than is possible without it, and when bones are boiled in it its action will extract every nutritive particle from them, leaving nothing but the inorganic part of the bones. This utensil, when in use, should not be placed over a fierce fire, as that would injure the quality of the preparation; for whatever is cooked must be done by a slow and gradual process, the liquid being just kept at the simmering point. These digesters are made in all sizes, and may be obtained to hold from 4 quarts to 16 quarts. The prices of digesters vary according to capacity, namely, to hold 4 quarts, 3*s.* 9*d.*; 6 quarts, 5*s.*; 8 quarts, 6*s.*; 10 quarts, 7*s.*; 12 quarts, 8*s.*; and 16 quarts, 10*s.* 6*d.*

102. ***The Stock-pot.***—This article, which is illustrated in page 59, as its name implies, is used in the preparation of stock, which forms the foundation of

soups, gravies, &c. Stock is made of meat, bones, vegetables, spices, &c., and should always be prepared the day before it is wanted. A good cook should never be without stock: therefore she should make it her first business every morning to put the stock-pot on the stove, and bear in mind *never to allow the preparation to remain in the vessel all night*. Stock-pots are always made in wrought iron or copper. Wrought iron stock-pots, holding from 6 quarts to 24 quarts, are sold, without tap and grating, at prices ranging from 13*s*. to 28*s*.; or with tap and drainer, from 10*s*. to 12*s*. extra, according to size. Copper stock-pots range from 8 quarts to 48 quarts in capacity, and from 34*s*. to 135*s*. in price, without taps. Larger stock-pots, also of copper, fitted with large taps and sliding gratings inside for drawing off the stock, and holding from 11 quarts to 17 gallons, or 68 quarts, are supplied at prices ranging from £3 to £10 10*s*. All these stock-pots, whether with or without taps and gratings, are of extra weight and strength, are well finished and have cutlet-pan covers.

103. ***The Braizing-pan.***—The braizing-pan, which is used in cookery in performing the operation known as brazing, or braizing, is a double vessel, formed as in illustration in page 59. The meat, having been stewed sufficiently, is placed in the lower vessel, facilities for putting it in and taking it out being afforded by the strainer, with upright handles, as shown in the illustration, and live coals are placed in the upper vessel, which is then placed in position over the meat. The lower vessel is thus converted into a kind of oven, in which the meat is partially browned and finished off. Copper brazing-pans, extra strong, oval in form, with fire-pan covers and draining plates inside, from 15 to 21 inches in length, are sold at prices ranging from 63*s*. to 118*s*., according to length.

104. ***The Stew-pan.***—A stew-pan differs from a saucepan in having straight sides and a flat lid, with a handle. This kind of stew-pan is much in vogue, it being convenient for many purposes. One great advantage is that the lid may at any time be lifted off without danger of burning the fingers, which, with the common saucepans, cannot sometimes be avoided. Cast-iron stew-pans, tinned inside, vary in capacity from 2½ pints to 8½ pints, and are sold at prices ranging from 1*s*. 3*d*. to 3*s*. 6*d*. Strong wrought-iron stew-pans with block-tin covers, containing from 1½ pints to 12 pints, are supplied at prices ranging from 4*s*. 6*d*. to 12*s*. Copper stew-pans of extra strength and finish, holding from ¾ pint to 22 quarts, range in price from 5*s*. 6*d*. to 60*s*.; a lighter make can be had in all sizes up to 11 quarts. The handles of these stew-pans and of the covers with which they are fitted are made of burnished iron, the covers are of the form indicated in page 59, it is the form that is almost invariably used in French kitchens, and stew-pans thus covered will be found to be far more serviceable and convenient to use than a stew-pan with the ordinary saucepan cover. Larger steamers, oval in shape, covered and handled in the same manner, with dividing plates inside, varying in length from 11 inches to 15 inches, are supplied at prices ranging from 38*s*. to 64*s* The stew-pans made by Messrs. Henry Loveridge and Co. can be specially recommended; they are made in three forms—round, oval and seamless. The round saucepans, whether of the commoner kind or planished, range, in diameter, from 5½ to 14 inches; the round seamless saucepans, whether of tin or copper, from 6 to 12 inches; the oval kinds, planished, from 7 to 14 inches.

105. ***The Double, or Milk, Saucepan.***—This is, on a small scale, what the *bain-marie* is on a large scale. The smaller saucepan fitting into the larger one is lined with enamel, which is nice for boiling custards, milk, or any preparation that is liable to easily burn or *catch*. When in use, the lower saucepan is half filled with water. In warming up good gravies, or any dish that wants much nicety and care, these saucepans will be found very useful. This kind of saucepan furnished with a loose earthenware lining, as shown in page 59, is supplied in four

sizes, known as No. 1, No. 2, No. 3, No. 4, sold respectively at 3*s.*, 3*s.* 9*d.*, 4*s.* 6*d.*, and 5*s.* 6*d.*

106. ***Steamers.***—These articles consist of a cylinder of tin, tinned iron, or copper, made to fit into the top of a saucepan and to carry the saucepan cover as its own. The lower, or saucepan portion varies in capacity from 6 to 14 pints, and the entire appliance is sold at from 4*s.* 6*d.* to 7*s.* 3*d.*, according to size. Larger kinds, containing from 6 to 12 quarts, may also be obtained. Steamers are chiefly used in cooking potatoes. When the potatoes are just done, the water in the saucepan should be poured off and the steamer replaced. The heat from the saucepan below quickly causes the moisture remaining in the potatoes and the steamer itself to evaporate, thus converting the latter into a *dry hot closet*, in which the cooking of the potatoes is completed. Even when boiled, potatoes, like rice, should have the water drained off, and the cooking should be completed this way. An illustration of an iron saucepan and steamer is shown in page 59.

107. ***The Turbot Kettle and Salmon Kettle.***—This variety of fish-kettle is arranged to suit the shape of the fish from which it takes its name. It is shallow, very broad, and is fitted inside with a drainer the same as other fish-kettles. Turbot-kettles are usually supplied in three sizes, known as small, middle and large. These sizes, in block-tin, strong, are supplied at 15*s.*, 20*s.* and 25*s.* Copper turbot kettles, of improved shape, with covers and draining plates, are supplied in various sizes, ranging in length from 20 to 24 inches, and in price from £3 15*s.* to £5 10*s.* The salmon kettle is a long, narrow utensil, like the fish kettle, but the cover has a handle at each end instead of one only in the middle. They are made in copper, with draining plates, in sizes from 20 inches to 30 inches in length, and are sold at prices ranging from £3 5*s.* to £6, according to size. Illustrations of the turbot-kettle and salmon-kettle are given in page 59.

108. ***The Fish Pan, or Kettle.***—This utensil is fitted with a drainer inside, which is pulled up when the fish is sufficiently cooked. The drainer is then laid *across* the kettle, and the fish lifted on to the dish with the fish-slice—a perforated plate attached to a long handle, sold at 1*s.*, 1*s.* 3*d.* and 1*s.* 6*d.*, according to size. Fish kettles are longer than they are wide, and are made either as shown in the illustration given in page 59, with handles at the side, or with a swing handle, like that of a pail. The former is the more convenient shape, on account of the facility which the two handles at the ends afford for putting the kettle on the range or taking it off. Prices range from 4*s.* 6*d.* to 9*s.* for kettles in strong block-tin plate, and from 18*s.* to 42*s.*, planished. Copper fish-kettles, from 16 to 22 inches, are supplied at prices ranging from 45*s.* to 85*s.* The mackerel-kettle, or saucepan, which will serve as a fish-kettle for all long fish, such as whiting, haddock, &c., and for soles and small plaice, is an elongated saucepan, with cover, and having a long handle on one side and an iron looped handle opposite to it on the other side. It is made in three sizes, sold respectively at 4*s.*, 5*s.* and 6*s.*

109. ***Fish Fryer and Drainer.***—An admirable contrivance for frying fish, by using which an experienced cook is much more likely to insure success and send a dish of fried fish properly to table. It is in shape not unlike a preserving-pan fitted with a closely-made wire drainer; and in this the fish is placed and lowered into the boiling fat. As in frying fish it is necessary to have a large body of fat, the depth of this kettle gives it a considerable superiority over the ordinary frying-pan. There is, besides, very little danger of the fish breaking, for being lifted up on the drainer when done, it is easily dished. Cooked in this manner the fish does not require turning, as the fat quite covers it, and of course browns it on both sides at once. The greasy moisture, too, is more effectually got

rid of. The average prices of fish fryers and drainers are:—in tinned wire, from 6 to 10 inches in diameter, 3*s.* 9*d.* and 4*s.* 4*d.*; in wrought iron, from 12 to 18 inches in length, from 9*s.* 3*d.* to 18*s.* 6*d.*; and in copper, heavily made, in lengths of 14, 16 and 18 inches, 48*s.*, 52*s.* 6*d.*, and 60*s.* respectively. An illustration of the wire fish-fryer and drainer will be found in page 65.

110. ***Wire Vegetable Strainer.***—This useful article consists of a wire frame, round which thinner wire is coiled and fastened. It is made to fit inside a stew-pan or saucepan, and thus forms a convenient utensil in which to boil vegetables and to lift them at once out of the water; or for frying whitebait, or parsley or sliced vegetables for soups, &c. They are made in sizes from 6 inches to 10 inches in diameter, and sold at prices from 2*s.* 3*d.* to 5*s.*, according to size. An illustration of the wire frying-basket is given in page 65.

111. ***The Frying-pan.***—This article is so well known that it is only necessary to mention shapes, sizes, and prices. They may be had either round or oval in form, with shelving sides; the round pans being made in sizes ranging from 7½ to 9 inches at top, at prices varying from 9*d.* to 1*s.* 2*d.* The oval pans, which are more commonly used, are made in sizes from 11½ to 15 inches in length, and are supplied at from 1*s.* to 2*s.*

112. ***The Omelet Pan.***—This pan is a variety of the frying-pan and generally made circular in form, but shallower than the frying-pan, for convenience in turning pancakes, omelets, &c. They are made in bright polished wrought iron, raised in one piece, from 6 inches to 10 inches in diameter, and sold at from 5*s.* to 8*s.* 3*d.* Bowl omelet pans for soufflé omelets, are made 8, 9 and 10 inches in diameter, and sold at 7*s.*, 8*s.* and 9*s.* each. Copper omelet pans, with burnished iron handles, range from 6½ inches to 16 inches in diameter, and are sold from 5*s.* to 11*s.* each. Pans of the same material, with rounded or bowl bottoms for soufflés, are made 8, 8½ and 9 inches in diameter, and sold at 9*s.* 6*d.*, 10*s.* 6*d.* and 11*s.* 6*d.* each. An illustration of the omelet-pan is given in page 59.

113. ***The Fricandeau or Cutlet Pan.***—This is another variety of the frying-pan. It is made with upright sides, from 7 to 14 inches in diameter, at prices ranging from 21*s.* to 68*s.* according to size when made of copper; but iron or steel pans are also made, especially in the intermediate sizes, from 10 to 12 inches in diameter, which are cheaper. The sauté pan is not so deep as the cutlet pan, and has no cover, and differs only from the omelet pan in having its handle more raised above the edge of the pan. It is made in sizes ranging from 7 inches to 14 inches in diameter, and sold at prices ranging from 6*s.* 6*d.* to 20*s.* A few sizes, 8, 9 and 10 inches in diameter, and made extra deep and furnished with covers like the fricandeau-pan, are sold at 21*s.*, 25*s.* and 30*s.* respectively. Illustrations of the fricandeau-pan and sauté-pan are given in page 59.

114. ***Bain-Marie Pan and Stew-pans, &c.***—The bain-marie is not used so much in England as it deserves to be, and is only to be found in large establishments and the households of the wealthy. In serving a large dinner it is a most useful and indeed necessary article. The pan is filled with boiling water and stands on the hot plate of the range or kitchener. The saucepans containing the sauces, gravies, entrées, &c., are plunged in the water and the bain-marie keeps them at a proper heat without any risk of the contents of the saucepan burning or losing their flavour. If the hour of dinner is uncertain in any establishment, no means of preserving the warmth and flavour of the dishes to be served is so sure and certain as the employment of the bain-marie. Messrs. Henry Loveridge and Co. manufacture a bain-marie in planished tin plate, 18 in. by 14½ in. by 4½ in., with suitable saucepans holding from ½ pint to 5 pints, at 76*s.*

They may be had in wrought iron, 16 inches square, with 5 stew, 1 glaze and 1 soup pots, at 75*s.*; 18 inches square, with 6 stew, 1 glaze and 1 soup pots, at 85*s.*; and 20 inches square, with 7 stew, 1 glaze and 2 soup pots, at 105*s.* These specialties may be obtained through any ironmonger. Messrs. Adams and Son supply bain-maries in copper, extra strong, as follows:—

UTENSILS SUPPLIED WITH EACH BAIN-MARIE.

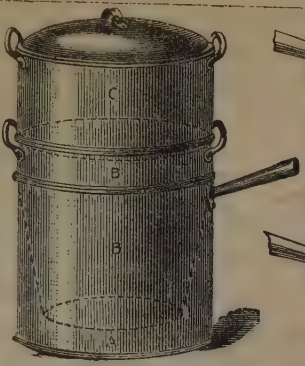
No.	Dimensions.		Stew-pans.					Soup Pots.				Glaze Pots		Price.
	L'ngth	Brdth.	3 in.	3½ in.	4 in.	4½ in.	5 in.	5½ in.	6 in.	6½ in.	7 in.	3½ in.	4 in.	£ s. d.
1	16 in.	12½ in.	1	2	1	1	1	1	–	–	–	1	–	6 0 0
2	18 in.	13½ in.	2	2	2	2	1	–	1	–	–	1	–	7 10 0
3	20 in.	15 in.	2	3	2	2	1	–	–	1	–	–	1	8 10 0
4	22 in.	16½ in.	2	3	3	2	2	–	–	–	1	–	1	9 18 6

Each number may be had in a lighter make at a lower price. All the utensils supplied with each bain-marie are tinned inside and outside, and will be altered if required, to suit the requirements of any purchaser. On an emergency a large fish-kettle may be made to do duty as a bain-marie for one or two saucepans. An illustration of the bain-marie and the utensils supplied with it is given in page 59.

115. ***Specialties for Boiling, &c.***—All the ordinary articles in use for boiling and its allied operations have now been noticed. There are, however, a few specialties by various makers, to which it is desirable to call attention, which may be conveniently noticed now. First among these are Captain Warren's cooking utensils, supplied by all ironmongers. Captain Warren's utensils include his Patent Cooking Pot, Patent Cooking Saucepan, Patent Curry Pan, Patent Boiler, Patent Fish Kettle, and Invalid's Cooking Pot, with his Patent Corrugated Bachelor's Broiler, which will receive notice, *viz.*, under articles used in Roasting, &c. Illustrations of Warren's Round Cooking Pot, New Bellied Cooking Pot, Corrugated Bachelor's Broiler, Curry Pan, and Oblong Fish-Kettle, will be found in page 65.

116. ***Warren's Cooking Utensils: Capacities and Prices.***—1. The *Cooking Saucepan* is round, as shown in the illustration, and consists of four parts, the saucepan in which the water is heated, the receptacle in which the meat, &c., is placed, a steamer, which fits into the saucepan itself, and the compartment for meat, and a cover, which fits into any of the parts just mentioned. Its capacity ranges from 4 to 12 quarts, and its price from 11*s.* 9*d.* to 22*s.* 6*d.* 2. *Warren's Cooking Pot* is made on precisely the same principle, but in different shapes, namely, with upright sides and with rounded sides. The oval upright-sided pots measure lengthwise from 12½ to 24 inches, and are supplied at from 22*s.* 9*d.* to 90*s.*, according to size. The pots with rounded sides hold from 3 to 8 gallons, and are sold at from 26*s.* 9*d.* to 52*s.* each. Planished pots of the same kind are made in all but the largest size, and are sold at from 34*s.* to 37*s.* If supplied without a steamer, which is not desirable, they range in price from 22*s.* 9*d.* to 39*s.* The meat chamber and steamer are supplied separately to fit cast-iron saucepans and pots, Those round in form for saucepans hold from 4 to 12 quarts, and are sold at from 8*s.* 3*d.* to 14*s.* 9*d.* each. Oval ones for cast-iron pots contain from 3 to 8 gallons, and are sold at from 18*s.* 3*d.* to 31*s.* each, according to size. 3. *Warren's Curry Pan* is made in one size only, namely, 10 inches, and is sold at 8*s.* The receptacle is divided into two compartments, in which the rice and meat are cooked separately, and sent to table without removal to a dish. In form the curry pan is oval, and externally resembles a stew-pan. 4. *Warren's Patent Fish Kettle* on the same principle as the other utensils, is made in sizes ranging from 16 to 24 inches, at

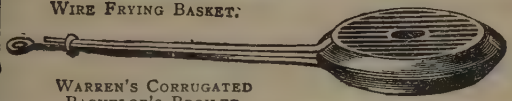
FISH FRYER AND DRAINER.



WARREN'S ROUND COOKING POT.

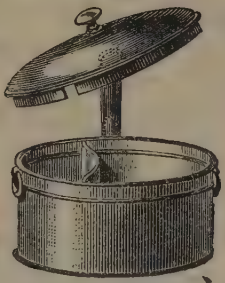
BOWER'S PATENT POTATO STEAMER — A, BOILING; B, STEAMING.

WIRE FRYING BASKET.

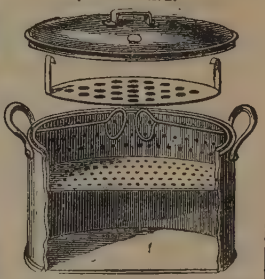


WARREN'S CORRUGATED BACHELOR'S BROILER.

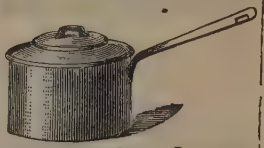
WARREN'S NEW BELLIED COOKING POT.



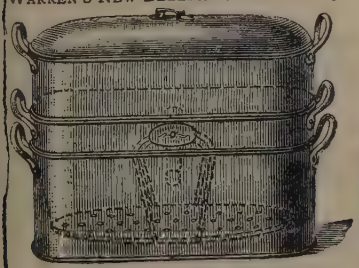
WARREN'S CURRY PAN.



BOWER'S PATENT FISH, POULTRY OR VEGETABLE STEAMER.



PERKINS' SANITARY SEAMLESS STEEL SAUCEPAN.



WARREN'S OBLONG FISH KETTLE.

PERKINS SEAMLESS STEEL STEW-PAN.

prices from 26*s.* 6*d.* to 47*s.*, according to size. 5. *Warren's Patent Boiler.* For making beef tea, soup, and broth for invalids, and for boiling milk, nothing can be better than the Patent Boiler, expressly constructed for these purposes, the vessel in which the water is placed containing 3 gallons, and the cooker, or receptacle for meat, milk, &c., 1 gallon. It is supplied at 33*s.* It is furnished with a tap for drawing off the water when done with. 6. *Warren's Invalid's Cooking Pot.* This is an admirably contrived utensil that is most desirable for invalid cooking, and might even be used in the sick-room. It is 10 inches in diameter and costs 13*s.*, but larger sizes are made to order at a corresponding increase in price. Small joints, fowls, a pair of pigeons, or any choice dish for a delicate appetite may be prepared in it, and the full flavour of the meat and all the nutriment contained in it will be retained unimpaired and undiminished. Food prepared in it will appear as if stewed or boiled, but if the appearance of roast meat is desired, it may be browned in a few minutes in the ordinary way. Excellent soup or beef tea may be made in it, nothing being lost by evaporation.

117. ***Principle of the Process.***—By means of Captain. Warren s cooking pots an inexperienced cook or general servant may send to table a well-cooked dinner without difficulty. The peculiarity of the process consists in cooking without the viands coming in contact with water or steam; the meat, kept from water entirely, is cooked in an inner cylinder, the outer one, containing the water, being kept at the boiling point. The food thus prepared is cooked in its own vapour, and none of its nutritious properties are wasted. The well-known fact that meat cooked by the ordinary methods of roasting or boiling loses a large portion both in bulk and weight, as well as some very important chemical qualities, is of itself sufficient recommendation to make use of Captain Warren's invention.

Cooking meats in the ordinary way produces the following results :—

By Roasting Meat loses ⅓ of the original weight, or 5⅓ oz. in the lb.
By Boiling Meat loses 4⅞ oz. in the lb.
By Baking Meat loses 3⅝ oz. in the lb.

It has been proved, by repeated trials, that meat, fish and poultry, when cooked in a Warren's Pot, retain those nourishing juices which, if cooked in the ordinary method, would have been thrown off in vapour; but which by this mode become condensed, and are returned in moisture at a temperature sufficient to cook in the most perfect manner. To the poor, as well as the rich, this invention is likely to prove a great boon.

The following brief directions are all that are required for the use of Warren's Pots :—

(1.) The water in the saucepan or pot, as shown in the illustration of the Round Cooking Pot in page 65, should be high enough to touch the bottom of the enclosed pot, B.

(2.) Meat to be dressed must be placed in the pot B *without* water, and the cover put on, with the *pipe* inserted in the tube; or if the steamer, C, be used, then the steam-tube at the bottom must be carefully inserted in the tube of B.

(3.) After bringing the water to the boil, the saucepan must be placed at the side of the fire, near enough to *keep it boiling.*

(4.) The pots, when not in use, should be kept perfectly DRY AND UNCOVERED.

118. ***Perkins' Patent Sanitary Seamless Steel Utensils.***—The Patent Sanitary Seamless Steel Cooking Utensils, introduced and manufactured by the patentees, Messrs. B. Perkins and Son 139, *Cannon Street, London, E.C.*, which obtained a silver medal at the Health Exhibition, South Kensington, in 1885, are infinitely superior to ordinary cooking utensils which fulfil the same purposes, on account of their strength, durability and cleanliness. Being made of

steel, thickly coated with pure refined tin, they possess all the advantages of copper, without any of its drawbacks, among which may be specially named their liability to get coated with verdigris, or copper-rust, under careless or unskilful hands—verdigris being a poison imparting its deadly qualities to any food cooked in a vessel that is tainted with it. Being seamless, or without joint in any part, and made of steel, they are of the same thickness as copper, practically indestructible, and not liable to burn their contents when cooking. They are safe, and, therefore, economical in use, being cheaper in the long run even than cast-iron and wrought-iron vessels, by reason of their durability. Their superiority over copper has been already mentioned, but there is yet another point in which they are better than utensils made of this material, and that is in the fact that when the tin wears off they are as harmless as before, being made of steel, and they are far better than enamelled ware, the enamel of which will sometimes get chipped off, and thus render them dangerous to use. Some enamels, too, are of a poisonous nature, which renders enamelled saucepans, &c., objectionable.

To sum up in as few words as possible, these beautifully made and finished utensils, for they are well planished and burnished, and are made without brazing, are perfectly free from all classes of poisoning through lead or verdigris, as is sometimes the case with copper vessels; nor is there any possibility of arsenical poisoning, as with enamelled goods.

119. ***Patent "Sanitary" Seamless Steel Saucepan.***—This is the first of the three kinds of utensils manufactured by Messrs. B. Perkins and Son, and supplied by all ironmongers. It is of the same thickness and weight as the ordinary copper saucepan, planished and burnished. It is made in the sizes, &c., given below, and sold by all ironmongers, at the following prices. The form is clearly shown, as well as its make, in the illustration given in page 65.

Diameter in inches..	3½	4	4½	5	5½	6½	7	7½	8½	9	9½
Capacity in pints....	¼	1	1½	2	3	4	5	6	8	10	12
Price.....	2/4	2/8	3/	3/7	4/2	4/10	5/5	6/	7/2	9/	12/

120. ***Patent "Sanitary" Seamless Steel Stew-pan.***—The shape and form of this utensil is shown in the illustration given in page 65. Its sizes and prices are as follows:—

Diameter in inches ..	4	5	6	7	8	9	10	11	12
Price	3/	3/7	4/2	4/10	5/5	6/	7/2	8/5	10/3

121. ***Patent "Sanitary" Seamless-Steel Saute-pan.***—The key-note to the value of this and the other seamless utensils mentioned above lies in the term "Sanitary." This utensil resembles in shape the cutlet-pan or sauté-pan shown in page 59. Its sizes and prices are:—

Diameter in inches	8	9	10	11	12
Price	2 6	3/	3/8	4/9	5/8

122. ***Bower's Patent Potato Steamer.***—The principle on which this cooking utensil is constructed is that all vegetables, fish, meat, &c., are better cooked, and run less risk of spoiling by being left too long in the water, by being first boiled for a short time in the water itself in the bottom of the saucepan and then finished off by steam in the top of the saucepan, after having been lifted up out of the water and suspended there. In one of the illustrations given in page 65, the potatoes are shown boiling in the Patent Potato Steamer, and steaming in the other; the steamer, a vessel with holes in its bottom, in which the potatoes are placed, being hung for this purpose on a hook inserted in the side of the saucepan. The steamer, filled with potatoes, is first placed at the bottom of the vessel, in sufficient water to cover the potatoes, and rise a little above them. After boiling from ten to fifteen minutes, the steamer is raised and fixed at the top, and in about

twelve minutes more, according to the size of the potatoes, they are finished to perfection. Another advantage accruing from the use of this potato steamer is that when steaming, the potatoes are kept entirely free from condensed steam the condensation taking place on the inner surface of the saucepan, and the steamer which holds the potatoes remaining perfectly dry, so that after the potatoes are thoroughly cooked, they can be kept in the steamer for three quarters of an hour without deteriorating in the least degree. The steamer is sold to cook 3 lbs. at 5*s*.; 4 lbs. at 6*s*.; and 6 lbs. at 7*s*. 6*d*.

123. ***Bower's Patent Fish, Poultry or Vegetable Steamer.*** The construction and principle of this steamer is precisely the same as that just described, and its form, &c., may be seen in the illustration given on page 65. Its value lies in the fact that fish, &c., which will spoil when left too long in boiling water, can be raised when partially boiled and finished and kept waiting in the steamer dry and delicious. The sizes for ordinary use are as follows:

Length in inches....	13	14	15	17	19
Capacity in lbs.....	7	8	10	15	20
Price	10*s*. 6*d*.	12*s*. 6*d*.	15*s*.	18*s*. 6*d*.	23*s*. 6*d*.

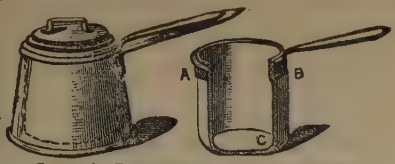
Larger sizes are made for hotel use: namely to cook 30 lbs., 50*s*.; 40 lbs., 60*s*.; and 56 lbs., 75*s*.

124. ***Groom's Registered Milk Saucepan.***—The so called "milk saucepan," which is a saucepan with an earthenware lining, is a desirable utensil for other purposes than that of warming milk, namely for making custards, cornflour and other milk puddings, stews, hashes, beef-tea, &c., because it is cleanly to use and affords immunity from catching or burning. Groom's Milk Saucepan is an improvement on the ordinary milk saucepan in several important respects. In the first place the earthenware lining, where it rises above the rim of the saucepan is completely protected from the action of the fire (which sometimes causes it to crack) by the tin band, A, which completely encircles it, and to which the handle of the lining, B, is securely riveted, as shown in the sectional view of the lining which forms part of the illustration given in page 69, and secondly the bottom of the lining, as shown at C, is rounded, instead of being sharp and angular, as in an ordinary earthen jar, so that, when any fluid or semifluid in the lining is stirred, the spoon follows this rounded part and no lumps can form, as in the sharp or square edge of the ordinary pattern. These saucepans are made in four sizes, to hold 1, 2, 3 and 4 pints, and are sold at 5*s*., 6*s*., 7*s*. 6*d*. and 10*s*. respectively.

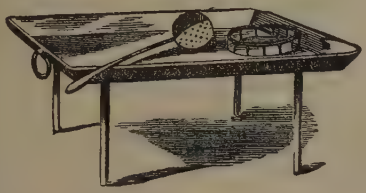
II Utensils Used in Roasting, &c.

125. ***Articles used in Roasting, &c.***—It will now be convenient to glance at the principal utensils used in roasting and in the allied and similar operations, known as grilling, broiling, baking and toasting, in the same manner as that in which the utensils used in boiling, &c., have been dealt with. They are not many in number, for baking has been practically and sufficiently dealt with in treating of the various ranges and kitcheners. It is, therefore, with the utensils used in open fire roasting, &c., that we have principally to deal.

126. ***The Bottle-jack.***—In open-fire roasting, a bottle-jack is necessary, but it may be said that in cases of necessity it may be dispensed with, and a suspender formed of a skein of worsted, knotted here and there throughout its length, used instead of it. The action of the familiar piece of kitchen furniture called the bottle-jack, from its resemblance to an ordinary glass bottle in form, is so well known, and, if not, is so well shown in the illustration in page 69, that very little explanation is needed. When the joint is hooked on, the jack requires



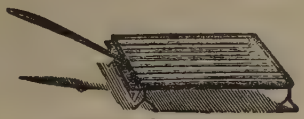
GROOM'S REGISTERED MILK SAUCEPAN.



DRIPPING PAN AND LADLE.

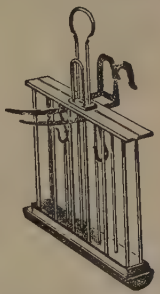
IMPROVED TIN MEAT SCREEN.

BOTTLE JACK AND WHEEL.

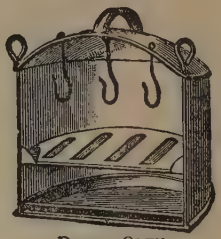


ORDINARY GRIDIRON.

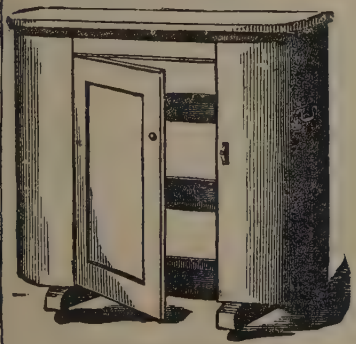
REVOLVING GRIDIRON.



HANGING GRIDIRON.

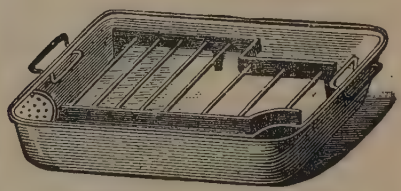


DUTCH OVEN.



WOODEN MEAT SCREEN.

AMERICAN GRIP BROILER AND TOASTER.



DOUBLE BAKING PAN AND STAND.

winding up, which operation must be repeated once or twice during the time the meat is cooking. A bottle-jack complete, capable of carrying a joint of 20 lbs., may be had for 9*s.* 6*d.* This bottle-jack is large enough for ordinary family use; but larger sizes, to carry from 25 to 70 lbs., may be had for 11*s.* 6*d.*, 15*s.*, 18*s.* 6*d.* and 23*s.*

127. ***Meat Screen.***—When the meat is roasting, a meat screen should be placed in front of the fire, to condense the heat as much as possible. This kind of screen is shown in the illustration given in page 69. It is made of wood, lined with tin, and is fitted with two shelves, which act as warmers for the plates and dishes. A meat screen with two shelves, as shown in the illustration, and 3 feet in width, costs 48*s.*; 3 feet 9 inches, 65*s.* A larger and stronger wooden meat screen, lined with tin and having a hot closet and one wrought iron shelf, 4 feet wide and 4 feet 3 inches high, may be had for £8 15*s.*, or with two shelves, £9 5*s.* Still larger screens are made, having a hot closet and two wrought iron shelves, ranging in width from 4 feet 6 inches to 5 feet, may be had at prices ranging from £11 10*s.* to £14 10*s.* An improved meat screen, also illustrated in page 69, is manufactured by Messrs. Henry Loveridge and Co., in the top of which the bottle-jack is placed, and which is higher than the meat-screen illustrated above. It is made of the best tinned iron, and supplied with a shelf for plates, and brass bottle-jack and dripping-pan. Complete in three widths of 24, 30 and 36 inches, sold at 90*s.*, 110*s.* and 125*s.* These screens present a handsome appearance, being grained in oak outside. Round screens known as bottle-jack screens, having bands at the top, from which the bottle-jack is suspended, and a dripping-pan in the bottom, are sold in three sizes, varying in price, according to stoutness of make as follows: No. 1, from 15*s.* 6*d.* to 36*s.*; No 2, from 20*s.* to 42*s.*; and No. 3, from 30*s.* to 50*s.*

128. ***The Dripping-pan.***—This is a receptacle for the droppings of fat and gravy that fall from the roast meat. In some cases it forms an integral part of the meat screen, but when it is separate from it, it is supported on an iron stand, as shown in the illustration given in page 69. The pan is arranged with a well in the centre, covered with a lid; round this well is a series of small holes, which allow the dripping to pass into the well free from cinders or ashes. When the meat is required to be basted, the lid of the well is lifted up, and the surface of the joint is moistened with the dripping, which is free from impurities, to prevent it from scorching. The basting-ladle used to apply the dripping to the meat is half covered over at the top with a piece of metal perforated with small holes, so that should a small piece of cinder get into the ladle it will lodge there and not fall on the meat. Dripping-pans of block tin with wells, are made in four sizes, ranging in price from 3*s.* 6*d.* to 7*s.* Wrought iron stands for these dripping-pans cost from 5*s.* to 6*s.* 6*d.*, and basting ladles from 1*s.* 3*d.* to 2*s.* Extra strong wrought iron dripping-pans with wells, and mounted on wrought iron legs, range in size from 2 feet 6 inches to 4 feet in length, and cost from 33*s.* to 90*s.*, according to size. Strong wrought iron basting ladles to accompany these appliances, are made in three sizes, namely 4 inches in diameter, 4½ inches and 5 inches, costing 5*s.*, 5*s.* 6*d.* and 6*s.* respectively.

129. ***Double Baking-pan and Stand.***—Closely akin to the dripping-pan used in open-fire roasting is the double baking-pan and stand used in ranges and kitcheners for baking meat, poultry, &c. These are usually supplied with ranges and kitcheners when first purchased; but sometimes it is necessary to renew them, or to provide them when on removal to another house the pan belonging to the range is found to be missing, as it sometimes is. This utensil is shown in the illustration given in page 69. The lower pan contains water which may be added at pleasure, through the opening shown in the lower right-hand

corner, made by a depression in the inner pan; the perforated shield or hood, covering the opposite corner being used for pouring off the dripping. These pans are supplied in oblong form, from 13 to 18 inches in length, at prices ranging from 3*s.* 9*d.*, to 7*s.* 6*d.*; or square, from 12 to 16 inches, at from 4*s.* to 7*s.* It may be added that single pans are supplied in the above sizes, oblong, from 1*s.* 2*d.* to 2*s.*; and square, from 1*s.* 4*d.* to 2*s.*

130. ***Brown's Double Water Dripping-pan.***—This specialty, manufactured by Messrs. B. Perkins and Son, is an application of the principle of the double and oven pan to dripping-pans for roasting in front of an open fire. It consists of two pans of the same form, with a well in the centre of each, the lower pan and well containing water and the upper pan and well receiving the dripping. The water in the lower pan keeps the upper pan from getting so hot as to burn the dripping and thus cause an unpleasant smell. Thus the smell of cooking is, to a great extent, prevented, and the dripping is increased in quantity and improved in quality. The invention can be applied to existing screens for about 10*s.*, according to size, if the old-fashioned pan is sent to the manufacturers as a pattern; but, jack screens with double pans are supplied as follows: No. 1, 23 inches high and 19 inches wide, at 25*s.* 6*d.*; No. 2, 24 inches high and 21 inches wide, at 32*s.* 6*d.*; and 27 inches high, and 24 inches wide, at 46*s.*

131. ***The Gridiron.***—This utensil, which in its ordinary form consists of a frame supported on four short legs, one at each corner, and with round bars from front to back, and a handle at the back of the frame, is used for broiling purposes of all kinds. The round bar gridiron is illustrated in page 69; it is made with from 8 to 12 bars, according to size, and is sold at from 10*d.* to 1*s.* 3*d.*

132. ***Revolving Gridiron.***—This gridiron is arranged with fluted bars, lined with enamel. The gravy that flows from the meat runs into the fluted bars, and from thence into a small receptacle in the middle of the handle, so preserving a nice quantity of gravy. As the part on which the meat rests turns round, the necessity of frequently moving the meat is obviated. Fluted bar gridirons, whether revolving, or square in form, like the ordinary gridiron, cost from 3*s.* to 4*s.* 6*d.* each, according to size and pattern. This form of gridiron is illustrated in page 69.

133. ***Hanging Gridiron.***—The hanging gridiron consists of a double frame, similar in form to the bed or platform of the ordinary gridiron. Below the frames is a small trough or pan, in which the dripping or gravy running from the meat is caught, and above, the centre bars in each frame project upwards, forming the means of keeping the frames together when the meat is placed between them, by a wire ring, square in form, that is slipped over them. The hanging gridiron is suspended before the fire, on bars fastened to hooks, which slip over the top bar of the range. Hooks are attached to the inner frame to take slices of bacon, chops, steaks, &c., when placed between the frames, and to keep them in a proper position. These gridirons are made of wrought iron with from 8 to 12 bars, and are sold at 4*s.* 6*d.*, and 5*s.* each, according to size. Its form is shown in the illustration given in page 69.

134. ***Warren's Patent Corrugated Bachelor's Broiler.***—This is an invention which combines the advantages of the gridiron and frying pan, without the risk of smoking or burning the contents: the inexperienced may cook with them chops, steaks, cold meat for grills, fish, omelettes, &c., without fear or risk of failure. The utensil consists of two corrugated pans, one inverted, so that its edge fits into the groove of the other; and they are secured together by a clip or hinge. The double pan may be turned over and over during the process of

cooking, thus saving the turning of the meat, as in the ordinary frying pan or on the gridiron, and all the fat and gravy issuing from the meat is preserved. The corrugation serves to obtain in the space the greatest amount of heating surface possible, and the cover, or second part, economises the heat so thoroughly that a chop may be cooked in eight minutes. The broilers are made in the following sizes: round, 9 inches, 4*s.* 9*d.*; oval, 10½ inches and 12 inches, at prices ranging from 4*s.* 4*d.* to 7*s.* 6*d.*, according to size and quality. The form and construction is shown in the illustration given in page 65. They are sold by all ironmongers.

135. ***American Grip Broiler and Toaster.***—This grilling utensil supplied by Messrs. Smith and Wellstood, is most useful and desirable for broiling stakes, chops, fish, &c. It is made of polished steel, with perforations in both plates, having their edges turned inwards, as may be seen from the illustration given in page 69. Thus it may be turned over and over on the fire without the escape and consequent loss of any of the fat or gravy coming from the meat, &c., the basting process being self acting, and the flavour of the meat, &c., being fully retained. The perforations being turned inwards, grip the meat or fish firmly, and prevent any motion from one part of the pan to another. By frequent turning, the gravy, &c., is distributed over the upper surface of the meat or fish, while the under side is being acted on by the heat, and thus uniform tenderness and juiciness of the food that is being cooked is insured. It is suitable for use in the openings on the top of a cooking range or kitchener, or on the hot plate of a close fire range, or over the open fire, and it may be used as a bread toaster on the hot plate or in front of the fire. It is made in two sizes, namely 9 inches in diameter, sold at 2*s.*, and 10 inches, at 2*s.* 6*d.*

136. ***Dutch Oven.***—The Dutch oven, or bacon broiler or toaster, is made in different shapes, but the principal and purpose of each is precisely the same. The oven represented in the illustration in page 69, which is the normal tin Dutch oven, affords a suitable type of the whole. It consists of a semicircular or elliptic chamber, with a domed top, having a handle on the outside, and three hooks pendent from it on which to hang meat, chops, &c. Within is a dripping-pan, which stands on the bottom of the oven; and at about one third of the height of the interior; measuring from the bottom, is a perforated plate which serves the purpose of a gridiron. These ovens, when in tin plate are sold at prices ranging from 2*s.* 7*d.* to 4*s.* each, according to size. When placed before the fire they are supported on a plate hanger, consisting of a sliding plate on two bars, terminating in hooks in front, to hang on the bars of the range. These plate hangers are sold at from 10*d.* to 1*s.* 3*d.* each, according to size. Sometimes the Dutch oven is suspended in front of the fire by means of the hooked wires shown in the illustration. Sometimes this oven takes the form of an enamelled or tin pan, with one end square and the other semicircular. Over the pan is placed a domed hood or bonnet, with a handle outside, and a bar across the interior, with hooks or spikes, on which to place the meat, &c., to be cooked. In this form the utensil is called a bonnet oven. It is supplied with enamelled pan and hanger complete for 4*s.* 6*d.*

137. ***Game Oven.***—A still more useful form is to be found in the tin game oven or universal broiler. This consists, as shown in the illustration given in page 74, of a flat bottom, with triangular sides rising from it at each end. On the bottom stands a shallow dripping-pan, over which, with the ends inserted near the top of each side, is a bar along which slide three hooks. On the external surface of each side is a handle, by which the utensil may be placed on or removed from the plate hanger, on which it must stand in front of the fire when used in cooking. Attached to the sides at the very apex of each, is a cover, or flap, which may be used to shut in either the front or the back, as may be desired. The

advantage of this reversible cover is that by turning the utensil on the plate hanger and reversing the flap, each side of the meat or bacon that is being cooked can be presented to the fire quickly, and without removing it to turn it round. The tin game ovens are supplied: 11 inches from side to side, at 2*s.* 6*d.*; 12 inches, 2*s.* 9*d.*; and 14 inches, 3*s.* 9*d.* They are manufactured by Messrs Loveridge and Co., in sizes of 12, 13 and 14 inches wide, and sold by all ironmongers at 6*s.*, 8*s.*, and 10*s.* 6*d.* each; or with gridiron to stand in and over dripping-pan, at 8*s.* 6*d.*, 10*s.* 6*d.* and 13*s.* 6*d.* each.

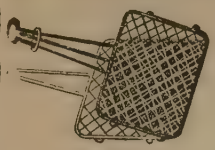
138. ***Toast Grid.***—The toast grid for toasting bread is a utensil used for toasting bread on the hot plate of a range; but if the front of an open fire range be large enough, and the heat sufficient, it may be used there with equal convenience and facility. Its form is shown in the illustration in page 74, from which it will be seen that it consists of two frames covered with wire, between which the bread is placed; the frames are supplied with wire handles, which can be held together with a sliding ring. These grids are sold at 1*s.* 9*d.* and 2*s.*

III. Utensils Auxiliary to Cooking.

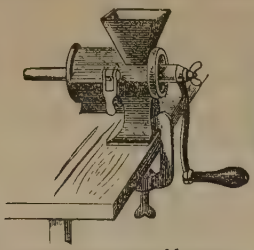
139. ***Auxiliary Utensils.***—To describe everything that it is possible to introduce into the kitchen for use therein is neither practical nor desirable, as it would involve an expenditure of space that would altogether render this section out of proportion to the rest of this work. From the thousand and one articles, however, that might be enumerated and illustrated, some few may be selected that hold a prominent place either from the frequency with which they are brought into use, or from the obvious necessity that exists for having them at hand for use as occasion may require.

140. ***Weights and Scales.***—Our list of auxiliary utensils may be commenced with this most important article or series of articles, as without a good set of weights and scales it is not possible to ensure success in cooking. Preciseness in proportioning the various ingredients, in order that no one particular flavour shall predominate, should be the cook's aim. It must be said, therefore, it is absolutely necessary to have scales, even if other utensils be dispensed with. The cook should bear in mind *always to put the weights away in their respective places* after she has used them, and to keep her scales in thorough order. In weighing butter, lard, dripping, meat, suet, or anything that is of a greasy nature, the cook should place a piece of paper in the scale before putting in the butter, lard, or other substance to be weighed. *By doing this, she will save herself much labour, and will be enabled to keep the metal scale brighter.* The price of a set of weights and scales, with weights sufficient to weigh from ¼ oz. to 7 lbs. is 17*s.*; to weigh 14 lbs., 21*s.*; and to weigh 28 lbs., 26*s.* An illustration of a convenient set of weights and scales is given in page 74.

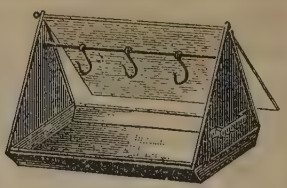
141. ***Mincing Machine.***—Next in importance, perhaps, is a good mincing machine. As meat, when separated into small pieces by mincing, is more easily digested, a mincing machine should be kept in every house in which there are young children, who too often *bolt* their meat unchewed, especially when cold. For a similar reason, minced meat is useful for those who suffer from indigestion, or who have lost their molar teeth. By many of the mincing machines manufactured and supplied by Messrs. S. Nye and Co., 143, *Oxford Street, London, W.* suet may be cut, mincemeat minced, and sausages be made at home. The machine is screwed to the table with the cramp-screw. To make sausages, the meat is cut into pieces about an inch square, some stale bread soaked and mixed with it, as also the seasoning. The skin is run on the nozzle, a small quantity of meat is placed in the hopper, which is kept supplied, the handle



TOAST GRID.



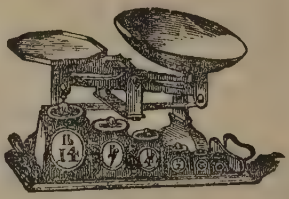
PARAGON MINCING MACHINE.



GAME OVEN.

MORTAR AND PESTLE.

POTATO PASTY PAN.



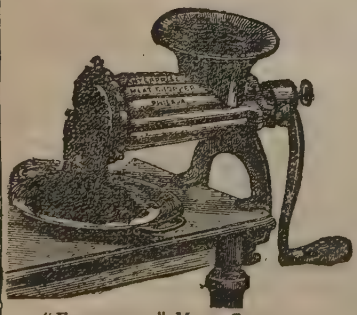
SCALES AND WEIGHTS.

TONGUE PRESSER.

COLANDER.

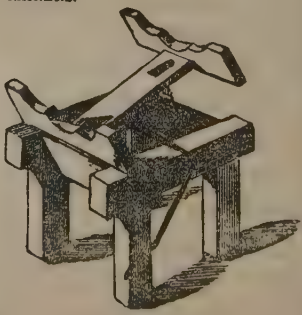
BRAWN TIN.

GRAVY STRAINERS.



"ENTERPRISE" MEAT CHOPPER.

STEAK TONGS.



PATENT CASK STAND.

being turned to the right. The meat is thus chopped, and forced into the skin. In cutting suet the nozzle is not used. Plenty of flour should be used, and the suet and flour passed at the same time through the machine. Mincemeat and other ingredients, to be cut, are also passed through the machine, the nozzle not being required. The prices of Messrs. S. Nye and Co.'s smaller machines for household use are as follows: with single row of knives, the "Eclipse," in five sizes, at 8*s.* 6*d.*, 10*s.* 6*d.*, 15*s.*, 21*s.* and 35*s.* respectively. The "Gem," 10*s.* 6*d.*, and the "Paragon," in three sizes. An illustration of the of the Paragon Mincing Machine is given in page 74. With two rows of knives, the Patent Small Mincer or Masticator for the dinner-table, in three sizes, at 30*s.*, 70*s.*, and 210*s.*

142. ***The "Enterprise" Meat Chopper.***—For general family use it will be difficult to find any machine so desirable for family use either as regards efficiency or cheapness as the "Enterprise" meat chopper, manufactured by the "Enterprise" Manufacturing Company, *Philadelphia, U.S.A* An illustration of this machine in operation is given in page 74. It is attached to the table by means of a clamp furnished with two screws. The meat is cut into small lumps, fed into the chopper at the top, and then forced through the horizontal cylinder by means of a screw, by whose action it is brought to a plate perforated with numerous small holes, the plate being brought against a four bladed knife which is attached to the end of the screw. The pressure of the screw forces the meat into the small holes, where it is chopped off by the revolving knife, which latter makes four cuts for each hole at each revolution of the screw, the meat being forced through the holes when cut by the pressure of the screw. Everything contained in the meat, gristle, strings or sinews, must be cut by the knives before it passes through the plate, resulting in the cutting of the meat to a uniform size. When cut, the meat is thrust out of the machine in a perfect cascade of shreds. It is equally useful for cutting up vegetables for soup; for vegetables thus cut into small pieces, and crushed besides, go to pieces more quickly in boiling; and soup, which is sometimes wanted at short notice, can be more speedily and readily prepared. The juice which is expressed from the vegetables and retained in the cylinder of the machine, can be added to the soup, as it contains all the flavour of the vegetables, and is therefore in itself an admirable flavouring. This chopper is made in different sizes, but No. 10, which will chop 1 lb. of meat per minute, is, perhaps, the most useful size for ordinary families. This size is sold at 12*s.* 6*d.* One perforated plate only is supplied; but plates with four sizes of holes are made: namely, $\frac{1}{8}$ in., $\frac{1}{4}$ in., $\frac{1}{2}$ in., and $\frac{3}{4}$ in., and sold at about 1*s.* each.

143. ***Brawn Tin.***—This utensil is invaluable in preparing brawn or collard head. It is a tin cylinder placed on a foot or stand, into which the superfluous gravy escapes when the meat is placed in the cylinder and put under pressure. For this purpose the bottom of the cylinder consists of a movable perforated plate. The cylinder is not soldered along the junction of the ends of the metal of which it is composed, but the ends overlap, and are movable, one over the other, to a certain extent. By this means the cylinder is rendered expansive and will expand from $6\frac{1}{2}$ inches in diameter to 8 inches. Its form and principle are exhibited in the illustration given on page 74. It is sold at 7*s.*

144. ***Tongue or Brawn Presser.***—This article may be used for making either brawn or collard head, like the brawn tin last described; or it may be used for compressing boiled tongue into a round, in which shape it is most conveniently sent to table, and moreover ensures an equal distribution of the fat and lean, which is not the case if the tongue be sent up uncompressed, when the greater part of the fat in the root of the tongue is sent away uneaten. There is a perforated plate at the bottom through which the gravy escapes, and a flat plate acted

on by a powerful screw at the top, by which the contents of the presser are squeezed to flatness. A good presser may be bought for 6*s.* 6*d.* Loveridge's pressers are made in two sizes: No. 1, 6¼ in. deep and 5¾ in. in diameter, sold at 9*s.*; and No. 2, 6½ in. deep and 6¼ in. in diameter, sold at 10*s.* 6*d.* An illustration of the tongue presser is given in page 74.

145. ***Steak Tongs.***—When meat is being broiled or grilled, to prevent the juices of the steak from being lost by pricking the meat with a fork, in turning it about on the gridiron, steak-tongs are brought into requisition for handling the steaks during the process. By making use of these the gravy is kept in the meat. These are supplied at prices ranging from 2*s.* 9*d.* upwards. An illustration of the steak tongs is given in page 74. A cutlet bat, illustrated in page 77, is sometimes used for beating cutlets, chops, &c.; steaks, if beaten, are beaten with the rolling-pin.

146. ***The Meat Chopper*** is used for chopping and disjointing bones. In cases where a little gravy is to be made for a hash, the bones of the joint should always be chopped in a few places, to get as much goodness out of them as possible. These are sold at from 3*s.* 6*d.*, according to size. Meat choppers, it should be said, have wood handles. Steel cleavers have handles of steel that is to say blade and handle are made all in one piece. They are sold at from 4*s.* 6*d.* to 7*s.* 6*d.*, according to size. Illustrations of the meat chopper and cleaver are given in page 77.

147. ***Cook's Knife.***—The knife generally used by cooks is made very pointed at the end; and for cooking purposes is preferable to the short round-bladed knife. They are made 6, 7, 8, 9 and 10 inches in length, and are sold respectively—English make at 3*s.* 6*d.*, 4*s.*, 4*s.* 6*d.*, 5*s.* and 6*s.*; and French make at 2*s.*, 2*s.* 9*d.*, 3*s.*, 3*s.* 3*d.* and 3*s.* 6*d.* All these knives, whether French or English are handled with ebony. Cooks' forks are made to match the knives and are supplied—English make from 2*s.* 6*d.*, and French make from 1*s.* 9*d.* upwards. The forks are larger and stronger than ordinary forks, and, therefore, better suited for lifting masses of meat and puddings out of saucepan when boiling in a cloth, &c. The cook's knife is illustrated in page 77.

148 ***Meat Saw.***—A meat saw, as shown in the illustration given in page 77, is used for sawing bones in places where a chopper is not available. For instance, this utensil would come into requisition where a knuckle of ham is required to be severed from the thick end. The meat would first be cut all round down to the bone with a sharp knife, and the bone would then be sawn through. Good meat saws are sold at from 3*s.* 9*d.* to 5*s.*

149. ***Mincing Knife.***—A tool like the one represented in the illustration given in page 77 is convenient for chopping suet, and any ingredient that requires to be finely minced. Being made with a firm wooden handle, the hand does not get so fatigued as by using an ordinary knife, and the business of mincing is accomplished in a much shorter time. These utensils should be kept sharp, and should be ground occasionally. A good mincing-knife of this form is supplied at 1*s.* 8*d.*, but steel French mincing knifes of the form shown in page 77, just below the ordinary mincing knife, are sold at 16*s.* 6*d.* per pair.

150. ***Chopping Tray.***—For chopping suet, meat, &c., with the mincing knife, a chopping-tray should be provided. It is simply a board with ledges at the back and sides to prevent the suet, &c. from falling off when being chopped. They are made from 14 to 18 inches across the front, and sold at from 4*s.* 6*d.* to 7*s.*, according to size. An illustration of the chopping tray is given in page 80.

151. ***Bread Grater.***—Nicely grated bread-crumbs rank as one of the most important ingredients in many puddings, seasonings, stuffings, forcemeats &c

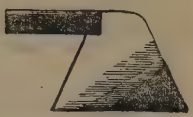
Meat Chopper.

Meat Saw.

Paste Jagger.

Bread Grater.

Mincing Knife.



French Mincing Knife.

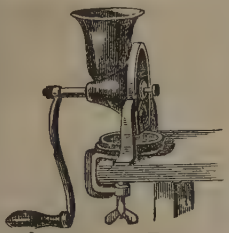
Cleaver.

Coffee Mill, Wall.

Cutlet Bat.

Vegetable Cutter.
A, Cutter.
B, Shape of Piece.

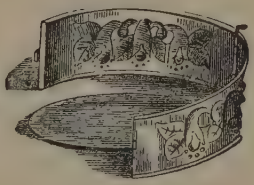
Pasteboard and Rolling Pin.



Coffee Mill, Table.

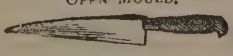
Knife Basket.

Tartlet Pan.



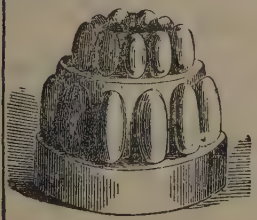
Open Mould.

Wire Dish Cover.



Cook's Knife.

Patty Pans.



Round Mould.

Hot Water Dish.

and add much to the appearance of fried fish. For the purpose of crumbling the bread smoothly and evenly, the bread grater is used, which is perforated on both sides with holes. Bread graters are supplied at 9*d*., 1*s*. and 1*s*. 6*d*. each, or extra strong, with iron bands, at 2*s*. The bread grater, represented in page 77, has smaller perforated plates attached to the sides for grating nutmeg, ginger, &c.

152. ***Colander.***—This useful article comes into daily requisition. The most convenient and strongest form is that of a round tin basin with handles, perforated at the bottom and round the sides with small holes, as represented in the illustration given on page 74. It is used for straining vegetables, these being poured into the colander when they are cooked, and allowed to remain for a minute or two until all the water is drained from them, when they are dished. Colanders, or cullenders, as the word is sometimes spelt, are made in four sizes, supplied in tin at from 1*s*. 3*d*. to 2*s*. 6*d*. each, according to size. An improved form, all in one piece and in tin, are sold at from 4*s*. to 5*s*. 6*d*. each, according to size. Copper colanders, extra strong, tinned all over inside and out, are made 10, 11, 12 and 13 inches in diameter, and sold at 21*s*., 22*s*. 6*d*., 24*s*. and 27*s*. respectively.

153. ***Pestle and Mortar.***—Pestles and mortars are made of iron, brass, marble, and Wedgewood ware. Those of marble or Wedgewood ware are decidedly to be preferred, as they can be so easily kept clean. This utensil is used for pounding sugar, spices, and other ingredients required in many preparations of the culinary art. Pestles and mortars in Wedgewood ware, which is acid proof, are made in sizes ranging from 7 inches to 10 inches, taking the diameter of the top of the mortar, and are sold at from 4*s*. to 7*s*., according to size. These prices include pestles. Marble mortars range in size from 10 to 14 inches, and in price from 9*s*. 6*d*. to 20*s*. An illustration of one of these is given in page 74. Pestles of lignum vitæ, to be used with these mortars, cost from 3*s*. upwards, according to size. Brass pestles and mortars cost from 15*s*. to 30*s*.

154. ***Preserving Pans.***—Jams, jellies, marmalades and preserves are made in these utensils, which should be kept scrupulously clean, and well examined before being used. Copper preserving pans, as shown in the illustration given in page 59, range in size from 11 to 18 inches in diameter, in capacity from 5 quarts to 21 quarts, and in price from 16*s*. to 25*s*. Preserving pans in enamelled cast iron are sold at from 6*s*. 6*d*. upwards, according to size.

155. ***Vegetable Cutters.***—Vegetables are cut out in fanciful shapes, by means of these little cutters. Stewed steaks, and such like dishes, where the vegetables form an important addition, are much improved in appearance by having them shaped. The price of a box of vegetable cutters ranges from 3*s*. 3*d*. to 8*s*. 6*d*. Fancy cutters are sold at 6*d*. each. These cutters can be made useful in ornamenting pastry, or cutters especially made for the purpose can be had at 9*d*. each, or in boxes from 3*s*. to 7*s*., according to make. One of the most useful shapes of paste and vegetable cutters is represented in page 77.

156. ***Cucumber Slice.***—For shredding cucumbers into the thinnest possible slices, the little machine shown in page 80 is used. It is made of wood, with a steel knife running across the centre, and sold at 3*s*. After the cucumber is pared it should be held upright, and worked backwards and forwards on the knife, bearing sufficiently hard to make an impression on the cucumber.

157. ***Pasteboard and Rolling Pin.***—This is so familiar a piece of kitchen furniture that very little description will be required of it. Pasteboards require to be very nicely kept. They should not hang in a damp place, as then they are liable to get mildewed, and the stains thus caused will very seldom scrub

out. Pasteboards clamped at the ends, as shown in the illustration given on page 77, are made of well-seasoned deal or hardwood, and sold at 4*s*. each. A paste-pin, or rolling-pin, as it is sometimes called, costs from 9*d*. upwards.

158. ***Paste Jaggers.***—These are used for trimming and cutting pastry. The little wheel at the end of the jagger, as shown in the illustration in page 77, is made to revolve, and is used for marking pastry, which has to be divided after it is baked. The price of a jagger is 1*s*. 6*d*.

159. ***Coffee and Pepper Mills.***—Patent improved mills for grinding coffee, pepper, spice, &c., are manufactured and supplied by Messrs. S. Nye and Co., in five sizes, at 4*s*., 6*s*., 8*s*., 10*s*. and 14*s*. each. They may be had to fix permanently to the wall, or temporarily to the kitchen table, or dresser, as shown in the illustrations given in page 77. They are provided with a regulating screw, to grind fine or coarse, as may be desired.

160. ***Wire Dish Cover.***—This is an article belonging strictly to the larder, and is intended for covering over meat, pastry, &c., to protect it from flies and dust. It is a most necessary addition to the larder, especially in summer time. Its form is shown in the illustration given in page 77. They are made in sizes ranging from 10 inches to 20 inches in length, and sold at prices rising from 1*s*. 6*d*. to 4*s*. 3*d*., according to size. Round plate covers in the same material are supplied at from 1*s*. 3*d*. Wire meat safes, japanned, 16 in., 18 in., 20 in., 22 in. and 24 in. square, are supplied at 20*s*., 22*s*. 6*d*., 30*s*., 35*s*. and 44*s*. respectively. Wooden meat safes, with panels of perforated zinc, 24 in., 27 in. and 30 in. square, at 17*s*. 6*d*., 21*s*. and 24*s*. respectively.

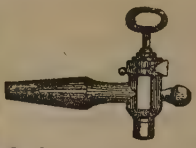
161. ***Knife Tray, Plate Basket and Plate Carrier.***—A knife tray should be provided for keeping close at hand all knives in daily use. The wicker tray, lined with tin, as shown in page 77, sold at 7*s*. 6*d*., 8*s*. 6*d*. and 9*s*. 6*d*., according to size, is very easily washed, and will always appear clean and in nice order, if properly looked after. Japanned trays, equally cleanly and serviceable, may be had, single, with round corners, at from 2*s*. to 3*s*. 6*d*.; double, with square corners, from 5*s*. 6*d*. to 8*s*. Wicker plate baskets, for spoons, forks, &c., as illustrated in page 80, lined with baize, are supplied in four sizes from 2*s*. 6*d*. to 5*s*. each; and wicker plate carriers for dinner plates, unlined, at 8*s*., or lined with tin, 13*s*., in accordance with the illustration given in page 80. The tin, if japanned, costs 10*s*. 6*d*. A wicker basket for the reception of plates that have been used and removed from table, with loose wicker lining and lined with tin, are supplied in three sizes at 8*s*., 10*s*. and 12*s*.

162. ***Baking Dish.***—Many housewives prefer this kind of baking dish to an earthenware one for family pies and puddings. It is made of tin, and may be covered, as shown in the illustration given in page 80, with a wire grating, so that it may be used for baking meat and potatoes, the latter being placed in the dish and the meat on the wire grating. Seamless baking-pans, in all forms, oblong, square, round and oval, may be had in sizes, ranging from 4 to 20 inches, at prices, from 5*d*. to 4*s*. each, according to size; but these prices do not include the wire grating, which any tinman or wire-worker will make to order for a few pence.

163. ***Tartlet Pans.***—The trimmings of pastry rolled out, laid in a tartlet-pan, and baked, form the foundation of open tarts. They are better baked without the jam, this being laid on after the crust is cold, and ornamented with pastry leaves, flowers, &c. The pans are made in all sizes, from 6 in. to 12 in. in length, with plain or fluted edges, as shown in the illustration in page 77, at prices ranging from 4*d*. to 1*s*. 6*d*., according to size and shape.

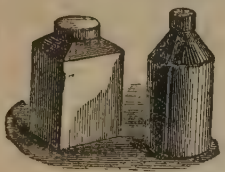
TIN BAKING DISH.

WOODEN FLOUR TUB.

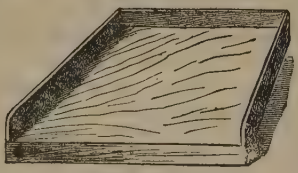


SYPHON BEER TAP.

TANGENT LEVER CORKSCREW.



COFFEE AND TEA CANISTERS.



CHOPPING TRAY.

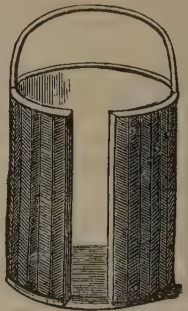
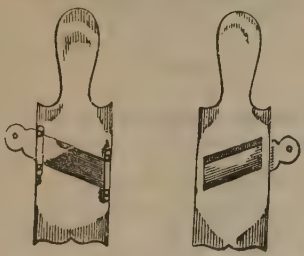


PLATE CARRIER.

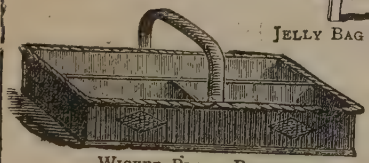


CUCUMBER SLICE.

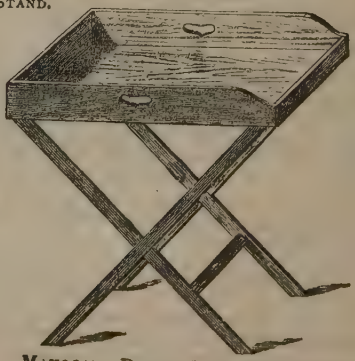
A, FRONT. B, BACK.

JELLY BAG AND STAND.

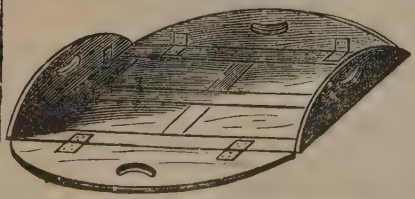
EGG WHISKS.



WICKER PLATE BASKET.



MAHOGANY DINNER TRAY AND STAND.



MAHOGANY FOLDING LUNCHEON TRAY.

164. ***Patty-pans.***—These, as shown in page 77, are made of tin, and used for cheese-cakes, little tarts, mince-pies, &c. Some are fluted and some plain, and they are manufactured in all sizes and of different shapes, both oval and round. The price of a dozen patty-pans, in tin, range from 1*s.* 6*d.* upwards, according to size and shape: in copper, from 5*s.* 6*d.* to 16*s.* per dozen.

165. ***Moulds for Puddings, Blancmanges, Cakes, &c.***—The open mould, shown in the illustration given in page 77, is now very much used for jellies and blancmanges; it is open in the centre; and when the jelly is dished a whipped cream is piled high in the middle. The mixture of the cream and jelly is very pretty, and makes a very nice and effective supper dish. The other mould is of the ordinary round shape. The price of the open mould or pie mould, as it is sometimes called, in tin, ranges from 3*s.* 6*d.* upwards; the closed round mould, as shown in the illustration given in page 77, may be had in every variety of form and shape, for all the various purposes for which moulds are used, in tin, from 1*s.* upwards.

166. ***The Bee-hive Mould.***—A mould for jellies, puddings, cakes, etc., in the form of a conical straw bee-hive or bee-butt, as the name implies, is now much used and has become a general favourite, because it is found that anything that is made in it whether jelly, pudding or cake, invariably "turns out" well. It is without seams or joints, and on this account is desirable for cakes, because it possesses no joint that could become unsoldered in the oven. It is made in polished tin steel, and polished copper tinned inside, either open or covered without pipe or open with pipe. There are 8 sizes ranging from 3 in. to 8 in. in diameter, and prices range in tinned steel from 9*s.* to 48*s.* per dozen, according to make; and in copper, from 2*s.* to 12*s.* each. The 8 inch size is not made in copper. Its form is shown in page 77.

167. ***Coffee and Tea Canisters, etc.***—Japanned tin is the metal of which canisters for tea and coffee are composed. The flavour of the tea and the aroma of the coffee are much preserved by keeping them in tin canisters, like those illustrated in page 80. The prices of these canisters, to hold from 2 oz. to 6 lbs., range from 6*d.* to 3*s.* 3*d.*, according to size. Among other boxes, made in tin and japanned, for the reception of articles of daily use and consumption may be named *Seasoning Boxes* at 3*s.*, 3*s.* 6*d.* and 4*s.* 6*d.*, according to size; *Spice Boxes* at 4*s.*, 4*s.* 6*d.* and 5*s.*, according to size; *Sugar Boxes*, square in shape, with division, in five sizes from 2*s.* 9*d.* to 9*s.* 6*d.*; without drawer to receive pounded sugar dropping from divisions through perforated bottom, or in three sizes, drawers, from 6*s.* 6*d.* to 10*s.* Round *Sugar Canisters*, holding from 1lb. to 6lb., are sold at from 1*s.* 3*d.* to 4*s.* 6*d.*, according to size; and *Flour Bins*, bright tin inside and japanned blue with black hoops outside, ranging in capacity from 1 gallon to 3 bushels, are supplied at from 4*s.* 6*d.* to 28*s.*, according to size.

168. ***Hot-water Dish.***—In cold weather such joints as venison, a haunch, saddle or leg of mutton should always be served on a hot-water dish, as they are so liable to chill. This dish is arranged with a double bottom, which is filled with very hot water just before the joint is sent to table, and so keeping that and the gravy deliciously hot. Although an article of this description can scarcely be ranked as a kitchen utensil, still the utility of it is so obvious that it is not out of place to insert, in page 77, an illustration of a dish which it is so desirable to possess, and which no properly furnished house should be without. Hot-water dishes may be had, made entirely of metal, of various sizes from 21*s.* upwards, or in nickel, electro-plated, at higher prices. Hot-water plates range in price from 2*s.* upwards. The "Chiswick" hot-water dish, a specialty of Messrs. Loveridge and Co., a handsome dish in metal with a well floor of the

best earthenware, is supplied in sizes from 14 inches to 24 inches in length, at prices ranging from 26*s.* to 64*s.*

169. ***Potato Pastry-pan.***—A pasty of meat and potatoes made in this pasty-pan is extremely savoury and delicious. The meat is placed at the bottom of the pan, with seasoning, butter, and a little water, and the perforated plate, with its valve-pipe screwed on, is laid over the meat. Some mashed potatoes, mixed with milk, are next arranged on the perforated plate, filling up the whole space to the top of the tube, and finishing the surface in an ornamental manner. If carefully baked, the potatoes will be covered with a delicate brown crust, retaining all the savoury steam arising from the meat. Potato pasty-pans are supplied at from 4*s.* 6*d.* to 6*s.* 6*d.* Those manufactured by Messrs. Loveridge and Co. are in five sizes, ranging from 7¾ in. to 12 in. in length, and sold at prices varying from 5*s.* 6*d.* to 9*s.*, according to size. It may be added that either fresh or cooked meat may be dressed in the above manner; and, in the latter case, the pan will be found of great advantage, as it adds another dish to the list of "Cold Meat Cookery." Its form is shown in the illustration given in page 74.

170. ***Gravy Strainer.***—One of these is absolutely indispensable. Its forms are shown in the illustrations given in page 77. One is like an inverted cone with the pointed end cut off, having a handle attached to it, and a plate perforated with very fine holes, or piece of wire netting, at the bottom, below which is a rim on which it stands. It is made in three sizes, with fine, or coarse bottom, sold at 1*s.* 6*d.*, 1*s.* 9*d.* and 2*s.* each, according to size. Another kind is made in the form of a cone; but this, of course, will not stand by itself, terminating as it does in a point. It is made in three sizes, with fine or coarse netting, sold at 1*s.* 9*d.*, 2*s.* and 2*s.* 6*d.*, according to size.

171. ***Egg Poacher.***—When eggs are much used in a family, an egg poacher forms a desirable addition to the utensils of the kitchen. These are made in different forms, the ordinary poacher being in the form of a circular tin plate, with three or four depressions, into which the contents of the eggs are placed, and an upright handle rising from the centre. The plate is supported by feet, on which it stands when lowered into the saucepan. Poachers for three eggs are sold for 1*s.* 8*d.*; for four eggs at 2*s.* 8*d.* An 8½ inch oval saucepan, with a plate bearing four tin cups for eggs, is made by Messrs. Loveridge and Co., and sold for 6*s.*

172. ***Cask Stand.***—For beer it is desirable to have a stand by which the cask may be raised or lowered without shaking its contents. The patent cask stand, shown in page 74, will be found most useful for this purpose. This stand is, perhaps, the best that has yet been produced, its action being very simple and easy to understand. The price of this stand for a 9-gallon cask is 10*s.* 6*d.*, for an 18-gallon cask, 12*s.* 6*d.*

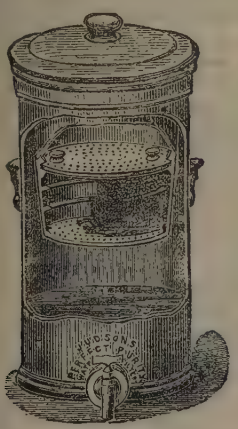
173. ***Beer tap.***—The best kind of tap for home use is the brass syphon beer tap, shown in the illustration given in page 80, which requires no vent-peg, and which is fitted with a protector in front, to receive the blows of the mallet in tapping a cask. The protector may be unscrewed to clean the syphon tube when it is in the cask. Another improvement consists in the self-acting tube being brought down close to the mouth of the jug, glass, or vessel into which the beer is drawn. Directions for keeping the tap in order are given to the purchaser. This tap is sold at 3*s.* 6*d.*

174. ***Corkscrew.***—A good corkscrew is necessary in every household, and the Tangent Lever Corkscrew, illustrated in page 80, possesses manifest advantages over the ordinary corkscrew, especially for woman's use. The screw is twisted into the cork in the usual way; the socket at the end of the lower arm of

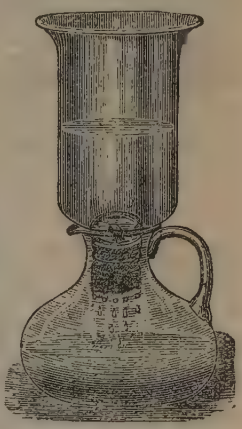
the instrument is then placed over the top of the neck of the bottle, and the curved projection, which terminates the upper arm, through the hole in the flat piece of metal to which the worm or screw is attached. By exerting pressure on the thin end of the upper arm, which acts as a lever, the cork is withdrawn from its position, and lifted out of the neck of the bottle. The price of the Tangent Lever Corkscrew, complete, is 1*s.* 4*d.* Extra screws may be had at 6*d.* each. The Rack Lever Corkscrew, in bronze, at 4*s.* 6*d.* and 6*s.* 6*d.*, or in polished steel at 11*s.* 6*d.*; and the Thumb Lever Corkscrew at 5*s.* 6*d.* or 7*s.*, nickel plated, are excellent corkscrews, by which the most obstinate corks may be drawn without trouble or exertion to the drawer.

175. ***The Filter.***—A filter is absolutely necessary in every house. There is little, if any, difficulty in keeping it clean, and there can be no doubt of its great utility in promoting and preserving health. There are many excellent filters now before the public, those of Mr. Lipscombe, *Strand, London, W.C.*, being, perhaps, as good and as serviceable as any. These are supplied in various sizes, containing from 1 to 6 gallons, at prices ranging from 12*s.* 6*d.* to 37*s.* 6*d.* each. There are, however, three patent filters which are highly esteemed in the present day, and of which mention must not be omitted here. These are: (1) The Spongy Iron Filter, invented by Professor Gustav Bischof, of the Andersonian University, Glasgow, and manufactured by the Spongy Iron Domestic Filter Company, 505, *Oxford Street, London, W.C.*; (2) The Silicated Carbon Filter, one of the "Block" charcoal filters made by the Silicated Carbon Filter Company, *Battersea, London, S.W*; and (3) Maignen's Patent "Filtre Rapide," a most desirable kind of filter, in which the filtering substance is Maignen's Patent Carbo-calcis. It is made at the Asbestos Works, 118, *Southwark Street, London, S.E.*

176. ***Judson's Filters.***—Other excellent kinds of filters, which can be strongly recommended, are to be found in Judson's "Perfect Purity" Filters, and "Aqua Pura" Filters which are the same as far as internal arrangements go, and which differ only in respect to the external and visible casing, that of the latter being made of such materials and in such designs as enable the proprietors, Messrs. Daniel Judson and Son, Limited, *Southwark Street, London, S.E.*, to offer it at lower rates than the "Perfect Purity." Otherwise, both are fitted with the "Galvano Electric" Filtering Medium, a powdered or granulated material prepared from mineral substances only, which by its action imparts oxygen to the water that is brought into contact with it and completely destroys the vitality of the most minute organisms that it may contain, and neutralises and removes all lead and other metallic poisons and gaseous impurities, arising from the decay of animal or vegetable life, or from sewer or cesspool gases, with which it may have become imbued. This filtering medium is easily renewable



"Perfect Purity" Filter, A 1 Style.


Glass Filter for Sitting Room.

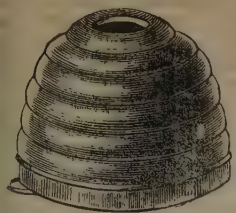
and may be changed as often as may be necessary, all Judson's filters, when cleaned and recharged with the necessary medium at home, as they can be and ought to be, being then as good in every respect as a filter used for the first time. No domestic filters, indeed, have yet been produced so simple in their construction and perfect in their action. They may be thoroughly cleaned, both inside and outside, every day if necessary, without disturbing the filtering material. These filters are made in many different styles for use indoors, out of doors, at home and away from home, but all are constructed on the same principle. It will be sufficient therefore to call attention to the A 1. style of the "Perfect Purity" Filter whose exterior and interior is shown in the annexed illustration, and whose sizes, or rather capacities and prices, and the materials in which they are made, are as follows:

Gallons	½	1	2	3	5	8	10	14
Pure White Decorated China Ware	15/6	22/6	32/6	42/6	—	—	—	—
Best Cream Coloured Stone Ware	—	17/6	27/6	37/6	57/6	—	—	—
Special Strong Brown Earthen Ware	—	—	—	—	—	85/-	100/-	120/-

The prices quoted are for the filters complete and ready for use and fitted with the best nickel-plated or stone-ware taps. Stands and ice-boxes for use with these filters are supplied at moderate prices. The cost of recharges varies for all filters according to capacity. Each recharge is packed in a separate tin with full directions.

177. ***Glass Filter for Sitting-room, etc.***—Among the numerous styles of filters produced by Messrs. Judson and Son, Limited, attention may be specially called to the glass filters for sitting-room or bed-room, holding 1, 2, or 3 pints and sold at prices ranging from 2*s.* 3*d.* to 6*s.*, according to quality, that is to say whether in plain or cut glass. An illustration of one of these is given here. The filters for insuring the perfect filtration of the water supply before drawing for household use are most desirable and inexpensive, considering the purpose they fulfil, costing only £5 and £5 5*s.* according to style.

178. ***The Kettle.***—This is an important factor in the well-being of the household, and its form requires careful consideration, the chief desideratum being a form that will admit of and assist in the heating of the water contained in it in the shortest possible time. This seems to be fully attained in the Steel Range Kettle with seamless copper well, and the Registered Corrugated Kettle, manufactured by Messrs. Loveridge and Co., illustrations of which are given in page 85. The copper well of the Steel Range Kettle fits into the hole in the hot plate of the range, immediately over the fire, and is exposed on all sides and at the bottom to the full action of the heat of the burning coals. Being made of strong turned steel and seamless, there is no chance of leakage which sometimes occurs in ordinary kettles made of pieces joined together with soldered seams. This kettle is made in four sizes, holding 3, 4, 6 and 8 quarts, and sold at 8*s.* 6*d.*, 9*s.* 6*d.*, 11*s.* and 13*s.* each. In the Registered Corrugated Kettle, the corrugated or fluted form of the bottom not only adds to the strength of the kettle, but in creases the heating surface about 20 per cent, causing the water to boil in a very much shorter time than in an ordinary flat-bottomed kettle. The peculiar form of this kettle, both as regards the fluted bottom and dome top, renders it especially suitable for use on gas or petroleum stoves or spirit lamps. This kettle is made in polished turned steel in nine sizes, holding from 1 to 12 pints, and sold at prices ranging from 1*s.* 10*d.* to 7*s.* 6*d.*, according to size. It is also made in polished copper or brass in the four smaller sizes, from 1 to 3 pints, sold at from 5*s.* to 7*s.* 6*d.* with ordinary handle, or from 5*s.* 6*d.* to 10*s.* with fall-down wickered handle. In the five larger sizes, holding from 4 to 12 pints, it is made in polished copper with turned handle and spout, and sold at prices ranging from 8*s.* to 18*s.*



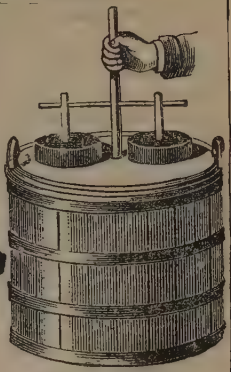
BEEHIVE MOULD.

KETTLE FITTED WITH KEEN'S PATENT VENTILATING COVER.

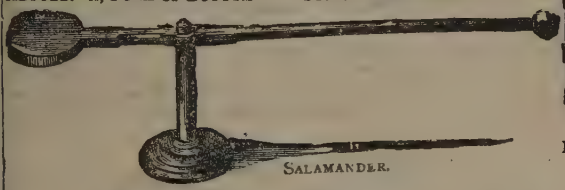
SPICE BOX.

REGISTERED CORRUGATED KETTLE. A, FORM OF BOTTOM

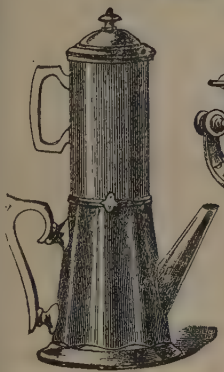
STEEL RANGE KETTLE.



DOUBLE PISTON FREEZING MACHINE.



SALAMANDER.



HUTCHINSON'S CAFETIÈRE.

HUTCHINSON'S URN.

BLOCK TIN KAFFEE KANNE.

PLANISHED COPPER BRONZE KAFFEE KANNE.

179. ***Keen's Patent Ventilating Cover for Kettles, etc.***—When a kettle is completely filled with water, the steam that is generated when the water within it boils must of necessity find means of escape or drive out some of the water. When the cover is loose and easy the steam will lift the cover and escape thus; but when the cover is tight the expansion of water and the generation of steam force some of the water out of the spout, and the result is that, until enough of the water has boiled away, there is a continued welling of water from the spout of the kettle, which drops on the hot plate of the range, and is quickly converted by the heat of the plate into steam. A kettle, however, that is fitted with Keen's Patent Ventilating Cover will never boil over or be subject to rattling of the cover by the rising steam, or the ejectment of water through the spout. As an invention the Ventilating Cover is remarkably simple, and the only wonder is that no one has ever thought of it before. A round hole is made in the centre of the cover, and over this a plate, considerably larger than the hole, is placed, having its edges bent downwards towards the upper surface of the cover, and supported at a distance of about ¼ in. above the cover by short metal standards. A representation of the kettle, which will explain the construction of the cover, is given in page 85. Kettles with the patent cover, of capacities ranging from 4 to 16 pints, are supplied at prices ranging from 1*s.* 11*d.* to 10*s.* 6*d.* each. The invention—which consists merely in providing a hole in the cover, which hole is itself covered and hidden from view by a smaller cover slightly raised above it—is applied to steak and bacon dishes, dish covers, metal coverettes for placing over cheese, butter, &c., milk cans, and all kitchen utensils used for boiling, including saucepans, milk saucepans, boiling pots, stewpans, fish-kettles, &c. Culinary utensils fitted with the ventilating cover are sold by all ironmongers. The advantages to be derived from the use of the ventilating cover in the kitchen are:—Firstly, that water in vessels thus fitted cannot boil over, and may be left for this reason without attention; and secondly, that all impurities generated in cooking are allowed to escape, thus rendering the food more wholesome, and enabling it to be better cooked. In the pantry it is equally useful, for milk will keep sweet longer in a can fitted with the ventilating cover than in an uncovered vessel or one covered in the ordinary way; and butter, cream, cheese, fruit, meat, game and fish will keep for double the time when placed under a ventilating dish cover or coverette.

180. ***Coffee pot.***—When well made, coffee, perhaps, is the most delicious and refreshing of all the infusions that are made for household use, but the goodness of coffee very often depends on the construction of the vessel in which it is made, and it is most desirable to use one in which the aromatic oil of the berry developed in the process of roasting is not driven off by boiling, on the one hand, which invariably spoils coffee, or not made sufficiently perceptible by endeavouring to make it at too low a temperature, which is too often the case when coffee is prepared by percolation in a coffee biggin. In Ash's Kaffee Kanne, invented by Mr. Ash, 301–303, *Oxford Street, London, W.*, either contingency is happily avoided by the peculiar construction of this coffee pot, in which the coffee, when making, is surrounded by a jacket of boiling water, and thus kept at such a temperature that the valuable principle in which the aroma lies is not driven off, but gradually and continuously brought out, thus increasing to a wonderful extent the flavour and fragrance of the drink. By means of the Kaffee Kanne coffee can be made to perfection in so short a time as two minutes, which shows how easy and rapid the process is when performed by means of this utensil. The engravings given in page 85 afford illustrations of a plain form of the Kaffee Kanne in block tin, with electro-plated top, a more elaborate form on a handsome stand, and an ornamental urn-like form, in bronze, both with lamp

and stand complete. They are kept in various sizes, and made of various materials, as follows:—

	1½ pint.	2 pints.	3 pints.	4 pints.	5 pints.	6 pints.	8 pints.
Block Tin, as Illustration in page 85.....	13s. 6d.	15s. 6d.	17s. 6d.	20s.	—	25s.	30s.
Planished Copper and Brass, as do.	30s.	35s.	40s.	45s.	—	55s.	65s.
Copper Bronze, as Illustration page 85.....	45s.	55s.	65s.	75s.	85s.	—	—
Best Copper Bronze	80s.	90s.	100s.	110s.	—	—	—
Electro-plated, as do.	40s.	50s.	60s.	70s.	80s.	—	—
Best Electro-plate on Nickel Silver, as do.	110s.	130s.	150s.	170s.	—	—	—

181. ***Hutchinson's Patent Coffee Makers.*** — Another excellent contrivance for making really good and palatable coffee is to be found in the Patent Coffee Maker, the invention of General Hutchinson, manufactured by Messrs. Henry Loveridge and Co., and sold by all ironmongers in the United Kingdom and the Colonies. It is made in four forms: the Matinée, for bedroom use and for making a cup of coffee in the early morning, and, indeed, at any time when it may be required; the Cafetière in two kinds, one plain and the other ornamental, and the Urn, a large coffee maker for family use. The Urn and the plain Cafetière are shown in the illustrations given in page 85. The capacities and prices of coffee makers, in each form, are as follows:

Pints	½	1	1½	2	2½	3	4	5	6	8
Matinée	15s.	17s.	—	—	—	—	—	—	—	—
Cafetière, Plain	—	8s. 3d.	9s.	9s. 6d.	10s.	10s. 3d.	12s. 6d.	14s. 6d.	—	—
Cafetiere, Ornamental	—	22s.	24s.	25s.	27s.	30s.	33s.	36s.	—	—
Urn	—	—	—	—	—	—	30s.	—	35s.	40s.

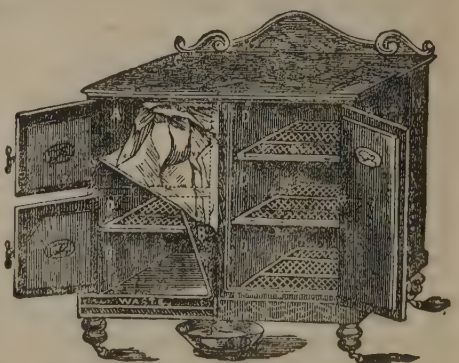
The Matinées, of which the prices are given, are of planished tin: they may be had in polished brass at 27s. and 29s. each. The ornamental form of the Cafetière is nickel plated. The action of these coffee makers is simple and efficient. The coffee is put into the upper, or filtering portion, and boiling water is poured on it. After standing for four or five minutes, the tap is turned and the infusion is allowed to run through into the lower part, from which it is poured out perfectly free from grounds and as clear, pure and bright as wine. The full aroma of the coffee-berry is preserved and its pleasant and delicate aromatic flavour distinctly perceptible in the infusion, even to the last drop. The water is kept in contact with the coffee until it is required for use, which renders this coffee maker superior to all other percolators in which the water passes quickly through the coffee without having time to become fully impregnated with the odour and nutritive properties of the berry.

182. ***Ash's Patent "Piston" Freezing Machine.***—Ice is now so much used at English tables that it has become a necessary of household economy, and dessert ices follow summer dinners as a matter of course. Dessert ices are, by modern invention and ingenuity, placed within the reach of most housekeepers, and it is both pleasant and easy to make the ices by Mr. Ash's Patent "Piston" Freezing Machine, which affords a quick, economical, and most simple method of freezing. Two ices, or an ice and an ice pudding can be made at the same time by this machine. The mixture to be iced is placed in the tubes or cylinders; outside these tubes rough ice and salt are placed, the ice being pounded, and the salt and a little water added; the piston is then worked up and down. This movement produces a constant change and agitation of the ice and salt, which is compelled to pass round and round the agitator. Two stirrers are attached to the piston, and work at the same time with it; these "stirrers" go up and down inside the cylinders, and stir up and mix the cream or water mixture undergoing the freezing process. This agitation of the cream, &c., is necessary to prevent the future ice from being lumpy and snowy. When the freezing is complete, the stirrers are taken out of the cylinders, and the ice pressed down firmly by a presser; this moulds it to the form of the cylinder. It is set by

keeping it still in the machine for a short time longer, still working the piston up and down; it is then turned out, beautifully iced and moulded. The same ice and salt which freezes the dessert ices will afterwards freeze a block of pure water ice, or may be used to cool wine.

The "Piston" Freezing machine is made in oak, and is supplied in three sizes, Nos. 1, 2 and 3 to freeze and mould 1, 2 and 3 pints respectively. The No. 1 "piston" machine may be used with chemical freezing powders only; this will be found extremely convenient for families in the country who are unable to obtain the rough ice. This machine is made, single at £2 10s.; double at £4 10s. This, as it has been said, will freeze and mould 1 pint. No. 2 costs £3 5s., single, and £5 10s., double; and No. 3, £3 15s., single, and £6 10s., double. These are to be used with ice and salt only. The freezing powder is supplied at 34s. per cwt., or in boxes at 11s., 22s. and 40s. each. The double machine is shown in page 85.

183. ***Ash's Patent Filtering Refrigerator.***—This is a great improvement on the ordinary refrigerator. The block of Wenham Lake ice is placed under a preserver, remaining protected in its own atmosphere, and therefore lasting much longer than in an ordinary refrigerator. The water, as it melts, is drained off and passes direct through a charcoal filter, where it is kept nearly as cold as the ice itself, fresh and ready for drinking; and the ice, although not entirely separated from the edibles, cannot become contaminated by any smell arising from them, in consequence of the cold fresh air maintained by the melting ice at 32° Fahrenheit under the preserver having no affinity for a higher temperature; thus, by a natural law, the tainted atmosphere is effectually prevented from communicating with the ice. The housekeeper has, therefore, only to place butter, milk, &c., on the lowest trays of the refrigerator, and she can use the upper tray for cheese, fish, or any strong-smelling edibles with perfect safety. Ventilators are placed below the lid of this excellent ref igerator. The price varies with the size, from £8 10s. to £15 10s. The ordinary refrigerator can be fitted with these improvements at small cost. The Patent "Piston" Freezing Machines and the "Filtering" Refrigerator can be obtained only of the inventor, of whom block-ice and freezing powders can also be procured.



Ash's Self-Feeding Cabinet Refrigerator.

184. ***Self-Feeding Cabinet Refrigerator or Ice Safe.***—This ingenious contrivance—the last new invention of Mr. Ash is really far more useful and economical than the former ice chests. It is constructed so strictly in accordance with the laws of refrigeration that the ice is made by its own gravitation to form continuous contact with the whole surface of the well, the ice water dripping from which flows under the entire metallic bottom previous to passing away, by which means additional cold is gained without deteriorating the ice. Moreover, a novel system of ventilation is introduced by which the atmosphere of the safe is rendered perfectly dry and free from dust and germinating animalcula, by being made to pass through

cotton wool. We have, therefore, an uniform low temperature, though the ice has been gradually diminishing, great saving in its consumption, together with the convenience of having only to replenish the hopper at stated long intervals. The annexed illustration is an interior view of a cabinet constructed for block of rough ice, showing:—A, the hopper, containing the ice when first put in; B, the narrow V-shaped well, into which the ice gravitates; C, the tank for iced water; D, the compartments to contain articles to be refrigerated.

As the ice descends into the V-shaped well the vacant space left in the hopper A may be utilised for wines, &c. This machine is made in well seasoned deal, painted and grained oak, with patent metal water tank and silver-plated tap, in eight sizes, from No. 1, which is 3 feet 3 inches high, 2 feet 5 inches wide, and 1 foot 9 inches deep, and costs £11 10*s*., to No. 8, which is 5 feet 10 inches high, 5 feet 9 inches wide, and 2 feet 4 inches deep, and costs £41 10*s*.

185. ***Complete List of Domestic Utensils.***—Here we must bring our notices of utensils that mostly find a place in the kitchen to a close, omitting many an article of less importance not likely to be called so frequently into use. Everything necessary for a family, whether large or small, is included in the following complete specifications of domestic utensils, which are drawn from the catalogue of Messrs. Adams and Son, Furnishing Ironmongers, 57, *Haymarket, London, S.W.*, and which will show at a glance the articles required for the kitchens of families, ranging from those for whom a small cottage affords sufficient accommodation to those who have an income large enough to warrant the occupation of a mansion. For a mansion, whose many guests are ever coming and going, and where a large number of domestics are kept, a great number of articles will be required, and these are set forth in specification No. 1. In specification No. 2 everything is included that is necessary for culinary operations in a family whose head is possessed of ample means. Specification No. 3 includes those articles which should be found in comparatively small houses; whilst in specification No. 4 such things only are enumerated as are indispensable to a family possessed of a small income, and moving in a comparatively humble sphere of life.

186. ***Specifications and Estimates for Outfit of Kitchens.***—The following Specifications and Estimates, it may be said, have been carefully prepared under the immediate supervision of the late Mr. C. Elme Francatelli, with a view of enabling persons furnishing their houses to choose at once a proper selection of Ironmongery for either large or small kitchens. They are exclusive of tinnery and brushes. Each specification is complete in itself, and any of the articles mentioned in there may be had singly at the same prices. All goods, it must be borne in mind, are subject to 10 per cent. discount for Cash.

SPECIFICATION No. I.

This Specification is complete and suitable for any Mansion.

	£	s.	d.
8 Copper Stewpans, in sizes; 1 pint to 9 quarts	7	18	0
1 5-Gallon Copper Stock Pot, with Sauté-Pan Cover, with Tap	3	15	0
1 Copper Bainmarie, complete; with 9 Stewpans, 1 Soup Pot, and 1 Glaze Pot	7	10	0
2 Copper Sauté-Pans, in sizes	1	1	6
1 Copper Praizing Pan, with Drainer and Charcoal Fire Cover	3	10	0
1 Copper Egg Bowl	0	18	0
1 Copper Sugar Boiler	0	16	0
Carried up	£25	8	6

	£	s.	d.
Amount brought up	25	8	6
1 Copper Preserving Pan	1	16	0
2 Copper Jelly Moulds	1	5	0
1 Copper Charlotte Mould	0	4	0
1 Copper Baba Mould	0	18	6
1 Copper Fricandeau Pan	2	2	0
1 Wrought-iron Omelette Pan	0	7	0
1 Wrought-iron Fat Pan with Drainer for frying fish, &c.	0	15	0
1 Tinned Wrought-iron Dripping Pan, with Well, and on iron legs	2	10	0
1 Basting Ladle	0	5	6
Carried up	£35	11	6

SPECIFICATION No I.—*continued.*

	£	s.	d.
Amount brought up	35	11	6
2 Large Wooden Meat Screens with Hot Closet	8	15	0
1 Polished Iron Cradle Spit	1	15	0
2 Polished Iron Meat Spits, at 14s. 6d. and 18s. 6d.	1	13	0
2 Holdfasts for Joints, 5s. 6d. & 6s. 6d.	0	12	0
1 Cutlet Bat	0	5	6
1 Meat Saw	0	4	6
1 Cutlet Saw	0	3	9
1 Meat Cleaver	0	6	6
1 Set of Poultry Skewers	0	0	9
1 Set of Steel Meat Skewers	0	2	0
1 Box French Larding Needles	0	5	9
1 Daubing Needle	0	2	0
3 Cooks' Knives, in sizes	0	14	6
1 Root Knife	0	2	0
2 Dishing-up Forks	0	5	0
1 Salamander and Stand (*see page* 85)	0	12	6
1 Pair of Steak Tongs	0	3	0
1 Toasting Fork	0	2	3
1 Fluted Bar Gridiron	0	4	3
1 Hanging Gridiron	0	5	0
1 Frying Pan	0	2	9
6 Iron Saucepans, in sizes	0	11	9
2 Iron Saucepans with Steamers; 1 each 6 quarts and 7 quarts	0	14	0
1 Best Wrought-iron Tea-kettle	0	12	0
2 Wire Frying Baskets, at 3s. 3d. & 4s.	0	7	3
1 Block Tin Colander	0	5	6
2 Best Tin Fish-kettles, in sizes, at 5s. 6d. and 9s.	0	14	6
1 Marble Slab for Pastry	0	10	6
3 Baking Sheets, in sizes	0	10	0
1 Box of Plain Round Cutters	0	4	6
1 Box of Fluted Round Cutters	0	3	3
1 Box of Fancy Cutters	0	4	0
1 Paste Jagger	0	1	6
1 Pair of Paste Nippers	0	1	0
1 Box of Vegetable Cutters	0	5	0
1 Wire Basket for Salad	0	4	6
1 Spice Box, Block Tin (*see page* 85)	0	14	6
1 Seasoning Box	0	4	6
1 Herb Tray	0	5	0
1 Bread Grater	0	1	6
1 Spoon Drip	0	12	6
3 Copper Dishing-up Spoons	0	13	6
Carried up..	£60	9	3

	£	s.	d.
Amount brought up	60	9	3
12 Tinned Iron Dishing-up Spoons, in sizes	0	6	0
2 Block Tin Stock Ladles	0	4	9
3 French Vegetable Scoops, at 1s. 9d.	0	5	3
1 Flour Dredger	0	1	3
1 Oval Iron Boiling Pot	0	10	0
1 Sugar Dredger	0	2	0
1 Tin Funnel	0	0	6
3 Block Tin Gravy Strainers, in sizes	0	6	0
1 Block Tin Raised Pie Mould	0	5	6
1 Dozen Tartlette Pans	0	1	0
½ Dozen Mince Pie Pans	0	1	0
1 Fish Slice	0	1	6
1 Bread Rasp	0	2	6
1 Palette Knife	0	2	3
1 Egg Whisk (*see page* 80)	0	2	0
1 Egg Slice	0	1	0
1 Pewter Freezing Pot, 3 quarts, with Stops to cover	1	1	0
1 Spatula for Pewter Freezing Pot	0	5	6
1 Wooden Freezing Pail	0	7	6
1 Ice Pudding Mould	1	1	0
1 Hardwood Pestle for Marble Mortar	0	4	6
1 Tin Teapot	0	4	6
1 Marble Mortar	1	0	0
1 Weighing Machine and Set of Weights, to weigh 28 lbs.	1	6	0
1 Mincing Machine	1	10	0
1 Jelly Bag and Stand (*see page* 80)	0	10	6
4 Hair Sieves, in sizes	0	8	0
2 Brass Wire Sieves	0	6	6
2 Tammy Cloths	0	5	0
1 Flour Tub (*see page* 80)	0	6	6
1 Rolling Pin	0	2	3
1 Water Can	0	5	3
6 Tinned Meat Hooks	0	1	3
1 Corkscrew	0	1	3
1 Sheet French Roll Tins	0	2	3
1 Knife for opening Preserves	0	0	9
1 Pair Highly-finished Wafer Irons	0	17	6
1 Pair Gauffre Irons	0	6	6
1 Coal Scuttle	0	6	6
1 Kitchen Fender	0	15	0
1 Set Fire Irons	0	12	6
1 Best Town made Coffee Mill	1	4	0
Total..	£76	13	3

SPECIFICATION No. II.—(*Suitable for Good Class Houses*).

	£	s.	d.
6 Copper Stewpans, in sizes; 1½ pint to 6 quarts	5	15	0
1 Copper Stock Pot, 4 gallons, with tap	3	6	0
1 Copper Sauté Pan	0	10	6
1 Copper Sugar Boiler	0	16	0
1 Copper Egg Bowl	0	18	0
1 Copper Preserving Pan	1	4	0
2 Copper Jelly Moulds	1	1	0
1 Copper Charlotte Mould	0	3	9
1 Copper Baba Mould	0	15	0
1 Block Tin Raised Pie Mould	0	4	6
1 Wrought-iron Omelette Pan	0	7	0
Carried up..	£15	0	9

	£	s.	d.
Amount brought up	15	0	9
1 Wrought-iron Fat Pan and Drainer, for frying Fish, &c.	0	13	0
1 Wrought-iron Dripping Pan, with Well, and on Iron legs	1	17	0
1 Basting Ladle	0	5	0
1 Wooden Meat Screen, circular corners and Hot Closet	5	0	0
1 Cutlet Bat	0	5	0
1 Meat Saw	0	4	0
1 Cutlet Saw	0	3	9
1 Meat Chopper	0	4	0
1 Set of Poultry Skewers	0	0	9
Carried up..	£23	13	3

SPECIFICATION No II.—*continued.*

	£	s.	d.
Amount brought up	£23	13	3
1 Set of Steel Meat Skewers	0	1	9
1 Case of French Larding Needles	0	5	9
1 Daubing Needle	0	2	0
2 Cooks' Knives, in sizes	0	13	6
1 Root Knife	0	1	5
2 Dishing-up Forks	0	5	0
1 Salamander	0	11	6
1 Pair of Steak Tongs	0	2	9
1 Toasting Fork	0	0	9
1 Fluted Bar Gridiron	0	4	3
1 Hanging Gridiron	0	5	0
1 Frying Pan	0	2	6
6 Iron Saucepans, in sizes	0	11	9
1 Ditto with Steamer	0	6	9
1 Ditto Oval Boiling Pot	0	7	6
1 Wrought-iron Tea Kettle	0	8	6
1 Smaller do.	0	4	6
1 Wire Frying Basket	0	3	3
1 Block Tin Colander	0	5	0
2 Best Tin Fish Kettles, at 5*s.* 6*d.* and 9*s.*	0	14	6
1 Marble Slab for Pastry	0	10	6
3 Block Tin Baking Sheets	0	8	3
1 Box of Plain Round Cutters	0	3	6
1 Box of Fluted Cutters	0	3	3
1 Box of Fancy Cutters	0	3	3
1 Paste Jagger	0	1	6
1 Pair of Paste Nippers	0	1	0
1 Spice Box	0	4	6
1 Seasoning Box	0	3	6
1 Herb Tray	0	5	0
1 Bread Grater	0	1	6
1 Spoon Drip	0	12	6
12 Iron Spoons, in sizes	0	6	0
1 Box of Vegetable Cutters	0	5	0
Carried up	£33	0	6

	£	s.	d.
Amount brought up	£33	0	6
2 Block Tin Stock Ladles, at 1*s.* 9*d.* and 2*s.* 3*d.*	0	4	0
1 Fish Slice	0	1	6
1 Egg Slice	0	1	0
3 Vegetable Scoops, at 1*s.* 9*d.*	0	5	3
1 Flour Dredger	0	1	3
1 Sugar Dredger	0	2	0
1 Tin Funnel	0	0	6
3 Block Tin Gravy Strainers	0	5	6
1 Dozen Tartlette Pans	0	1	3
½ Dozen Mince Pie Pans	0	1	0
1 Bread Rasp	0	2	6
1 Egg Whisk	0	2	0
1 Pewter Freezing Pot	0	14	0
1 Spatula	0	5	6
1 Wooden Freezing Pail	0	7	6
1 Marble Mortar	0	16	6
1 Hardwood Pestle	0	4	6
1 Weighing Machine and Set of Weights to weigh 14 lbs.	1	1	0
1 Mincing Machine	1	1	0
4 Hair Sieves	0	8	0
1 Brass Wire Sieve	0	3	6
1 Water Can	0	5	3
6 Meat Hooks	0	1	0
1 Tammy Cloth	0	2	6
1 Jelly Bag and Stand	0	10	6
1 Corkscrew	0	1	3
1 Sheet Roll Tins	0	2	3
1 Wash-hand Bowl	0	2	3
1 Cinder Shovel	0	2	3
1 Best Town-made Coffee Mill	1	0	0
1 Coal Scuttle	0	6	6
1 Fender	0	15	0
1 Set of Fire Irons	0	12	6
Total	£43	11	0

SPECIFICATION No. III.—(*Suitable for Small Houses*).

	£	s.	d.
3 Copper Stewpans, in sizes; 1 quart to 5 quarts	1	12	0
3 Iron Stewpans, in sizes	0	6	0
1 Iron Digester Pot, 3 gallons	0	8	0
1 Copper Sauté Pan	0	9	0
1 Copper Sugar Boiler	0	16	0
1 Copper Preserving Pan	1	1	0
2 Block Tin Jelly Moulds	0	5	0
1 Block Tin Cake Mould	0	4	9
1 Block Tin Raised Pie Mould	0	4	6
1 Wrought-iron Omelette Pan	0	6	0
1 Best Tin Dripping Pan	0	5	6
1 Iron Stand for Dripping Pan	0	5	0
1 Basting Ladle	0	1	6
1 Oval Iron Boiling Pot	0	7	6
2 Baking Dishes (Block Tin)	0	4	6
1 Cutlet Bat	0	4	6
1 Meat Saw	0	4	0
1 Meat Chopper	0	3	6
1 Set of Poultry Skewers	0	0	6
1 Set of Steel Meat Skewers	0	1	9
2 Cooks' Knives in sizes	0	9	6
1 Root Knife	0	1	6
1 Dishing-up Fork	0	2	9
1 Toasting Fork	0	0	9
1 Fluted Bar Gridiron	0	4	3
Carried up	£8	9	3

	£	s.	d.
Amount brought up	£8	9	3
1 Hanging Gridiron	0	4	6
1 Frying Pan	0	2	3
6 Iron Saucepans, in sizes	0	11	9
1 Large Iron Saucepan, with Steamer	0	6	9
2 Enamelled Saucepans, with lips	0	5	9
1 Box of Vegetable Cutters	0	4	0
1 Fish Slice	0	1	3
1 Egg Slice	0	1	0
1 Wrought Iron Tea Kettle	0	8	6
1 Smaller do.	0	3	6
1 Wire Frying Basket	0	2	9
1 Colander, Block Tin	0	4	6
2 Best Tin Fish Kettles, in sizes, at 4*s.* 6*d.* and 7*s.* 6*d*	0	12	0
2 Best Tin Baking Sheets, at 2*s.* 6*d.* and 3*s.* 6*d.*	0	6	0
1 Pair of Paste Nippers	0	1	0
1 Box of Plain Round Cutters	0	3	6
1 Box of Fluted Cutters	0	3	3
1 Bread Grater	0	1	0
1 Paste Jagger	0	1	6
1 Spice Box	0	4	6
6 Iron Spoons	0	2	0
2 Gravy Spoons, at 9*d.* and 1*s.*	0	1	9
2 Vegetable Scoops	0	3	0
Carried up	£13	5	3

SPECIFICATION No III.—*continued.*

	£	s.	d.
Amount brought up	£13	5	3
1 Flour Dredger, 1s.; 1 Tin Funnel, 6d.	0	1	6
2 Block Tin Gravy Strainers	0	3	6
1 Dozen Tartlette Pans	0	1	6
½ Dozen Mince Pie Pans	0	1	3
1 Egg Whisk	0	1	0
1 Marble Mortar	0	14	0
1 Hardwood Pestle	0	4	0
2 Hair Sieves	0	4	9
1 Weighing Machine and Set of Weights to weigh 14 lbs.	0	19	6
Carried up	£15	16	3

	£	s.	d.
Amount brought up	£15	16	3
6 Tinned Meat Hooks	0	1	3
1 Tammy Cloth	0	2	6
1 Corkscrew	0	1	3
1 Jelly Bag and Stand	0	10	6
1 Wash-hand Bowl	0	2	0
1 Cinder Shovel	0	2	3
1 Box Coffee Mill	0	4	3
1 Coal Scuttle	0	5	0
1 Fender	0	12	6
1 Set of Fire Irons	0	8	6
Total	£18	6	3

SPECIFICATION No. IV.—(*Suitable for very Small Houses, Cottages, &c.*)

	£	s.	d.
2 Iron Stewpans, in sizes	0	8	9
4 Iron Saucepans, in sizes	0	11	9
1 Large Iron Saucepan, with Steamer	0	6	9
1 Enamelled Saucepan, with lips	0	2	3
1 Iron Boiling Pot	0	6	6
1 Wrought Iron Tea Kettle	0	8	6
1 Small Tin Tea Kettle	0	2	6
1 Digester Pot, 2 Gallons	0	6	0
2 Frying Pans, in sizes, at 1s. 3d. and 2s.	0	3	3
2 Block Tin Jelly Moulds	0	5	0
1 Block Tin Cake Mould	0	4	9
1 Basting Ladle	0	1	6
2 Block Tin Baking Dishes	0	3	6
1 Iron Meat Stand	0	0	9
1 Meat Chopper	0	3	6
1 Meat Saw	0	4	0
1 Set of Poultry Skewers	0	0	6
1 Set of Steel Meat Skewers	0	1	9
2 Cooks' Knives, in sizes	0	8	6
1 Root Knife	0	1	6
1 Fish Slice, 1s. 3d.; 1 Egg do., 9d.	0	2	0
1 Dishing-up Fork	0	2	6
1 Toasting Fork	0	0	9
1 Gridiron	0	4	3
1 Wire Frying Basket	0	2	9
1 Tin Colander	0	2	0
Carried up	£6	15	9

	£	s.	d.
Amount brought up	6	15	9
1 Tin Fish Kettle	0	5	6
1 Baking Sheet	0	2	3
1 Box of Plain Round Cutters	0	3	0
1 Paste Jagger	0	1	6
1 Spice Box	0	4	6
1 Bread Grater	0	1	0
6 Iron Spoons	0	2	3
2 Gravy Spoons	0	1	0
1 Vegetable Scoop	0	1	0
1 Flour Dredger	0	1	0
1 Tin Funnel	0	0	6
1 Block Tin Gravy Strainer	0	1	9
1 Dozen Tartlette Pans	0	1	0
1 Egg Whisk	0	1	0
1 Weighing Machine and Set of Weights	0	17	0
1 Hair Sieve	0	2	0
6 Meat Hooks	0	1	0
1 Corkscrew	0	1	0
1 Wedgwood Mortar and Pestle	0	6	0
1 Wash-hand Bowl	0	2	0
1 Cinder Shovel	0	1	9
1 Box Coffee Mill	0	4	3
1 Coal Scuttle	0	4	0
1 Fender	0	8	0
1 Set of Fire Irons	0	4	6
Total	£10	16	6

187. ***Turnery and Brushes, &c.***—To render the information given here as complete as possible, lists are appended: (1) of the various articles usually comprehended under the general term "Turnery," with Brushes, and (2) of numerous sundries of which it is always desirable to know the price, and where to obtain them. As it is impossible to give prices where many sizes of the same article are on sale, the minimum only has been stated, preceded by the word "from."

TURNERY (Best London Make) and BRUSHES.

	£	s.	d.
Mahogany Dinner Trays (*see page* 80):			
Unpolished — from	0	14	6
Polished — "	0	16	6
Mahogany Luncheon Trays, Folding (*see page* 80):			
Unpolished — from	1	7	0
Polished — "	1	12	0

	£	s.	d.
Stands for Trays (*see page* 80):			
Unpolished	0	9	6
Polished	0	13	0
Best Boxwood Churns — from	1	5	0
Butter Beaters — "	0	2	0
Butter Knives — "	0	1	6
Butter Hands — "	0	1	3

TURNERY AND BRUSHES.—*continued.*

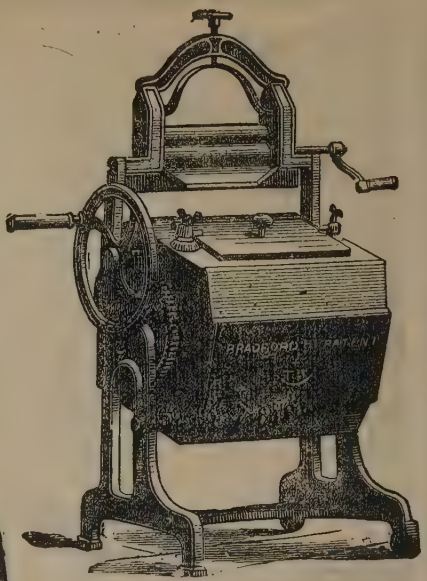
		£	s.	d.
Butter Prints	from	0	0	6
Butter Prints, in Case	„	0	0	9
Knife Trays, Mahogany	„	0	3	9
Knife Trays, Oak	„	0	2	6
Knife Trays, Wicker	„	0	7	6
Knife Trays, Japanned, Single	„	0	2	0
Knife Trays, Japanned, Double	„	0	5	6
Knife Powder	per tin	0	1	0
Plate Baskets, Wicker	from	0	2	6
Meat Safes, Wooden, Zinc Panels	„	0	17	6
Meat Safes, Japanned Wire	„	1	0	0
Jelly Bags	„	0	3	0
Jelly Bags, Wood Stand for	each	0	6	6
Jelly Bags, Wood Stand for, Enclosed	„	1	10	0
Plate Racks	from	0	12	0
Cinder Rocker, Deal	„	0	7	6
Cinder Rocker, Oak	„	0	10	6
Housemaid's Box, Deal	„	0	3	9
Housemaid's Box, Oak	„	0	6	6
Decanter Drainers	„	0	2	0
Linen Press	„	1	10	0
Washing Trays	„	0	8	6
Clothes-horse	„	0	6	6
Wicker Plate Carriers	„	0	8	0
Wicker Plate Baskets	„	0	8	0
Cask Stand, Patent	„	0	10	6
Beer Taps	„	0	2	6
Salt Box	from	0	2	6
Butlers' Aprons	„	0	8	6
Chamois Leather	„	0	1	9
Plate Powder, Goddard's	per box	0	1	0
Flour Tubs	from	0	4	0
Flour Tubs, Barrel Shape	„	0	3	6
Oak Tubs, Round	„	0	2	6
Oak Tubs, Oval	„	0	4	0
Elm Bowls	„	0	1	6
House Pails, Wood	„	0	4	0
Chopping Trays	„	0	4	6
Door Scrapers, with Brushes	„	1	16	0
Curtain or Bed Brooms	„	0	4	6
Telescope ditto	„	0	9	0
Hand Brooms	„	0	3	0
Carpet Whisks	„	0	2	0
Hand Brushes	„	0	1	9
Hearth Brushes	„	0	2	9
Banister Brushes, Single	„	0	1	0
Banister Brushes, Double	„	0	3	9
Banister Brushes, Stair Carpet	„	0	1	9
Shoe Brushes, per set of 3	„	0	4	6
Boxes for Stove Brushes	each	0	1	9
Stove Brushes	from	0	1	6
Plate Brushes	„	0	1	0
Oil Brushes	each	0	0	6
Dish Brushes	from	0	2	0

SUNDRIES.

		£	s.	d.
Adams' Furniture Polish, per bot., 8*d.* &		0	1	2
Bone Spoons	from	0	0	2
Bottle Baskets	„	0	8	0
Black Lead, Best	per lb.	0	1	0
Bellows, Kitchen	from	0	1	9
Bellows, fancy pattern	„	0	6	6
Bread Platters	„	0	4	0
Bread Knives	„	0	2	6
Butter Dishes, Carved	„	0	7	6
Beetle Traps	„	0	1	3
Butlers' Aprons, Green Baize	„	0	8	6
Butlers' Apron, Red Leather	„	0	9	0
Buff Leather Knife-boards	„	0	9	0
Bass Brooms	„	0	1	6
Bottle Brushes	„	0	0	9
Crumb Brushes	„	0	2	6
Cinder Sieves	„	0	2	6
Cucumber Slicers	„	0	3	0
Closet Brushes	„	0	2	6
Crocus Powder	per pkt.	0	0	4
Dinner Mats, set of 8	from	0	6	9
Drinking Horns	„	0	1	9
Drum Sieves	„	1	1	0
Door Mats	„	0	3	6
Dusting Brushes	„	0	1	0
Egg Timers	„	0	0	6
Emery Powder	per pkt.	0	0	6
Flue Brushes	from	0	2	0
Furniture do.	„	0	1	0
Feather Dusters	„	0	1	9
Feather Dusters, with jointed pole	„	0	8	6
Glaise Brushes	„	0	1	6
Housemaids' Gloves	„	0	1	0
House Flannels	per yd.	0	0	8
Hat Brushes	from	0	1	3
Hair Sieves	„	0	0	10
Hair Sieves, double bottoms	from	0	2	0
House Steps	„	0	5	6
Knife Boards	„	0	1	3
Knife Polish	„	0	0	6
Kneeling Mats	„	0	1	9
Leather, Chamois	„	0	1	9
Lemon Squeezers	„	0	1	3
Lemon Corers	„	0	0	8
Lawn Sieves	„	0	1	3
Library Brushes	„	0	2	0
Marrow Scoops, Ivory	„	0	2	0
Mallets	„	0	1	9
Mops	„	0	1	9
Mops for Jugs	„	0	0	6
Mouse-Traps	„	0	0	6
Nail Brushes	„	0	0	6
Napkin Rings, Bone or Ivory	„	0	1	0
Paste Brushes	„	0	1	6
Paste Boards	„	0	4	6
Polishing Paste	per box	0	0	9
Putty Powder	per pkt.	0	0	9
Rolling Pins	from	0	0	9
Sieves (Hair, Wire, &c.)	„	0	0	10
Sponges	„	0	1	6
Soap Boxes	„	0	0	6
Sink Brushes	„	0	0	6
Scrubbing do.	„	0	1	0
Sweeping Machines	„	0	10	6
Salad Spoons and Forks	from	0	1	9
Sweeps' Brushes	„	0	1	0
Towel Rollers	„	0	1	6
Turks' Heads with jointed Poles	„	0	10	0
Urn Powder	per box	0	1	0
Vegetable Pressers	from	0	1	0
Velvet Brushes	„	0	1	6
Wooden Spoons	„	0	0	3

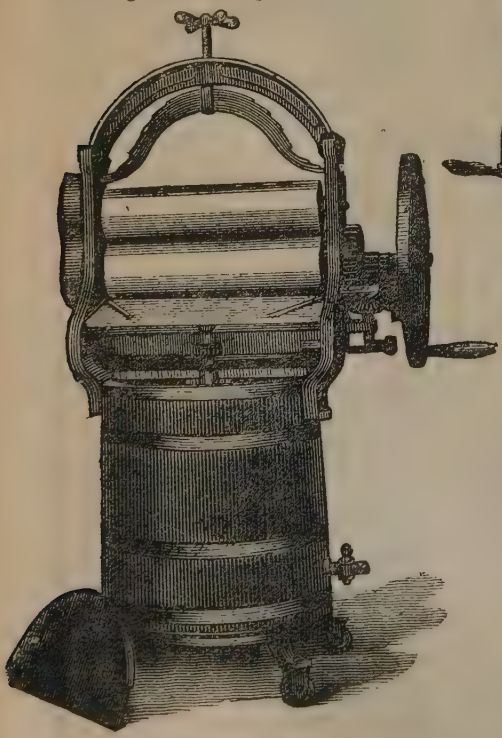
187A. WASHING AND WRINGING MACHINES.

In large establishments where there is a laundry these do not enter into "The Arrangement and Economy of the Kitchen," but in smaller ones they often of necessity form part of the furniture; therefore it will not be out of place here to give a short description of those generally considered the best. Amongst the various makers of laundry machinery the two firms of T. Bradford and Co. and Harper Twelvetrees are the best known, not only from their long standing, but for the general excellence of their machinery. The former are the manufacturers of the "Vowel Y Combined Washing and Wringing Machine,"



THE VOWEL Y COMBINED WASHING AND WRINGING MACHINE.

which will be found useful, easy to work, and one that wears well. The price of "Vowel Y" is £3 18*s.* 6*d.*, but there are many varieties of this excellent machine, suitable for all classes and for families either large or small.



THE VILLA WASHING AND WRINGING MACHINE

Harper Twelvetrees makes a specialty of the "Villa Washing Machine," of which we give an illustration. Prices from 55*s.*

This is an excellent machine for family use, large enough for all ordinary purposes, very easy to work without being cumbersome, and, like all the machines manufactured by this firm, is very strong and durable. There are also excellent machines by other makers, but space will not permit us to make reference to them. Washing machines are daily becoming more general in private families, and may be said to soon save their cost.

CHAPTER IV.

THE DUTIES OF THE COOK, THE KITCHEN AND THE SCULLERY-MAIDS.

188. These are so intimately associated that they can hardly be treated of separately. The cook however, is at the head of the kitchen; and in proportion to her possession of the qualities of cleanliness, neatness, order, regularity, and celerity of action, so will her influence appear in the conduct of those who are under her: as it is upon her that the whole responsibility of the business of the kitchen rests, whilst the others must lend her both a ready and a willing assistance, and be especially tidy in their appearance, and active in their movements.

In the larger establishments of the middle ages, cooks, with the authority of feudal chiefs, gave their orders from a high chair in which they ensconced themselves, and commanded a view of all that was going on throughout their several domains. Each held a long wooden spoon, with which he tasted, without leaving his seat, the various comestibles that were cooking on the stoves, and which he frequently used as a rod of punishment on the backs of those whose idleness and gluttony too largely predominated over their diligence and temperance.

189. ***Early Rising.***—If, as we have said (3), the quality of early rising be of the first importance to the mistress, what must it be to the servant! Let it, therefore, be taken as a long-proved truism, that without it, in every domestic, the effect of all things else, so far as *work* is concerned, may in a great measure be neutralised. In a cook, this quality is most essential; for an hour lost in the morning will keep her toiling, absolutely toiling, all day, to overtake that which might otherwise been achieved with ease. In large establishments, six is a good hour to rise in the summer, and seven in the winter.

190. ***The Cook's First Duty,*** in establishments where it is requisite, should be to set her dough for the breakfast rolls, provided this has not been done on the previous night, and then to engage herself with those numerous little preliminary occupations which may not inappropriately be termed laying out her duties for the day. This will bring it to the breakfast hour of eight, after which, directions must be given, and preparations made, for the different dinners of the household and family.

191. ***Daily Duties.***—In those numerous households where a cook and housemaid only are kept, the general custom is, that the cook should have the charge of the dining-room. The hall, the lamps, and the doorstep are also committed to her care, and any other work there may be on the outside of the house. In the country, the summer-houses, garden-seats and chairs are also under her charge. In establishments of this kind, the cook will, after having lighted her kitchen fire, carefully brushed the range, and cleaned the hearth, proceed to prepare for breakfast. She will thoroughly rinse the kettle, and filling it with fresh water, will put it on the fire to boil. She will then go to the breakfast-room, or parlour, and there make all things ready for the breakfast of the family. Her attention will next be directed to the hall, which she will sweep and wipe; the kitchen stairs, if there be any, will now be swept; and the hall-mats, which have been removed and shaken, will be again put in their places.

The cleaning of the kitchen, pantry, passages, and kitchen stairs must always be over before breakfast, so that it may not interfere with the other business of the day. Everything should be ready, and the whole house should wear a comfortable aspect when the heads of the house and members of the family make their appearance. Nothing, it may be depended on, will so

please the mistress of an establishment as to notice that, although she has not been present to see that the work was done, attention to smaller matters has been carefully paid, with a view to giving her satisfaction and increasing her comfort.

By the time that the cook has performed the duties mentioned above, and well swept, brushed, and dusted her kitchen, the breakfast-bell will most likely summon her to the parlour, to "bring in" the breakfast. It is the cook's department, generally, in the smaller establishments, to wait at breakfast, as the housemaid, by this time, has gone up-stairs into the bedrooms, and has there applied herself to her various duties. But many ladies prefer the breakfast brought in by the housemaid, though cleared away and washed up by the cook. Whichever way this part of the work is managed, each servant should have her duties clearly laid down to her. The cook usually answers the bells and single knocks at the door in the early part of the morning, as the tradesmen, with whom it is her more special business to speak, call at these hours.

192. ***The Preparation of Dinner*** is the most important part of the cook's work, when she begins to feel the weight and responsibility of her situation, as she must take upon herself all the dressing and the serving of the principal dishes, which her skill and ingenuity have mostly prepared. Whilst these, however, are cooking, she must be busy with her pastry, soups, gravies, entrées, &c. Stock, or what the French call *bouillon*, being the basis of most made-dishes, must be always at hand, in conjunction with her sweet herbs and spices for seasoning. "A place for everything, and everything in its place," must be her rule, in order that time may not be wasted in looking for things when they are wanted, and in order that the whole apparatus of cooking may move with the regularity and precision of a well-adjusted machine—all must go on simultaneously. The vegetables and sauces must be ready with the dishes they are to accompany, and in order that they may be suitable, the smallest oversight must not be made in their preparation. It is a good plan when a large dinner of a good many courses has to be prepared to write out, and hang in a conspicuous place, two lists of the day's dishes, one of the order in which they must be *served*, with every accessory complete, that nothing may be forgotten, and one of the order in which each should be *cooked*, that nothing may be over or underdone. When the dinner-hour has arrived it is the duty of the cook to dish up such dishes as may, without injury, stand for some time covered on the hot-plate or in the hot-closet; but such as are of a more important *recherché* kind must be delayed until the order "to serve" is given from the drawing-room. Then comes haste; but there must be no hurry—all must work with order. The cook takes charge of the fish, soups and poultry; and the kitchen-maid of the vegetables, sauces and gravies. These she puts into their appropriate dishes, whilst the scullery-maid waits on and assists the cook. Everything must be timed so as to prevent its getting cold, whilst great care should be taken that, between the courses, no more time is allowed to elapse than is necessary, for fear that the company in the dining-room lose all relish for what has yet to come of the dinner. When the dinner has been served, the most important feature in the daily life of the cook is at an end. She must, however, every night and morning, look to the contents of her larder, taking care to keep everything sweet and clean, so that no disagreeable smells may arise from the gravies, milk, or meat that may be there. These are the principal duties of a cook in a first-rate establishment.

In smaller establishments, the housekeeper often conducts the higher department of cooking (*see* 48, 49, 50), and the cook, with the assistance of a kitchen or scullery-maid, as this domestic servant is indifferently called, performs some of the subordinate duties of the kitchen.

When circumstances render it necessary, the cook engages to perform the whole of the work of the kitchen, and, in some places, a portion of the housework also.

193. ***Duties of the Kitchen-maid.***—Whilst the cook is engaged with her morning duties, the kitchen or scullery-maid is also occupied with hers. Her first duty, after the fire is lighted, is to sweep and clean the kitchen and the various offices belonging to it. This she does every morning, besides cleaning the stone steps at the entrance of the house, the halls, the passages, and the stairs which lead to the kitchen. Her general duties, besides these, are to wash and scour all these places twice a week, with the table, shelves, and cupboards. She has also to attend to the nursery and servants'-hall dinners while cooking, to prepare all fish, poultry, and vegetables, trim meat-joints and cutlets, and do all such duties as may be considered to enter into the cook's department in a sub-ordinate degree.

The duties of the kitchen or scullery-maid, in short, are to assist the cook in everything in which she may require aid; to keep the scullery clean, and all the metallic as well as earthenware kitchen utensils. The duties of a kitchen-maid and scullery-maid are almost identical, and the only reason that apparently exists for retaining the two names is that in large establishments, where two kitchen-maids are kept, it is useful to distinguish them as *kitchen*-maid and *scullery*-maid, the former doing the cleaner, and the latter the dirtier work of the kitchen.

The position of kitchen or scullery-maid is not, of course, one of high rank, nor is the payment for her services large. But if she be fortunate enough to have over her a kind and clever cook she may very soon learn to perform various little duties connected with cooking operations, which may be of considerable service in fitting her for a more responsible place. Now, it will be doubtless thought by the majority of our readers that the fascinations connected with the position of the kitchen-maid are not so great as to induce many people to leave a comfortable home in order to work in a scullery. But we are acquainted with one instance in which the desire, on the part of a young girl, was so strong to become connected with the kitchen and cookery, that she absolutely left her parents, and engaged herself as a scullery-maid in a gentleman's house. Here she showed herself so active and intelligent that she very quickly rose to the position of cook; and from this, so great was her gastronomical genius, she became, in a short space of time, one of the best women cooks in England. After this, we think, it must be allowed that a cook, like a poet, *nascitur, non fit.*

ADVICE TO COOKS AND KITCHEN-MAIDS.

194. ***Importance of Cooking.***—No matter how large the establishment, no person holds a more important post than the cook, for with her rests not only the comfort but the *health* of those she serves, and we would warn all cooks not to make light of their responsibilities, but to study diligently the tastes and wishes of all those for whom they have to prepare food. When it happens that these are persons in delicate health or with poor appetites this is more especially necessary, but in every case it is only right.

Try and realise for yourselves the importance of your post. No matter whether your employers be hard working in literary, professional, or business pursuits, or lead a comparatively easy life of pleasure; whether they have poor appetites or large ones, good cooking of their food is absolutely necessary to their health, while in the case of children it is of vital importance.

Make a rule never to send up to table anything which is not thoroughly well cooked. Do not regard this as an impossibility, for it is not one.

If you are told to prepare anything which you feel you do not know how to do, have the courage to say so and ask the mistress's advice. How many dishes, if not dinners, have been spoilt because cooks have been too proud to confess ignorance of any subject in culinary art!

Accidents, of course, will happen (though but rarely with proper precautions); fires will not always burn, nor ovens bake as they should; but if the joint, or whatever it may be, cannot be done to time, do not send it up raw, but ask for a little grace; while if anything is really spoilt (as even with care it sometimes may be) confess the fact, and do not send up a dish that is calculated to take away people's appetites, or to disagree with them if they partake of it.

195. ***Cleanliness.***—A dirty kitchen is a disgrace both to mistress and maid, and cleanliness is a most essential ingredient in the art of cooking. It takes no longer to have a clean and orderly kitchen than an untidy and dirty one, for the time that is spent in keeping it in good order is saved when cooking operations are going on and everything is clean and in its place.

Cleanliness in person is most essential, and particularly with regard to the hands, and constant washing only and thoroughly drying of them will prevent them getting coarse and chapped.

196. ***Dress.***—When at your work dress suitably; wear short plain gowns, well-fitting boots, and large aprons with bibs, of which every cook and kitchen-maid should have a good supply, and you will be comfortable as you never can be with long dresses, small aprons, and slipshod shoes, the latter being most trying in a warm kitchen, which may very likely have a stone floor.

Servants' working dress, with its neat and becoming cap, is anything but an ugly one, and no other is suitable or economical for them while doing their work; and let them remember that as they allow it is no disgrace to *be* a servant, it cannot be one to dress as such.

197. ***Neatness.***—This may be said to come next to cleanliness, and where there is a great deal to be done it is an absolute necessity.

Clear as you go; that is to say, do not let a host of basins, spoons, plates, etc., accumulate on the dresser or tables while you are preparing the dinner. By a little management and forethought much confusion may be saved in this way. It is as easy to put a thing in its place when it is done with as to keep continually removing it to find room for fresh requisites. For instance, after making a pudding, the flour tub, paste-board, and rolling-pin should be put away, and any basins, spoons, etc., taken to the scullery, neatly packed up near the sink, to be washed when the proper time arrives.

198. ***Economy.***—Never waste or throw away anything that can be turned to account. In warm weather any gravies or soups that have been left from the preceding day should be just boiled-up and poured into clean pans. This is particularly necessary where vegetables have been added to the preparation, as it then so soon turns sour. In cooler weather every other day will be enough to warm up such things.

Go to your larder early every morning (which, like the kitchen, ought to be kept perfectly clean and neat), and while changing plates, looking to your bread pan (which should always be emptied and wiped out every morning), take notice if there is anything not likely to keep, and acquaint your mistress with the fact. It is better if there is a spare cupboard in the kitchen to keep any baked pastry there, as it preserves its crispness.

199. ***Kitchen supplies.***—Do not let your stock of pepper, salt, spices, seasonings, etc., dwindle so low that there is danger, in the midst of preparing dinner, that you find yourself minus some very important ingredient, thereby causing much confusion and annoyance. Think of all you require while your mistress is with you in the morning, that she may give out any necessary stores. If you live in the country have your vegetables gathered from the garden at an early hour, so that there is ample time to get rid of caterpillars, etc., which is an easy task if the cabbages, etc., are allowed to soak in salt and water an hour or two.

200. ***Punctuality.***—This is an indispensable quality in a cook; therefore, if the kitchen be not provided with a clock ask your mistress to let you have one.

When there is a large dinner to prepare get all you can done the day before or early on the morning of the day, which will save a great deal of time and enable

you, with good management in planning out your work, to send up your dinner exactly at the hour appointed.

201. ***Cleansing of Cooking Utensils.***—This is one of the cook's or kitchen-maid's most important duties, and one that should on no account be neglected or left from one day to another.

When you have washed your saucepans, fish-kettle, etc., stand them before the fire for a few minutes to get thoroughly dry inside before putting away. They should then be put in a dry place in order to escape the deteriorating influence of rust. Put some water into them directly they are done with, if they have to stand some time before they are washed.

Soups or gravies should never be allowed to stand all night in saucepans.

Frying pans should be cleaned (if black inside) with a crust of bread, and washed with hot water and soda.

It is a good plan to have a little old knife kept especially for peeling onions, but if otherwise, the one used should be at once washed and set aside.

With copper utensils, if the tin has worn off have it immediately replaced.

Clean your coppers with turpentine and fine brick-dust, or waste lemon skins and sand, rubbed on with flannel, and polish them with a leather and a little dry brick-dust.

Clean tins with soap and whiting, or, better still, with Pickering's Polishing Paste, rubbing on with soft rag or flannel, wiping them with a dry soft cloth, and lastly polishing them with a leather.

202. ***Washing of Dishes, &c.***—Do not be afraid of hot water in washing up dishes and dirty cooking utensils; as these are essentially greasy, lukewarm water cannot possibly have the effect of cleansing them effectually, and soda in the water is a great saving of time as is also changing or renewing the water.

After washing the plates and dishes wash out your dish tubs with a little soap, soda and water, and scrub them often; wash the dish cloth also and wring it out, and after wiping out the tubs stand them to dry.

Pudding cloths and jelly bags should have immediate attention after being used; the former should be well washed, scalded, and hung up to dry. Let them be perfectly aired before being put away. No soda should be used in washing pudding cloths.

203. ***The Sink.***—Do not throw any waste but water down the sink, as the pipe is liable to get choked, thereby causing expense and annoyance. At least three times a week pour a pailful of boiling soda water down every trap, for this prevents accumulation of fat which more often than anything else stops up sink pipes.

Many people do not sufficiently realise the importance of this duty, but it is a most necessary one; particularly for the avoidance of bad smells (so often caused by a stoppage in the sink pipes), which are not only disagreeable but dangerous in a household.

To all these directions the cook should pay attention; nor should they by any means be neglected by the *Mistress of the household*, who ought to remember that cleanliness in the kitchen gives health and happiness to home, whilst economy will immeasurably assist in preserving them.

Habits of carelessness and wastefulness are some of the most difficult to eradicate, and they thrive as well in the kitchen as anywhere. Let the cook and her helpers reflect that they may have to exercise the essential good qualities of neatness, cleanliness and economy in their own homes and for their own welfare, when they will feel thankful that they practised them before for the benefit of their employers.

204. *Golden rules for the Kitchen.*—We give here a suggestion for a card for which a place could be found upon the wall of the kitchen, and which might easily be made ornamental as well as useful. A timely reminder is an ex-

GOLDEN RULES FOR THE KITCHEN
Without *cleanliness* and *punctuality* good Cooking is *impossible.*
Leave nothing *dirty; clean and clear as you go.*
A time for everything, and *everything in time.*
A good Cook *wastes nothing.*
An hour *lost in the morning* has to be run after *all day.*
Haste *without hurry* saves worry, fuss and flurry.
Stew *boiled* is Stew *spoiled.*
Strong fire for *Roasting; clear* fire for *Broiling.*
Wash Vegetables in *three* waters.
Boil fish *quickly*, meat *slowly.*

cellent thing, and there are but few cooks who do not occasionally need one; while they will all be ready to acknowledge that the "Rules" are veritably "Golden."

The first ones are most important for the cook, as head of the kitchen, to observe, for if she be cleanly, tidy and punctual, so will her example be followed by those under her authority, and so will she be enabled to enforce the rules of order and regularity. Thus not only will the comfort of the kitchen be secured, but the business of the day accomplished with the least amount of trouble and anxiety inseparable from the duties of "cooks and kitchen-maids."

CHAPTER V.

INTRODUCTION TO COOKERY.

205. ***In the Fine Arts*** the progress of mankind from barbarism to civilisation is marked by a gradual succession of triumphs over the rude materialities of nature—in the Art of Cookery is the progress gradual, from the earliest and simplest modes, to those of the most complicated and refined. Plain or rudely-carved stones, tumuli, or mounds of earth, are the monuments by which barbarous tribes denote the events of their history, to be succeeded, only in the long course of a series of ages, by beautifully proportioned columns, gracefully sculptured statues, triumphal arches, coins, medals, and the higher efforts of the pencil and the pen, as man advances by culture and observation to the perfection of his faculties. So is it with the art of cookery. Man, in his primitive state, lives upon roots and the fruits of the earth, until by degrees he is driven to seek for new means by which his wants may be supplied and enlarged. He then becomes a hunter and a fisher. As his species increases, greater necessities come upon him, when he gradually abandons the roving life of the savage for the more stationary pursuits of the herdsmen. These beget still more settled habits, when he begins the practice of agriculture, forms ideas of the rights of property, and has his own both defined and secured. The forest, the stream, and the sea are now no longer his only resources for food. He sows and he reaps, pastures and breeds cattle, lives on the cultivated produce of his fields, and revels in the luxuries of the dairy; raises flocks for clothing, and assumes, to all intents and purposes, the habits of permanent life and the comfortable condition of a farmer. This is the fourth stage of social progress, up to which the useful or mechanical arts have been incidentally developing themselves, when trade and commerce begin. Through these various phases, *only to live* has been the great object of mankind; but by-and-by, comforts are multiplied, and accumulating riches create new wants. The object, then, is not only to *live*, but to live economically, agreeably, tastefully and well. Accordingly, the art of cookery commences; and although the fruits of the earth, the fowls of the air, the beasts of the field, and the fish of the sea, are still the only food of mankind, yet these are so prepared, improved, and dressed by skill and ingenuity, that they are the means of immeasurably extending the boundaries of human enjoyments. Everything that is edible, and passes under the hands of the cook, is more or less changed, and assumes new forms. Hence the influence of that functionary is immense upon the happiness of a household.

206. ***Excellence in the Art of Cookery,*** as in all other things, is only attainable by practice, experience and personal skill. In proportion, therefore, to the opportunities which a cook has had of these, so will be his excellence in the art. It is in the large establishments of princes, noblemen, and very affluent families alone, that the man-cook is found in this country. He also superintends the kitchens of large hotels, clubs and public institutions, where he usually makes out the bills of fare, which are generally submitted to the principal for approval. To be able to do this, therefore, it is absolutely necessary that he should be a judge of the season of every dish, as well as know perfectly the state of every article he undertakes to prepare. He must also be a judge of the articles he uses; for no skill, however great it may be, will enable him to make that good which is

really bad. On him rests the responsibility of the cooking generally, whilst a speciality of his department is to prepare the rich soups, entrées, confectionery, and such dishes as enter into the more refined and complicated portions of his art, and such as are not usually understood by ordinary professors. He, therefore, holds a high position in a household, being inferior in rank, as already shown only to the house-steward, the valet and the butler.

In the luxurious ages of Grecian antiquity, Sicilian cooks were the most esteemed, and received high rewards for their services. Among them, one called Trimalcio was such an adept in his art, that he could impart to common fish both the form and flavour of the most esteemed of the piscatory tribes. A chief cook in the palmy days of Roman voluptuousness had about £800 a year, and Antony rewarded the one that cooked the supper which pleased Cleopatra, with the present of a city. With the fall of the Empire, the culinary art sank into less consideration. In the middle ages, cooks laboured to acquire a reputation for their sauces, which they composed of strange combinations, for the sake of novelty, as well as singularity.

"REASONS WHY" FOR CHOOSING AND COOKING FOOD.

207. ***Cookery and the Artificial Preparation of Food*** can have but one ultimate object, *i.e.*, to assist in the wonderful series of changes known as digestion and assimilation. But the object of a journey may be reached by many different, and sometimes is sought on apparently divergent, roads. So it is here. Some even argue that the roads once diverging never become parallel. They declare that the art of cookery, as now understood, only results in the persistent overtaxing of the digestive organs, instead of a lightening of their labours. But let us realise what it would mean to go back to pre-cooking days, when our ancestors not only devoured their relatives, but devoured them raw; or to place ourselves in some savage tribe where cookery is in its infancy; or even return to the coarse abundance of our nearer forefathers; and I think all will agree that the cook is more friend than foe.

208. ***Science of Cookery.***—Within the last few years cookery has made large strides in a totally new direction. The cook has turned philosopher, and loves—if not the process of reasoning—at least, to be told other people's "reasons why" for the operations of the kitchen. Until lately there was no such thing as a science of cookery. Chemistry is a recent science, and is now in an active state of growth; to our store of physiological knowledge every day is adding. The science of food and cookery cannot advance a step but by the help of one of these.

The art of cookery has little enough to do with either, and flourished long before chemistry and physiology in their modern acceptation were known.

But we cannot accept the common assertion that because cookery long flourished alone it should be left alone now, for the same assertion might be made respecting the application of modern science to any department of human activity.

People lived and died before the law of gravitation, or elementary mathematical truths, or the application of steam to machinery were discovered, yet these discoveries have been applied to practical industries with immense benefit to mankind. Science applied to agriculture has enabled us to support a larger population in greater comfort; science applied to food and cookery will enable us to do this and more. We can confidently look forward to a time when in the chemist's laboratory the transformation of nature's laboratory shall be imitated for the feeding of our starving millions. That goal is a very long way off, and we trace out only the first steps of the road towards it. But as we said at the outset, good cookery must always mean the successful doing or easing in the kitchen of Nature's work.

209. ***Everyday Science.***—It is interesting to the student of human progress to watch for scientific discoveries as they gradually creep from the laboratory to the treatise, from the treatise to the lecture-room, thence to the

kitchen. Each operation was once carried out according to the fancy of the individual operating. Experience, not only the best but the only teacher, taught. There were a number of isolated experiments, some repeated or handed down until they became traditions. But there was little or no generalisation of the facts, and there was arbitrary declaration instead of reasonable conviction.

In cookery books of twenty years ago the reader is bidden to do a thing at one time, and leave it undone on a precisely similar occasion. Delicate gradations of heat, frimometers, even thermometers, are unknown. Water boiled or simmered, was lukewarm and cold, as if the four words comprehended all the variations of temperature, or at any rate were fixed points having magical effect upon every substance used as food. Only a few—a very few—scientific facts have been as yet applied to everyday cookery. The genealogy of each might probably be traced from the treatise to the lecture, thence to one book, now to all It is curious also to see that there are some processes in cookery for which everyone now assigns a reason, while others, equally common, everyone is content to follow unreasoning. It is safe to assert that supporting or condemning all such processes there is scientific fact, and if every intelligent cook would try to find out the reason for what is done, our knowledge would soon emerge from its present chaotic condition.

210. ***Reasons for Cooking.***—Food is prepared and cooked for five reasons:—(1.) To make it pleasant to eye and taste. (2.) To make mastication easy. (3.) To facilitate and hasten digestion. (4.) To select right food in right proportions. (5.) Because of the economy of warm food.

The eye does half the eating. It may be said that the first contradicts the third. But apart from the purely æsthetic value of an agreeable meal, a well spread table, and certainly no one will wish that any pleasure or beauty should be gratuitously foregone, there remain many solid arguments for reason number one. "The eye does half the eating." The street boy who flattens his nose against the pastrycook's window-pane while his mouth waters at the sight of the good things within; the animal who is shown the food he may not eat before he is killed to produce pepsine; the starving man whose pangs are even sharper when he smells someone else's good dinner, all are so many witnesses that the sight and smell of food cause the digestive juices to flow more abundantly.

Pleasant flavours are a necessary of diet. No man could be nourished on tasteless food, though arranged on the most approved scientific basis.

No man can live healthily on a monotonous diet, though there may be nothing wanting from the point of view of chemical analysis. The health of the inmates of public institutions has over and over again shown noticeable improvement by reason of some change in the dietary, not implying greater expenditure, nor greater nourishment, nor even alteration of constituents. As in all human affairs there are facts to be reckoned with that science cannot foretell or explain.

Mastication acts mechanically in subdividing food and so exposing a greater surface to the action of the digestive juices with which it afterwards comes in contact. It acts chemically by reason of the digestive power of saliva over starch. Among animals there are some gramnivora that spend a large part of their time in chewing their food, the flow of saliva being very profuse; there are others, chiefly carnivora, that bolt food whole, and afterwards digest at leisure. Prepared food is more or less divided, so that to some extent mastication is superseded. For the rest, in the kitchen starch is hydrated fibre softened or made brittle, dough vesiculated, albumen coagulated, indigestible matter removed.

Anyone may perceive how impossible it would be to masticate a mouthful of flour, and how raw meat would clog the teeth. Hurrying over our meals, as we do, we should fare badly if all the grinding and subdividing of human food had to be accomplished by human teeth.

211. ***Action of Heat.***—The most important results of cookery are to be ascribed to the action of heat upon the various constituents of our food. Many foods that we now eat would become useless to mankind if we must eat them raw. Cooking may not alter the chemical constitution of a food, and yet it may entirely change its practical value to mankind. The change may be nothing that chemical analysis can detect, and yet it is perceptible to every person who eats a dinner.

There is no greater mistake than to suppose that the chemical analysis of a food tells us its value. Flesh, and bones, and fat, and heat can be made out of a diet of grass or woody fibre by some warm-blooded animals, but we should starve in the midst of such plenty.

Many of the changes wrought by heat are easily explained. Whether albumen is barely coagulated or is hard and horny, whether fibre is shrivelled or swelled, whether gelatine is dry and brittle or dissolved, it does not take a scientific head to discover. But science tells us why these things are, and so enables us to bring our food readily into whatever state we will.

Given certain food, one cook so manipulates it that the eaters are well nourished and pleased ; another cook leaves them hungry and discontent.

212. ***Combination of Foods.***—In preparing food we must remember also to combine all necessary foods in a right proportion. Some foods are deficient in one respect, some superabundant in another: a little addition here and there helps digestion and supplies the body with what it needs. All cooks do this in obedience to the natural promptings of the appetite. To rice rich in starch they add butter and cream ; with peas they serve fat bacon ; salt-fish has less nourishment than its egg sauce ; beef steak is diluted with boiled potatoes. But the customs of the kitchen often err, and we have much to learn here that our artificially stimulated appetites fail to teach us.

Not only is the deficient supplied, but the indigestible is removed. Bran from flour, paring from potatoes, cellulose from vegetables go to feed animals whose digestions are stronger than ours and who bring our discarded food into a form more fitted to our powers.

Another service that cookery does is to economise our food by heating it. Part of what we eat is used as fuel or heat-giving food—is burnt or oxydised, to keep the heat of our bodies at a certain point. Wherever we live and whatever we do, as long as we are in health, we are always 98° on a Fahrenheit thermometer warm, neither more nor less. When we take cold food some of the heat of the body has to be used to heat it, for the same that when we put fresh coals on the fire the temperature of the room is lowered for a time. So we take our food warm and use coals to do what our food must otherwise do. There are burners that give a very brilliant light with little gas, because the spare heat of the flame is used to heat the gas that is presently to be burnt. We warm our food on precisely the same principle. Very hot food is always unwholesome, but warm food always goes further and is more nourishing than cold.

213. ***Amount of food.***—A day's ration for a healthy man of average size, doing moderate work, has been reckoned as follows:—

	Oz. Avoirdupois.
1. Water	4½
2. Albuminoids . . .	3
3. Fats, starch, sugar, &c. .	14
4. Salts	1
	22½ oz.

For a woman, also working, the rations may be somewhat smaller, the proportions being the same, but the total about 3 oz. less.

This seems a small allowance, but when we remember that it is reckoned as dry food, and that food as we get it is always moist, generally containing half or rather more than half its weight of water, it appears that the food altogether should weigh about forty ounces.

The quantity required varies, however, very much within the limits of health. Every man requires more food if he works hard, and less if he has no work to do. Even doing the same work no two men will eat exactly the same, and it is only possible to calculate by taking an average of a large number of eaters. Generally speaking, more food is required in cold weather and cold climates than in hot. But it is necessary that all these four classes should be represented in our daily food, and in something like the above proportion. If we have too little of any one class we are sure to be ill, and if one class is quite left out we should die, even though we have plenty of other foods.

As to the water, there is not much to be said in addition to the remarks in the chapter on Beverages. By whatever name we call our beverages, the bulk of them is water, and were we given but one food we could exist longer on water alone than upon any other, except milk. In every food, even in those artificially dried, there is a percentage of water, and taking foods one with another there is about half water. But the amount varies very much; thus in lettuce 96 per cent. is water; in onions, 91; in lean meat, 75; in wheat, 14. Artificially dried substances are ready to take up water from the atmosphere, a fact of practical interest to the housewife, who will remember that oatmeal, maize-meal, biscuits, and such like, soon become flabby and moist if they are left in the open air. It is generally agreed that animals thrive better on moist food than on dry food with water.

214. ***Carbonates and Salts*** include chloride of sodium, or common salt, as well as potash, phosphates of lime, iron. Common salt is a necessary food, but the fact is that many persons now-a-days get too much of it in the form of salt fish and flesh. It is the only mineral habitually added to food as such. Potash salts we find in all fresh fruits and vegetables. Probably no defect in diet is more common than a want of these, especially in our large towns.

Lime is necessary for the building up of bones and teeth. We look for it in milk for the young, and in whole grains, and we know that it has been missing when we see weak and distorted limbs and broken teeth.

Iron is generally thought of as a physic and not as a food.

215. ***Starch and floury foods*** are the cheapest and most abundant of all, so that if people have enough of any food they are likely to have enough of these. Over-fed persons are an exception to this rule, for too small a proportion of their diet is starchy. Bread, potatoes, rice, barley and all the floury foods contain more starch than anything else, and cornflour, arrowroot, sago and tapioca are nearly pure starches. There is much starch too in beans, peas and lentils, though they are generally spoken of as albuminoids, or flesh-forming foods, because of the very large amount of casein that they contain. There is no starch in milk, but sugar, which replaces it. An infant can make no use of starchy food, having no power to digest it. Heated to 200° or 400° starch becomes dextrine, known too as "British Gum." The crust of a loaf, biscuit and baked flour all show dextrine.

Sugar and treacle are good foods and replace starch. They are, however apt to produce acidity in grown-up persons if used too freely, though children can and do eat large quantities without inconvenience.

The fats, starches and sugars are often called heat givers, because they are oxydized, or burnt, in the body to keep up the temperature to its proper heat. From the starches and sugars fat is deposited if more is consumed than is

required to burn, wherefore the way to get thin is to eat little or none of these, or, better still, to take plenty of exercise and to get them burnt up.

216. ***Fat.***—Fat, whether it be called butter, cream, dripping, meat, bacon, oil, or by any other name, is necessary for food, and many are the persons that suffer in health from want of it, especially among the poor, who cannot afford the dearer fats or do not know the cheaper, and among the sickly, who cannot—or fancy they cannot—digest fat in any form. So that it be but digested one fat is as good a food as another. Cod-liver oil or cream is the easiest to digest. Fats that are greatly heated decompose, and are always difficult of digestion, which is the reason why fried food often disagrees. Many persons, who cannot eat a lump of fat with meat hot or cold, can eat buttered toast, suet pudding, or lightly fried bacon, or fat in one of the many forms in which the cook can serve it.

Fat and starch can replace one another to some extent, but there must be some fat, and it is better in this climate to have some starchy or floury foods. In the coldest countries plants will not grow, and so starch is unknown.

217. ***Albumenoids*** is a name that covers albumen and the foods that serve the same purpose as albumen. Sometimes they are spoken of as flesh-formers, or as nitrogenous foods, because they all contain nitrogen, and neither fats, starches, nor sugars do. Nothing that lives and grows is without nitrogen, and so we find it in large or small amounts in all plants as well as all animals. Our supplies of albumenoids, or flesh-formers, come as lean meat, fish, poultry, game, as milk curd or cheese, eggs, gelatine, gluten in flour, fibrine in oats, and in beans, peas and lentils. Albumen is found in many other foods besides eggs. The blood of many animals contains it, and we have presently to speak of albumen in meat. In most vegetable juices, and in many seeds and nuts we find it also.

Fibrine is also both animal and vegetable. In wheat and other corn grains, in meat muscle, we look for our daily supply. Casein is an albumenoid that we find in the curd of milk, and in the pulses, beans, peas and lentils. Vegetable casein is sometimes called legumin, but it was given that name before it was known to be practically the same as animal casein of milk. In China cheese is made of curdled vegetable casein. Gelatine and some substances nearly like it are known as gelatinoids, and they can replace albumen in part, though not all together.

218. ***Flesh-formers.***—It is easy to see that these foods are more costly than the starches, and even than the fats, and that therefore these are the foods that the poorest people suffer from want of. Pulse is the only food rich in albumenoids that can compare with starchy foods for cheapness.

On the other hand these are the foods that taste well, and of these many well-to-do persons eat too much They are sometimes called flesh-formers because their chief use is to provide material to build up the body in the growth from childhood to adult life, and to replace material lost in work. It does not, however, follow that the more flesh-formers they eat the bigger the children will grow, or that the more a person swallows after middle life is passed the more he will economise his failing strength. To overload a child with food is the surest way of making him puny and small, and after middle-life if people get heavier it is because they accumulate stores of fat, which is the reverse of an advantage.

It is plain from what has been said that we can draw our supplies of food from the animal or the vegetable world as we please. Either gives us the nourishment we need.

219. ***Six Methods of Cookery*** are commonly spoken of, and each has its special advantages and rules.

Broiling was, we may suppose, the first invented, inasmuch as in its simplest form it consists in holding food before or over a fire until it is heated through.

Yet it is now accounted, and with reason, the most difficult mode of cookery to practice with success. We have learnt to distinguish between broiling and toasting, and we speak of broiled meat and fish and mushrooms, and of toasted bread and herrings, though each may be done both before and over the fire, and they are essentially the same. But it is convenient to describe the process of broiling as it applies to meat, and to speak separately of toasting dry food.

220. ***Rules for Broiling Meat.***—We have to deal with albumen, fibrine, gelatine, soluble salt and fat.

Albumen is soluble in cold or warm water, coagulates at 160°, settles into a tough opaque mass at 212° that with continued heat gets hard and horny.

Fibrine swells and softens with moderate heat. The difference between a well and an ill-broiled chop consists in the juiciness of the one and the dryness of the other. The fire draws the juice out, its tendency so to do is not counteracted. The way we make beef-extract, which is the juice drawn out of lean meat, is to put the meat over a slow fire: in the case of a broiled steak the beef extract is likely to get burnt, because directly it falls out of the steak it is into the fire. But we have already seen that albumen coagulates when greatly heated, therefore if the chop, instead of being slowly warmed, is suddenly heated, a crust of albumen, impervious to water, is formed all over the surface, and the juices are shut up inside. Broiling is so quickly done that the heat may be continued all the time, and need not be lessened after the first few minutes, as in the case of roasting.

The meat must be turned frequently so that it may be heated and the albumen may coagulate all over and not merely on one side. Tongs are sold to turn it over with, because they cannot be used to stick into the meat and make holes for the juice to run out, but a knife or spoon or a fork run into the fat answers just as well in the hands of a cook who knows the reason why a blunt instrument is recommended. Some few broiled things should not be turned: a mushroom, for instance, is broiled stalk upwards. Of a split fish the inside should first go to the fire, and afterwards the skin. Paper is wrapped round salmon in some other cases.

The rules for broiling remain the same always. A hot fire at first, with a hot gridiron well greased. Frequent turning. No holes made to turn over, nor cuts to see if the meat is cooked.

It is not an economical way of cooking, for though it is quick it takes a great deal of fuel to make a good broiling fire. The meat loses weight more than in most ways of cooking. And it is only suited for tender, juicy meat from the best joints.

In toasting any food the same general rule applies. Take, for instance, a slice of bread. If it is desired to have it browned outside and moist in it must be held to a fierce fire, so that the surface begins to char before the middle has parted with its moisture by evaporation. If it is wished to have toast dried throughout it must be toasted slowly at a distance from a large fire or at a small one.

221. ***Baking*** naturally comes next to roasting; the two often do duty for one another. As in all other methods of cookery the surrounding air may be many degrees hotter than boiling water, but the food is not appreciably hotter until it has lost water by evaporation, after which it may readily burn. The hot air of the oven is greedy of water, and evaporation is great, so that ordinary baking (*i.e.*, just to shut the food into a hot air chamber) is not suited for anything that needs moist heat. But baking often means to put some dry substance in a dish with water and to shut it in the air chamber, and under such circumstances it amounts to much the same as boiling with surface heat added.

To test the heat of an oven special thermometers are made. For meat it should be about 300°; for bread 360°, afterwards lowered; for pastry about the same, the richest pastry requiring the hottest oven. Cooks often test with a sheet of writing paper, which curls up brown in a pastry oven, or with flour, which takes every shade from coffee colour to white, sprinkled on the floor of the oven. Experienced cooks test very accurately with the hand.

222. ***Roasting*** is the favourite national method of cookery. The immense stone hearths on which huge logs flared up an open chimney were just adapted for this style of cookery, and the open coal fires in vogue until the middle of this century were almost as prodigal of fuel. To roast before the fire could have become a national custom only where fuel was cheap. We now roast in the oven more often than before the fire, but even so it is not an economical way of cooking, because of the much greater amount of fuel necessary to heat the oven than to boil a saucepan. The waste in roasting is also great, from a third to a quarter of the total weight of a joint being lost in the process, and only a small part of the loss being recoverable in gravy or dripping. Furthermore, it is a method only suited to fleshy pieces of meat, and does not answer at all for sinewy and gelatinous parts, which are generally the least expensive to buy. Against this has to be set the fact that roast meat is agreeable to most persons' taste, and is generally considered digestible. As in broiling, the object is to harden the surface albumen and so to imprison the juices of the meat. This can only be done by making it very hot for a short time: the heat must afterwards be lessened by drawing the joint from the fire, or by cooling the oven. The larger the joint the smaller the fire, lest it should be burnt outside before it is enough cooked in, but it should always be hot *first*, and cool afterwards. In a perfectly roasted joint, the outside albumen should be thoroughly hardened, but inside it should only reach the moderate heat that just coagulates the albumen and swells and softens the fibrine; cooked more than this, the fibre becomes hard, and separates into bundles that offer an active resistance to teeth and digestive organs. It can scarcely happen to a large joint, but often does to a small one, and this is the reason why a small joint is often dry and hard. It is a sign of good meat and of good roasting to lose little in weight. Generally speaking, the loss is said to be more before the fire than in the oven.

Much has been said about the superiority of open roasting, and ventilating doors are put in roasting ovens on the supposition that the difference is chiefly due to a free current of air. Those doors are, at any rate, very useful as heat regulators. Perhaps the ventilation would become less necessary if ovens were kept clean. Any baked food tastes amiss if it has been cooked with a strong flavoured dish, or if fat has been spilt and burnt on the oven floor.

Count Rumford invented, just a century ago, the double dripping-pans to hold water beneath, and no oven roasting can be properly done without one of them. The water in the under pan boils and prevents the fat in the upper pan from becoming hotter than boiling water, so that the dripping is not wasted nor burnt, and there is no horrible odour of fat burning on the floor of the oven. These roasting pans are among the few cooking utensils that economise their own cost in a very short time.

223. ***Boiling*** is generally thought to be the easiest, and it is the commonest, of all methods of cooking. Anything can be boiled. To boil any food means to immerse it for a certain time in hot water. It is upon keeping the water at a right heat that the success of the method depends. It is equally hot whether it boils fast or slowly. No one can make water hotter than boiling, but it does not always boil at the same temperature. Our boiling point is marked 212° on a Fahrenheit thermometer, 100° on a Centigrade, but on a mountain it boils before

it is so hot, and down in a mine it must be hotter. Salt-and-water bbils at a slightly higher temperature. For the boiling of water also depends not on the amount of heat absorbed, but also on the pressure of the atmosphere on the surface of the liquid. Moreover, many things are better boiled at a heat much less than that of boiling water. The difference between fast boiling and simmering water in cookery depends on the rate of evaporation, and on the mechanical action of violently bubbling water, which may sometimes be of service, though it is more often objectionable.

Count Rumford wrote nearly a century ago what cooks have not even yet learned:

"Causing anything to boil violently in any culinary process is very ill-judged; for not only does it not expedite in the smallest degree the process of cooking, but it occasions a most enormous waste of fuel, and by driving away with the steam many of the more volatile and more savoury particles of the ingredients renders the victuals less good and less palatable. Five times as much heat is required to send off in steam any given quantity of water already boiling hot as would be necessary to heat the same quantity of the cold water to the boiling point."

In order to find out the right heat, we must first know what substance we have to deal with, and how each one of them is acted upon by heat.

The simplest thing to boil is an egg. The white is little more than albumen and water; the yolk contains albumen and water with some oil and some sulphur, and the albumen is rather of a different character.

We have seen that albumen begins to coagulate at 145°, sets into a jelly at 160°, and at boiling water point becomes tough and hard. We do not want our egg tough and hard, but we do want the white set. Therefore the best way is to keep it always below boiling point. Some people recommend the plan of putting the egg into a saucepan of boiling water, taking the pan off the fire and letting it cook so. Others prefer to put the egg in cold water and to take it off directly it boils. Even with a hard-boiled egg it is a mistake to boil it one instant longer than is enough to set the yolk and white.

In boiling lean meat we must deal with albumen again. Just as the white of an egg hardens by boiling, so does the albumen in a leg of mutton. Plunge it into boiling water, and on the surface an impervious crust is formed that prevents the juices of the meat from escaping. Once that is done, the boiling should cease, for the toughening of the albumen through the joint is as undesirable as the escape of the juices. Boiled meat intended for table should never be put into cold water, because the albumen is dissolved, and afterwards when the water boils hardens and rises as scum, also because the salts and extractives are dissolved, leaving the meat dry and flavourless. Cold water first and fast boiling afterwards (the common way of cooking) is the worst possible way, for the meat is not only dry, but hard. If the meat is to be boiled for soup the object is to extract all the juice, the soluble albumen, and as much gelatine as may be, so that it should be cut up to multiply surfaces, put into cold water, and heated slowly to boiling point. To attain contrary ends, contrary means must be used.

The exceptions to this rule if any, for boiling meat are in the case of sinewy and tendonous meat where gelatine is abundant. To make it soft and eatable long continued boiling is necessary. Calf's head and feet, veal tendons, cow heel, tripe are often put into cold water.

224. ***Flour foods,*** such as maccaroni, rice, sago, cornflour, and flour puddings should be kept all the time in boiling water, in order to burst the starch granules. The mechanical action of fast bubbling water is often useful, partly in preventing grains of rice, &c., from settling to the bottom of the saucepan.

Boiled fish.—The bubbling is worse than useless in the case of fish, when it

cracks the skin and makes a very unsightly appearance, and yet if the fish is put into cold water it, like meat, gets dry. So a compromise has to be made here, and the best plan is to put it into water as hot as the skin will bear (which varies with each fish), and to put salt with the water, or lemon-juice, or vinegar, because albumen sooner coagulates if acid is added to it. Vinegar with a poached egg answers the same purpose. Vegetables, with few exceptions, should be put into boiling water and kept there.

225. ***Stewing*** almost invariably requires a heat much below that of boiling water: 165° is about stewing point. Whatever is stewed parts with much of its goodness to the surrounding liqour, which should not, therefore, be wasted. Less liquid is used than in boiling. It is a method particularly suitable for all gelatinous meat, such as knuckles, heads and feet, and for all tough, fibrous meat, because long-continued, moderate heat with moisture is the best way of bringing gelatine and tough fibre into an eatable condition. It is the cheapest method of of cooking for several reasons. Little heat is required, therefore little fuel used. Nothing is wasted; whatever goes into the pot comes out. The cheapest and coarsest meat can be used.

No attention needed while cooking.

Vegetables and flour foods can be added, and are flavoured by a small quantity of meat. In order that all the juices may not be extracted from the meat it is usual to fry it first before stewing, this makes it a good colour, and also hardens the surface albumen and prevents the soluble matters from escaping. A stew should not bubble and boil; it should stand by the side of the stove, and should never do more than bubble occasionally and leisurely at one side of a large pan. A jar well tied down and set in a cool oven makes a capital stewing apparatus, or a jar set in a saucepan of water, or a Warren's cooking pot *(see page 65)*; almost anything is better than a common saucepan.

One difficulty is that carrots and turnips when they are old and tough ought to be boiled, and so do not agree with a small piece of stewed meat. Cooked together, one must be spoiled. It is the best plan to boil the vegetables first, and then to use them and their liquor for the stew.

A common mistake is to put in too much liquid. The meat need not be covered, and cooks forget that at the moderate heat of stewing there is very little waste by evaporation.

226. ***Frying*** has been described as boiling in fat. It is a singularly unhappy phrase, because fat never boils, and because the thing fried is not always immersed in fat. It is the quickest mode of cooking, because melted fat or oil can be brought to a high temperature, and, by contact with it, the food fried is very quickly and very much heated. All fried food is heated beyond boiling water point on its surface, if prolonged it is heated throughout, so that it is not fitted for food that should be slowly cooked at a low temperature, such as tough meat.

The point to which fats or oils may be heated varies, some burning much more readily than others. About 350° to 400° is a suitable temperature; it can be higher, it should sometimes be lower for things that need slow cooking, but it is usually better to begin at a high temperature and lower it afterwards. The temperature is always lowered by putting in the cold things to be cooked to a degree that is determined by the relative quantity of fat and food, and by the sort of food.

The temperature can be taken accurately with a thermometer constructed specially for the purpose; it can be taken approximately by several homely devices.

1. Drop in a few drops of water. If the fat bubbles thereupon, it must be hotter than 212°; if it bubbles smartly it may be taken at over 300°.

2. Drop in a piece of bread and take it out at the end of half-a-minute. If the bread is crisp the fat is about 350° or more.

3. Parsley crisp when dropped in and fished out at once means fat at 350° or more.
4. The more violent the bubbling when anything is put in the hotter the fat.
5. A thin, filmy, blue smoke rises when the fat is fit for frying, and then becomes thicker until the fat is burning, when there is a dense cloud.
6. Fat, unless it has left off bubbling and is quite still, is never hot enough to fry.

These rules are true of all fat, and more or less of all frying. But there are two ways of frying, known to cooks as *dry frying* and frying in a saucepan, or French fry. The former is more common; the latter is more economical and produces better results.

227. ***Dry frying*** is so called because of the small amount of fat used: not because of the dryness of what is fried: for things fried this way are very apt to be greasy. Sometimes the frying is so "dry" that only just fat enough is used to prevent the meat from sticking to the pan, just as the bars of a gridiron are greased. The iron pan is heated, and the meat is cooked by heat directly communicated from the hot iron. Such frying, in fact, is an imitation of broiling, and usually an unsuccessful imitation. There should always be at least enough fat to cover the surface of the pan, and it always should be made as hot as possible without burning before beginning to fry. To put cold fat and cold pan and cold chop on the stove and let them all heat together is always a mistake sure to result in a greasy, juiceless chop with burnt fat. Whatever and however you fry, first heat the fat. To fry in a saucepan means that there must be fat enough to cover what is fried, and an iron pan deep enough to contain it. It is economical, for the fat can be used over and over again, and does not soak into the food fried, which comes out quite dry and without any of the greasy moisture of frying-pan cookery. In the long run less fat is used than for ordinary dry frying; though, of course, there is a greater outlay to begin with.

An iron saucepan must be used, as the heat of the fat melts the solder of a tin pan. It is wise to take an old saucepan.

Frying baskets should be used for all delicate frying (*see* page 65) so as to do away with the need for much handling, and to lift all the things out at the same moment. Failing a basket, an iron spoon or slice, but not of tin or Britannia metal, as they would melt. Baskets should not be used for fritters, which stick to the wires. As the basket always expands with heat, it should not be a very tight fit for the pan.

228.—***Fat for frying.***—Melted suet or fat can be used for French frying, and mutton is less likely to burn than beef, but either or both together will do. Lard should never be used, for it always leaves an unpleasant flavour and costs more than beef or mutton fat. Oil is to be preferred to, and can, without burning, be made hotter than any fat. Olive oil is often recommended, but it is costly, and much of the oil sold as olive is largely adulterated with cotton-seed oil, which is far cheaper than any fat used as food. Unfortunately, though a great deal is sold, not much is sold under its right name or at a fair price, except to cookshops or to the vendors of fried fish.

To clarify fat or suet for frying, it should be cut up in small pieces, put into a saucepan with just enough water to prevent burning, and heated over a slow fire until the bottom of the saucepan can be seen; then it must be strained. The pieces strained out are an economical substitute for suet for short cakes, puddings, &c. After several times using, the fat can be purified by pouring it while hot into a pan of water and well stirring; the pieces and impurities settle at the bottom of the cake of fat or sink into the water. The cake should be also occasionally strained when it is warm; if it be strained directly after frying it will melt any soldered strainer. Dry before you fry. To fry anything well it should be dried. Fish can be rubbed in flour; vegetables in a cloth; meat should not be washed. Before dropping into hot fat anything that contains much water lift the pan off the stove, as the fat is likely to bubble over and catch fire.

Most things that are fried are covered with egg and bread-crumbs, flour and milk, or batter, in order that a crust may be formed round them to keep the juice in and the fat out. The essential thing is to cover them completely and leave no crack.

229. ***Adulteration.*** — The act passed in 1872 for the prevention of Adulteration of Food, Drink and Drugs declares that persons who adulterate articles of food, or who sell those that they know to have been adulterated, whether with material injurious to the health or not, are punishable with fine or imprisonment. The vendor is bound to declare such admixture to the purchaser at the time of the sale. The inspectors under the local authorities are directed to procure samples from time to time, and to submit them to the public analyst.

Any purchaser may have any article of food, or drink, or drugs analysed by the public analyst of his district on payment of a sum not less than half-a-crown and not more than half-a-guinea.

In olden times the prices of the chief necessaries of life were regulated by authority. Such interference has long been a thing of the past. Vendors may ask any price they please for the things they sell, and the legislature only insists that no fraud shall be practised on the public, and that goods shall be sold under their rightful names.

230. ***Prices of Food.***—Everyone nowadays will agree that the seller should fix the price at which he will sell his wares. For the prices vary according as the supply of the commodity in question is plentiful and the demand great. An abundant wheat harvest is followed by cheap bread; but we do not all so readily understand, that not bread alone but all perishable articles must be dear one year and cheap another. It may sometimes happen that the fall in price never reaches the consumer but stops short with the wholesale or retail trader, although this tendency is to some extent counteracted by the competition in retail trade.

Overcharging is most likely to occur where the customers cannot readily transfer their custom to a neighbouring shop, as, for instance, in isolated country places, or when the customers are in debt, or under obligation to the shopkeeper, having perhaps been supported by him during times of scarce work. It is often for these reasons that in the poorest and most wretched neighbourhoods the highest prices rule. Customers are often induced by considerations of fashion or convenience to pay high prices; but they can scarcely be said to be overcharged, since they choose to pay for such costly luxuries as spacious premises, handsome shop-fronts, numerous shop assistants, and long credit. Economical people are compelled to go without these and many other things that it is pleasant to have.

231. ***Diet.***—But it is not only the weight and the cost that have to be studied for economy's sake. We have already seen that it is possible to starve in the midst of plenty; to starve, that is, for want of one necessary constituent of food though all the others may be supplied in superabundance. A good housekeeper will, therefore, take care that upon her table is set a variety of well-chosen food, and very often indeed by the outlay of a little care in dieting she may prevent the outlay of much care in nursing and of much money in doctors' bills. People suffer from diseases of mal-nutrition much more often through bad management than because of a short purse. It will often be found, especially with children, that they are ill for want of certain kinds of food and yet will not take them in their ordinary form; it is then the part of the housekeeper to reproduce the food so that it is not recognised, or to find the same substance in some other form.

232. ***Cost and economy.***—Again, two foods may cost the same and weigh the same and yet one may be far more economical than the other. For one may be very nourishing, containing a kind of food that is not cheaply to be bought,

and it may besides be such that it takes up water and increases in weight in the cooking. The other is a moist food, and will lose weight before it comes to table, or it may be starchy food, which can always be bought at a low price, or it may contain bone and waste, which is not properly to be called food at all. One very good contrast is afforded by a pound of rumpsteak at fourteenpence, and a pound of beans or lentils at twopence. Both are bought for the sake of flesh-forming, or nitrogenous, food. From neither is there actual waste to be cut away. But the broiled meat will not weigh more than 12 oz. when it comes to table, and the pulse will have taken up more than its own weight of water, which costs nothing. We have two pounds of food for twopence against three-quarters of a pound for one and twopence.

This must always be remembered in dealing with all dry foods. One pound of Indian meal weighs when cooked three pounds; half-a-pound of maccaroni increases to two pounds, we are told by Rumford. Comparing rice to flour, if both are the same price, flour is cheaper because it is less starchy, and people who reckon such small economies as these are generally ill-fed, needing flesh-formers, which are chiefly to be found in the costlier foods.

As a third example we may take beefsteak as compared to mutton chops; they are usually about the same price per pound, but there can be no question which is the cheaper of the two, for the beef has no bone and little fat.

FRENCH COOKERY.

233. ***English* v. *French Cookery.***—It is not easy to treat separately English and French cookery, because, in the first place, by dint of borrowing across the Channel, the two have become inextricably mixed up, as is evidenced by our habitual use of French terms, and by the common, though less constant, use of English terms in French cookery-books; and because, in the second, a good deal of what is distinctive in French cookery is founded on the nature of things, and cannot be transplanted.

Perhaps the difference is greatest in the cooking of meat. We are accused of eating meat raw, and we retort that roast meat out of England is uneatable. The damp climate and the broad pastures, the turnip crops that flourish under our rainy skies, the graziers who for many years have worked to make British cattle and British sheep renowned through the world, these all have made our cookery what it is. That good, even excellent meat is to be found out of the British isles none will deny; but the average is infinitely better in those isles than anywhere else on the Continent of Europe. The consequence is we have gained the habit of cooking meat so as to bring out the flavour and not to disguise it, while in other countries experience has taught to disguise it in many a cunning way. The universal wisdom of the English practice none will argue, for if there is much good meat in the market there is also much bad, which would be greatly improved by disguise, and there are also inferior joints on the best animal that lend themselves ill to the national cookery.

234. ***Meat Consumed in Paris.***—The question has often been asked, "Do we eat more meat than our neighbours?" Most people would answer the question in the affirmative; but comparisons made between Paris and London by Dr. Letheby seem to show that, of the two, Paris eats more. The octroi returns show in Paris 49 oz. per head weekly, or 7 oz. a day per head of the population; the London market returns give 31½ oz. weekly, or 4½ oz. a day. It must be added that other evidence seems to show that, if the comparison were extended throughout the country, opposite results would be obtained. Probably the results would be different if the comparison were extended to the country and provincial towns. At any rate, London has a much larger supply of animal food in the shape of fish.

235. ***Fish in England and France.***—Here, again, art is the handmaiden of nature. The sea supplies us so plentifully that we neglect or disdain fresh-water fish, upon which our neighbours expend much skill and pains in cookery. Very few English people have eaten a carp, though our lakes and ponds contain many; yet in every French cookery-book are to be found recipes plainly showing that a carp is intended to be served at dinners of some pretension. We boil or broil our salmon and trout and North Sea cod, and possibly we do well; but who should boil a pike, a carp or a roach would find he had made a mistake. Again, the facility with which perfectly fresh fish is sent to any part of our country makes us less dependent upon sharp and highly-flavoured sauces.

236. ***Vegetables in England and France.***—As for vegetable cookery, in which we must confess ourselves entirely beaten, we need not go far to find a reason for that excellence in the custom of all Catholic countries to fast from meat once a week, which has necessitated the practice of serving vegetables in some way less wasteful and less objectionable than the English methods.

237. ***Fuel.***—The relative cost of fuel in the two countries has also had much to do in stereotyping the national cookery. Coals have been cheap and plentiful, and have accordingly been used with profusion. It is quite recently that we have begun to use close stoves; and only a few years ago all our cooking was done over or before the fire. Anyone reading a French cookery-book will be struck by the sparing way in which the use of an oven is prescribed. In an English book it is assumed that nothing is so easy as to shut anything in the oven and take it out when it is done—and probably the assumption is correct. If we had to do all our cooking with wood, we also must become economical; but wood, even in England, does not cost as much as wood costs in many countries, where coals for domestic use are practically unknown.

Count Rumford's action in the matter of stoves was received with some scorn, though he died only in 1814. It used to be said of him that he would cook his dinner by the smoke from his neighbour's chimney. The wasted fuel that escapes as smoke would cook not one but many dinners.

It is a truism to say that France, pressed by circumstances, has accomplished much in the region of cookery. France has achieved the highest results in luxurious cookery; and to the thrift of her peasantry we must look for the beginnings of the French economy in cookery that has become almost proverbial. Luxury with economy is the highest praise in cookery.

238. ***French Names.***—In the present edition, French names—either the accepted or the literal translation—have been added to many of the dishes. Those of distinct English origin remain as they are. Our readers can now write a menu in either language. We may add a general recommendation to write menus in English for English diners. What can be more out of place than to write a French ménu for guests who do not understand a word of that language, and before whom it is proposed to set dishes having a well-known English name.

A large number of vegetable recipes and soups have been added.

Some well-known French entrées also appear for the first time in this edition.

239. ***Garnishing.***—In the matter of garnishing the English cook has much to learn. She puts food on a dish, and thinks she has done all. Boiled greens, boiled potato, melted butter, each in a tureen of its own, are her only resources. But the French cook sends no dish to table without appropriate accompaniments.

It is impossible to teach garnishing by print. It cannot even be taught in practice to anyone without the personal qualifications of neat fingers and a good eye for colour.

240. EXPLANATION OF FRENCH TERMS USED IN MODERN DOMESTIC COOKERY.

Appétisans.—Small savouries served before or between the courses of a dinner.

Aspic.—A savoury jelly, used as an exterior moulding for cold game, poultry, fish, &c. This, being of a transparent nature, allows the bird which it covers to be seen through it. It may also be used for decorating or garnishing.

Assiette (plate).—*Assiettes* are the small *entrées* and *hors d'œuvres*, the quantity of which does not exceed what a plate will hold. At dessert, fruits, cheese, chestnuts, biscuits, &c., if served upon a plate, are termed *assiettes*. —*Assiette volante* is a dish which a servant hands round to the guests, but is not placed upon the table. Small cheese soufflés, and different dishes which ought to be served very hot, are usually made *assiettes volantes*.

Au bleu.—Fish dressed in such a manner as to have a *bluish* appearance.

Au Naturel.—Plain, simple cookery, generally boiling in water.

Bain-marie.—An open saucepan or kettle of boiling water, in which smaller vessels can be set for cooking and warming. This is very useful for keeping articles hot, without altering their quantity or quality. If you keep sauce, broth, or soup by the fireside, the soup reduces and becomes too strong, and the sauce thickens as well as reduces; but this is prevented by using the *bain-marie*.

Batterie de Cuisine. — Complete set of cooking apparatus.

Béchamel.—French white sauce, now frequently used in English cookery.

Blanchir. To whiten poultry, vegetables, fruit, &c., by plunging them into boiling water for a short time, and afterwards plunging them into cold water, there to remain until they are cold.

Blanquette.—A sort of fricassée, white, whence its name.

Bouilli.—Beef or other meat boiled; but, generally speaking, boiled beef is understood by the term.

Bouillie.—A French dish resembling hasty-pudding.

Bouillon.—Broth or stock.

Bouquet of Herbs.—Parsley, thyme, and green onions, tied together.

Braiser. To stew meat slowly in a pan made to hold live coals on the lid, with fire above and below.

Braisière.—A saucepan having a lid with ledges, to put fire on the top.

Brider. — To pass a packthread through poultry, game, &c., to keep together their members.

Caramel (burnt sugar).—This is made with a piece of sugar, of the size of a nut, browned in the bottom of a saucepan; upon which a cupful of stock is gradually poured, stirring all the time, little by little. It may be used with the feather of a quill, to colour meats, such as the upper part of fricandeaux; and to impart colour to sauces. Caramel made with water instead of stock may be used to colour *compôtes* and other *entremets*.

Casserole.—A crust of rice, potato, &c., which, after having been moulded into the form of a pie, is baked, and then filled with a fricassée of white meat or a purée of game.

Clouter. — To insert nail-shaped pieces of truffle, tongue, &c., into meat or poultry.

Compote.—A stew, as of fruit or vegetables.

Consommé.—Rich stock, or gravy.

Contiser.— To insert truffle into fillets of meat or fish for entrées.

Coulis.—A rich brown gravy, employed for flavouring, colouring, and thickening certain soups and sauces.

Cromesguis, or **Kromesquis.** — Salpicon (*which see*) wrapped in udder of veal or bacon and fried.

Croquette.—Ball of fried rice, potatoes, &c.

Croutons.—Sippets of bread.

Daubiere. — An oval stewpan, in which *daubes* are cooked; *daubes* being meat or fowl stewed in sauce.

Désosser.—To *bone*, or take out the bone from poultry, game, or fish.

This is an operation requiring considerable experience.

En Couronne.—Said of chops, cutlets, &c., when they are arranged round a central mass of vegetables, as mashed potatoes or rice, which they encompass after the manner of a garland or wreath.

Entrées.—The made dishes that follow the fish course.

Entremets.—Small side or corner dishes, served with the second course.

Escalopes.—Collops; small, round, thin pieces of tender meat or of fish, often beaten with the handle of a strong knife to make them tender.

Feuilletage.—Puff-paste.

Flamber.—To singe fowl or game, after they have been picked.

Foncer.—To put in the bottom of a saucepan slices of ham, veal or thin broad slices of bacon.

Fricassee.—Chickens, &c., cut in pieces, in a white sauce, with truffles, mushrooms, &c., as accessories.

Galantine.—Fish, game, meat, &c., garnished with aspic jelly, served cold.

Galette.—A broad thin cake.

Gâteau.—A cake, literally; but used sometimes to denote a pudding, and a kind of tart.

Gauffres.—A light spongy sort of biscuit or wafer.

Glacer.—To glaze, or spread upon hot meats, or larded fowl, a thick and rich sauce or gravy, called *glaze*. This is laid on with a feather or brush; in confectionery the term means to ice fruits and pastry with sugar, which glistens on hardening.

Glaze.—Stock boiled down to the thickness of jelly, and employed to improve the look of braised dishes.

Gratin.—Said of fish, meat, cheese, &c., covered with grated bread, browned.

Hors d'œuvres.—Small dishes, or *assiettes volantes* of sardines, anchovies, and other relishes of this kind, served to the guests during the first course. (*See Assiettes volantes.*)

Liaisons.—Literally a binding together, said of thickening in soups and sauces.

Lit.—A bed or layer; articles in thin slices are placed in layers, other articles, or seasoning, being laid between them.

Macedoine.—Fruit or vegetables mixed for compôte, garnish, &c.

Maigre.—Broth, soup, or gravy, made without meat.

Matelote.—A rich fish-stew, made with wine or cider.

Mayonnaise.—Cold sauce, or salad dressing, made of oil, eggs, &c.

Menu.—The bill of fare.

Meringue.—A kind of icing, made of whites of eggs and sugar, well beaten.

Merepois.—Essence of meat and vegetables.

Miroton.—Larger slices of meat than collops; such as slices of beef for a vinaigrette, or ragoût or stew of onions.

Mouiller.—Literally to wet: to add water, broth, or other liquid, during the cooking.

Nougat.—Almond sweetmeat.

Paner.—To cover over, with very fine crumbs of bread, meat, or any other articles to be cooked on the gridiron, in the oven, or frying-pan.

Pâté.—A small pie.

Pièce de Résistance.—The principal dish of the dinner.

Piquer.—To lard with strips of fat bacon, poultry, game, meats, &c. This should always be done according to the vein of the meat, so that in carving you slice the bacon across as well as the meat.

Poêlée.—Stock used instead of water for boiling turkeys, sweetbreads, fowls, and vegetables, to render them less insipid. This is rather an expensive preparation.

Potage.—Soup.

Purée.—Vegetables, or meat reduced to a very smooth pulp, which is afterwards mixed with enough liquid to make it of the consistency of very thick soup.

Ragôut.—Stew or hash.

Remoulade.—Salad dressing.

Rissoles.—Light puff-paste, cut into various forms and filled with fish, meats or sweets, and fried.

Roux.—Brown and white; French thickening of fried or burnt flour.

Salmi.—Ragoût of game previously roasted.

Salpicon.—A mixture of chicken, game, &c., with truffles and foie gras cut into dice and mixed in sauce.

Sauce Piquante.—A sharp sauce, in which a somewhat pungent or acid flavour predominates.

Sauter.—To dress with butter in a saucepan, repeatedly moving it about.

Socles.—Stands used to raise removes and entreés to improve their appearance, made of fat, rice, &c.

Stock.—The broth of which soups are made.

Tamis.—Tammy, a close, cloth sieve through which to strain purées, broth, and sauces.

Timbale.—A raised crust or border of pastry or maccaroni filled with meat or game.

Tourte (tart).—Fruit pie.

Trousser.—To truss a bird; to put together the body and tie the wings and thighs, in order to round it for roasting or boiling, each being tied then with packthread, to keep it in the required form.

Vol-au-vent.—A rich crust of very fine puff-paste, which may be filled with various delicate ragoûts or fricassées of fish, flesh or fowl. Fruit, fresh or preserved, may also be inclosed in a *vol-au-vent*.

241. JEWISH COOKERY.

This does not differ very greatly from any other kind, as in many Jewish families we find Christian servants employed, and as people of different religions mingle more freely day by day, many of the restrictions which used to be rigidly observed with regard to food have, to a certain extent, melted away, and are only to the found in the houses of those who are generally denominated strict.

From having been forbidden to use butter with meat oil enters more largely into their cookery, and the Jewish fried fish cooked in this has a deservedly good reputation, frying it, as they do, so that it can be eaten cold as well as hot; oil is also used with meat and vegetables. With other recipes we give many Jewish ones which have been tried and found excellent, as their cookery generally is, owing perhaps, to the fact that all meat supplied by Jewish butchers is of the very best quality, as they are forbidden by the Mosaic law to use as food flesh which is not perfectly free from all "spot or blemish." The Jewish smoked beef is most excellent and useful, for it keeps good so long, and is a capital store for gravies and soups, and we give in the body of this book a recipe for cooking it.

242. PRESERVATION OF FOOD.

An important consideration is, how food may be best preserved with a view to its being suitably dressed. More waste is often occasioned by the want of judgment, or of necessary care in this particular, than by any other cause. In the absence of proper places for keeping provisions, a hanging safe, suspended in any airy situation, is the best substitute. A well-ventilated larder, dry and shady, is better for meat and poultry, which require to be kept for some time; and the utmost skill in the culinary art will not compensate for the want of proper attention to this particular. Though it is advisable that animal food should be hung up in the open air till its fibres have lost some degree of their toughness, yet, if it is kept till it loses its natural sweetness, its flavour has become deteriorated, and, as a wholesome comestible, it has lost many of its qualities conducive to health. As soon, therefore, as the slightest trace of putrescence is detected, it has reached its highest degree of tenderness, and should be dressed immediately. During the sultry summer months, it is difficult to procure meat that is not either tough or tainted. It should, therefore, be well examined when it comes in, and if flies have touched it, the part must be cut off, and the remainder well washed. In very cold weather, meat and vegetables touched by the frost, should be brought into the kitchen early in the morning, and soaked in cold water. In loins of meat, the long pipe that runs by the bone, should be taken out, as it is apt to taint: as also the kernels

of beef. Rumps and aitch-bones of beef, when bruised, should not be purchased. All these things ought to enter into the consideration of every household manager; and great care should be taken that nothing is thrown away, or suffered to be wasted in the kitchen, which might, by proper management, be turned to a good account. The shank-bones of mutton, so little esteemed in general, give richness to soups or gravies, if well soaked and bruised before they are added to the boiling. Roast-beef bones, or shank-bones of ham, make excellent stock for soup. When the whites of eggs are used for jelly, confectionery, or other purposes, a pudding or a custard should be made, that the yolks may be used. All things likely to be wanted should be in readiness: sugars of different sorts; currants washed, picked, and perfectly dry; spices pounded, and kept in very small bottles closely corked, or in canisters, as we have already directed. Not more of these should be purchased at a time than are likely to be used in the course of a month. Much waste is always prevented by keeping every article in the place best suited to it. Vegetables keep best on a stone floor, if the air be excluded; meat, in a cold, dry place; as also salt, sugar, sweetmeats, candles, dried meats and hams. Rice, and all sorts of seeds for pudding, should be closely covered to preserve them from insects; but even this will not prevent them from being affected by these destroyers, if they are long and carelessly kept in a damp place. Pears and grapes should be strung, and hung up in a cold, dry place. Apples should be laid on straw, after being carefully wiped, and should not touch each other. They keep better on wood than on china.

243. QUANTITIES AND MEASURES.

In order that the duties of the Cook may be properly performed, and that he may be able to reproduce esteemed dishes with certainty, all terms of indecision should be banished from his art. Accordingly, what is known only to him will, in these pages, be made known to others. In them, all those indecisive terms expressed by a bit of this, some of that, a small piece of that, and a handful of the other, shall never be made use of, but all quantities be precisely and explicitly stated. With a desire, also, that all ignorance on this most essential part of the culinary art should disappear, and that a uniform system of weights and measures should be adopted, we give an account of the weights which answer to certain measures.

A Tablespoonful is frequently mentioned in a recipe, in the prescriptions of medical men, and also in medical, chemical and gastronomical works. By it is generally meant and understood a measure or bulk equal to that which would be produced by *half an ounce* of water. A tablespoonful of flour weighs about *one ounce*.

A Dessertspoonful is the half of a tablespoonful; that is to say, by it is meant a measure or bulk equal to a *quarter of an ounce* of water, or *half an ounce* dry.

A Teaspoonful is equal in quantity to a *drachm* of water.

A Drop.—This is the name of a vague kind of measure, and is so called on account of the liquid being *dropped* from the mouth of a bottle. Its quantity, however, will vary, either from the consistency of the liquid or the size and shape of the mouth of the bottle. The College of Physicians determined the quantity of a drop to be *one grain*, 60 drops making one fluid drachm. Their drop, or sixtieth part of a fluid drachm, is called a *minim*.

GRADUATED GLASS MEASURE.

Graduated glass measures can be obtained at any chemist's, and they save much trouble. One of these containing a wine pint, is divided into 16 oz., and the oz. into 8 drachms of water; by which any certain weight mentioned in a recipe can be accurately measured out. Home-made measures of this kind can readily be formed by weighing the water contained in any given measure, and marking on any tall glass the space it occupies. This mark can easily be made with a file. It will be interesting to many readers to know the basis on which the French found their system of weights and measures, for it certainly possesses the grandeur of simplicity. The mètre, which is the basis of the whole system of French weights and measures, is the exact measurement of one forty-millionth part of a meridian of the earth.

244. TABLES OF WEIGHTS AND MEASURES,

Liquid and Solid.

AVOIRDUPOIS WEIGHT.

27 11/32	Grains	=	1 Drachm.
16	Drachms	=	1 Ounce.
16	Ounces	=	1 Pound (lb.).
14	Pounds	=	1 Stone.
28	Pounds	=	1 Quarter (qr.).
4	Quarters	=	1 Hundredweight.
20	Hundredweight	=	1 Ton.

APOTHECARIES'.

20 Grains	=	1 Scruple	=	20 grs.
3 Scruples	=	1 Drachm	=	60 „
8 Drachms	=	1 Ounce	=	480 „
12 Ounces	=	1 Pound	=	5760 „

Apothecaries compound their medicines by this weight, but buy and sell their drugs by avoirdupois.

APOTHECARIES' FLUID MEASURE.

60 Minims	=	1 Fluid Drachm.
8 Drachms	=	1 Ounce.
20 Ounces	=	1 Pint.
8 Pints	=	1 Gallon.

TROY.

24 Grains	=	1 Pennyweight	=	24 grs.
20 Pennywts.	=	1 Ounce	=	480 „
12 Ounces	=	1 Pound	=	5760 „

DRY MEASURE.

2 Gallons	=	1 Peck (pk.).
4 Pecks	=	1 Bushel (bush.).
3 Bushels	=	1 Sack.
12 Sacks	=	1 Chaldron.
8 Bushels	=	1 Quarter (qr.).
5 Quarters	=	1 Load (ld.).

LIQUID MEASURE.

4 Gills	=	1 Pint (pt.).
2 Pints	=	1 Quart (qt.).
4 Quarts	=	1 Gallon (gall.).

CLOTH.

2¼ Inches	=	1 Nail.
4 Nails	=	1 Quarter.
4 Quarters	=	1 Yard.
3 Quarters	=	1 Flemish Ell.
5 Quarters	=	1 English Ell.
6 Quarters	=	1 French Ell.

SOLID, OR CUBIC.

A *Cube* is a solid body and contains length, breadth and thickness, having six equal sides, A *cube number* is produced by multiplying a number twice into itself; thus 64 is a cube number, and is produced by multiplying the number 4 twice into itself, as $4 \times 4 \times 4 = 64$.

1728 C. Inches	=	1 Cubic Foot.	
27 C. Feet	=	1 Cubic Yard.	
40 C. Feet of Rough or 50 C. Feet of Hewn Timber	=	1 Ton.	or Load.
42 C. Feet of Timber	=	1 Shipping Ton.	
108 C. Feet	=	1 Stack of Wood.	
128 C. Feet	=	1 Cord of Wood.	

LINEAL.

12 Inches	=	1 Foot (ft.).
3 Feet	=	1 Yard (yd.).
5½ Yards	=	1 Rod or Pole (po.).
40 Poles (220 Yds.)	=	1 Furlong.
8 Furlongs (1760 Yds.)	=	1 Mile.
1/12 Inch	=	1 Line.
1/3 Inch	=	1 Barleycorn.
3 Inches	=	1 Palm.
4 Inches	=	1 Hand.
7 92/100 Inches	=	1 Link.
9 Inches	=	1 Span.
18 Inches	=	1 Cubit.
2½ Feet	=	1 Pace.
5 Feet	=	1 Pace (geometrical).
6 Feet	=	1 Fathom.
5½ Yards	=	1 Rod, Pole or Perch.
4 Poles (22 Yds.)	=	1 Chain.
3 Miles	=	1 League.
60 Geographical (or 69½ English) Miles	=	1 Degree (°).
360 Degrees	=	The circumference of the Globe.

SUPERFICIAL.

144 Sq Inches	=	1 Sq. Foot.
9 Sq. Feet	=	1 Sq. Yard.
30¼ Sq. Yards	=	1 Sq. Pole.

LAND.

40 Sq. Poles	=	1 Sq. Rood.
4 Sq. Roods (4840 Sq. Yds.)	=	1 Sq. Acre.
640 Sq. Acres	=	1 Sq. Mile.
30 Sq. Acres	=	1 Yard of Land.
100 Sq. Acres	=	1 Hide of Land.
40 Hides	=	1 Barony.

HAY AND STRAW.

36 lbs. Avoirdupois of	Straw	=	1 Truss.
56 lbs. „	of Old Hay	=	1 „
60 lbs. „	of New Hay	=	1 „
36 Trusses		=	1 Load.

MENUS.

245. ***To make a good bill of fare*** is a difficult thing without constant practice. One is so apt to forget such things as giving two brown sauces in succession, and that we are following a very savoury dish with one comparatively tasteless, while we often lose the character of the whole by introducing one or two dishes that we think are good, but which are not in harmony with the rest.

A dinner is, as a rule, light or heavy, according to the taste of the givers, or more properly speaking, to the taste they assume to be that of the friends they are about to entertain. And this last is a point we should all consider if we wish to be successful dinner givers, namely what our friends will like, instead of what we ourselves prefer.

In a chapter on "Dinners and Dining" are given many hints to entertainers, and we have also no less than 168 menus for parties varying from six to eighteen, amongst which are some for vegetarian dinners, the recipes for which will be found amongst those for cooking vegetables.

As the menus are arranged to vary in cost to suit all, it is thought they will supply a want; but for those who like to choose for themselves we have a list of everything in season for each month; also a price list which has been made as accurate as possible; but we warn our readers that it really wants some thought to plan a menu: and as we have said before, we are apt to err over the sauces which now give definition to most of the dishes; but there can be no hard and fast rule set down for their arrangement, and we can only advise that they should be made not only with reference to season, taste, &c., but with regard to the number of hands and the time there is in which to prepare them.

ENTRÉES.

246. ***Menus, past and present.***—Comparing a menu of some twenty-five years ago with one of to-day, the most noticeable difference will be with the entrées, then such an immaterial part of the dinner, now such an important one.

Then people looked forward to the joint, while now it is very often not partaken of, and, in many fashionable menus for small numbers, it does not occur.

We have altered a good deal in our tastes during the last quarter of a century; and amongst other things, in our eating and drinking.

Some say in this last respect, with very great advantage, that people used to eat and drink too much; yet there is perhaps less difference between then and now than we are apt to imagine.

Again, comparing the menus, we find that though there were more solid dishes in the old one, there are at least double the number of courses in the new, so that the amount consumed at a dinner by each person was probably not greater than nowadays, while if one of our fashionable men of the present were to reckon up the brandies and sodas and other nips taken during the day, with the various wines drunk at dinner, we think, in the matter of quantity, he would not find himself very much behind the one or two bottles of port drunk regularly by our old-fashioned country squires.

247. ***Popularity of Made Dishes.***—To return to our entrées, however, there has been a decided improvement in them, and while we have so many more, and so much care and time is expended on them, it is no wonder they are such a favourite part of the dinner of to-day.

In this book, following severally the recipes for fish, meat, poultry and game, will be found those for entrées made from each, which have been tried and found good, most of which appear in the menus specially prepared for the same for every month in the year.

A great difficulty has been experienced by some people in making entrées

which we have tried to obviate by having the recipes simply and clearly written out, and only care is needed to succeed in making any one of them; though, at the same time, we must allow that they do require more patience than other cooking as a rule.

248. ***Preparation of Entrées.***—Ordinary cooks, excellent at frying, roasting, soup-making, &c., often fight shy of attempting an entrée which is at all elaborate. We therefore venture to suggest that mistresses who do not keep professed cooks should make themselves *au fait* at preparing them, so that they may instruct others how to do so.

It is the delicacy of flavouring and the careful preparation that render these small dishes so appetising and so popular, and we consider them one of the most interesting branches of the art of cooking.

Another reason why they deserve so much consideration is that they are often the means of using up remnants of game, poultry, &c., which, eaten cold, would be tasteless and insipid, but which may form the foundation of many a dainty dish, preferred by many to more solid food.

We may suggest to our readers that when the entrée is made from fresh meat it should be cooked so as to retain its proper flavour, however much the sauce with which it is served may add to or improve it.

Do not take all the goodness out of the meat, and be careful in cooking any vegetable to be used with it; also with the sauce, which, in many cases, may be called the main part.

We have a very long list of sauces, in which are many recommended for entrées. Most of them need care in both flavouring and preparation; but given these, they are excellent.

249. ***Serving Entrées.***—In sending these dishes to table it is well to have them as nicely arranged as possible. In the case of cold ones, much can be done in the way of decorations, but in hot ones there is room for a certain amount of it, and even a simple dish of cutlets can be made to look neat and pretty or the reverse.

They ought to be served on silver, and there are none better than the ordinary cover dishes so generally used; but if silver is not obtainable then, whatever dishes they be, let them be deep enough to hold the sauce which is the usual accompaniment of entrées.

CARVING.

250 ***Ignorance of Carving.***—That this should be a so much neglected art seems strange; but the fact remains that it is so.

In ordinary private life the number of people who really carve quickly, easily, and well is such a small one that a man or woman who can do this is as much known and noted for his or her skill as others are for their excellence in playing or singing; yet one has taken a mere fraction of time to acquire compared with the other, has been no expense where the other has perhaps cost a large sum, and requires only ordinary intelligence instead of talent.

We may very likely be condemned for putting carving on a level with music, but those who find fault must allow that only one is *necessary* in everyday life; and whereas it has been said that there are too many musicians, we have never yet heard the opinion expressed that there were too many carvers.

To make a more humble comparison, we venture to assert that there are many more people who can cook a chicken than who can properly cut it up.

Take domestics for example; how many plain cooks or general servants can roast a bird, but how few could carve it properly.

But putting them aside, as they as a rule do not have to do it, if we look round, how many masters and mistresses do we see utterly incapable in this respect.

251. ***Inconvenience of not being able to Carve.***—Very often we hear from either master or mistress that they do not attempt to carve, as the other likes to do it; so that if that other happen to be absent at any meal-time there is trouble in the land.

Another very serious inconvenience which often happens when the lady of the house does not understand carving is that, when entertaining at the head of the table, she has often a dish placed before her which she is obliged to consign to the gentleman next to her, who is bound to offer his services, however incompetent he may know himself to be.

The result is very often that he *is* hopelessly ignorant, and shamefully mangles the unfortunate joint or bird; while his hostess, having to look on while he is vainly struggling and her friends are impatiently waiting, until after much delay they get helped, generally in a very unequal way, some getting more than they want, others less than they would like, still has to smile and thank him for having spoilt the dish and given several people at least dissatisfaction. We pass over the misery of the poor man who has had to do the work, who, if he be at all of a nervous temperament, is sure to get very hot and uncomfortable, conscious as he is of many eyes upon him. Most of our readers will, we think, at some time or other remember having seen something of this sort happen.

It will be said that everything is carved for us nowadays, when it is the fashion to have nothing but flowers put upon the table; but this can only be an everyday occurrence in the houses of the very rich; and even they at luncheon or breakfast often carve for themselves; while the majority of us do not possess sufficient servants (with a good carver amongst them) to attempt it even when entertaining.

There is necessity for learning.—We hold that every man and woman must at some time or other have occasion to carve, and that they therefore ought to be able to do so properly, while with girls and youths it ought to be a branch of their education. The most important argument in favour of this opinion is that so much waste is saved.

252. ***Skill and economy.***—In the hands of a skilful carver a joint will go much further than otherwise; he will help evenly, cutting the joint carefully, so that if there should be enough to spare for its reappearance it will present a decent one: there will be no undue preponderance of fat or lean left, and no scraps, and he will have filled the plates before the meat has cooled.

As the meat is cut upstairs so it will be cut below, servants will be afraid to hack at a neatly cut joint, while they will not hesitate to attack one that has already been maltreated.

253. ***Acquiring the art.***—Many people find it very difficult to learn to carve, but as a rule it is because they do not begin at the beginning. They try to cut up a bird without any idea of its anatomy, and to cut slices of meat without knowing how the grain goes or where to find the joints, if any, and they therefore cannot succeed. In this book will be found full directions for carving fish, meat, poultry and game, with illustrations to help out the instructions, and a careful study of the same will prevent anyone from making any grave error; but at the same time, as practice alone makes perfect, they should take all the opportunities of carving that come in their way, and when they see a good carver should watch his or her operations and take a lesson therefrom.

As a rule these are proud of their skill, and very ready to show the ignorant all they can, how to cut up a fowl without removing the fork from the breast, how to hit exactly the joints of bird or animal, etc.; so that we can see no reason why everyone who tries should not in the end become proficient, and we can assure them that they will not find it time wasted that they have spent in learning what, if it be not a showy accomplishment, is at any rate an excellent domestic qualification, and one that benefits others as well as ourselves.

254.—TIMES WHEN THINGS ARE IN SEASON.

The following lists will be found useful in arranging menus, as it can be seen at a glance what Fish, Meat, Vegetables, &c. are in season, but it will be necessary to turn to our price lists to know when all such fresh provisions are cheapest and best.

PROVISIONS IN SEASON IN JANUARY.

Fish.—Bream, brill, carp, cod, crabs, crayfish, dory, eels, flounders, haddocks, halibut, ling, lobsters, mussels, oysters, perch, pike, prawns, scallops, shrimps, skate, smelts, soles, sprats, tench, thornback, turbot, whitebait, whitings.

Meat.—Beef, house lamb, mutton, pork, veal, venison.

Poultry.—Capons, fowls, tame pigeons, pullets, rabbits, turkeys.

Game.—Hares, partridges, pheasants, snipes, wild-fowl, woodcock.

Vegetables.—Jerusalem artichokes, beetroot, broccoli, cabbages, carrots, celery, chervil, cresses, asparagus and cucumbers (forced), endive, lettuces, parsnips, potatoes, savoys, spinach, turnips—various herbs.

Fruit.—Apples, grapes, medlars, nuts, oranges, pears, crystallised preserves (foreign), dried fruits and raisins, plums (French and Spanish), prunes, figs, dates, filberts, walnuts, almonds and Brazil nuts.

PROVISIONS IN SEASON IN FEBRUARY.

Fish.—Bream, brill, carp and cod may be bought, but is not so good as in January ; crabs, crayfish, dory, eels, flounders, haddocks, halibut, herrings, ling, lobsters, mullet, mussels, oysters, pike, prawns, salmon, scallops, shrimps, skate, smelts, soles, sprats, tench, thornback, turbot, whitebait, whiting.

Meat.—Beef, house lamb, mutton, pork, veal.

Poultry.—Capons, chickens, ducklings, tame and wild pigeons, pullets with eggs, turkeys, wild fowl, though now not in full season.

Game.—Hares, partridges, pheasants, snipes, woodcock.

Vegetables.—Jerusalem artichokes, asparagus (forced), beetroot, broccoli, (purple and white), Brussels sprouts, cabbages, carrots, celery, chervil, cresses cucumbers (forced), endive, kidney beans, lettuces, parsnips, potatoes, savoys, spinach, turnips—various herbs.

Fruit.—Apples (golden and Dutch pippins), grapes, medlars, foreign and forced rhubarb, nuts, oranges, pears (Bon Chrétien), walnuts, dried fruits (foreign), as almonds and raisins, French and Spanish plums, prunes, figs, dates, crystallised preserves.

PROVISIONS IN SEASON IN MARCH.

Fish.—Bream, brill, carp, crabs, crayfish, dory, eels, flounders, halibut, herrings, lobsters, mullet, mussels, oysters, prawns, salmon, scallops, shad, shrimps, skate, smelts, soles, sprats, tench, thornback, turbot, trout, whitebait, whiting.

Meat.—Beef, house lamb, mutton, pork, veal.

Poultry.—Capons, chickens, ducklings, tame and wild pigeons, pullets with eggs, turkeys.

Game.—Hares.

Vegetables.—Foreign and forced asparagus, beetroot, broccoli (purple and white), Brussels sprouts, cabbages, carrots, celery, chervil, cresses, cucumbers (forced), endive, kidney beans, lettuces, parsnips, peas from abroad, potatoes, savoys, sea-kale, spinach, turnips—various herbs.

Fruit.—Apples (golden and Dutch pippins), grapes, medlars, oranges, rhubarb, foreign gooseberries, walnuts; dried fruits (foreign)—as raisins, French and Spanish plums, prunes, figs, dates, crystallised preserves, almonds and nuts.

PROVISIONS IN SEASON IN APRIL.

Fish.—Bream, brill, crabs, crayfish, dory, flounders, halibut, lobsters, mullet, mussels, oysters, prawns, salmon, scallops, shad, shrimps, skate, smelts, soles, sturgeon, thornback, turbot, trout, whitebait, whiting.

Meat.—Beef, lamb, mutton, pork, veal.

Poultry.—Chickens, ducklings, fowls, leverets, pigeons, pullets, rabbits.

Vegetables.—Broccoli, celery, lettuces, young onions, parsnips, radishes, small salad, sea-kale, spinach, sprouts—various herbs.

Fruit.—Apples, nuts, forced cherries, green gooseberries, &c., for tarts, rhubarb; dried fruits, crystallised preserves.

PROVISIONS IN SEASON IN MAY.

Fish.—Bream, crabs, crayfish, dory, flounders, halibut, herrings, lobsters, mackerel, mullet, prawns, salmon, shad, scallops, smelts, soles, sturgeon, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Chickens, ducklings, fowls, green geese, leverets, pullets, rabbits.

Vegetables.—Asparagus, beans, early cabbages, foreign carrots, cauliflowers, cresses, cucumbers, lettuces, peas, early potatoes, salads, sea-kale — various herbs.

Fruit.—Apples, green apricots, cherries, currants for tarts, gooseberries, melons, pears, rhubarb, strawberries.

PROVISIONS IN SEASON IN JUNE.

Fish.—Bream, chub, crayfish, crabs, herrings, lampreys, lobsters, mackerel, mullet, perch, prawns, salmon, shad, soles, sturgeon, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Chickens, ducklings, fowls, green geese, leverets, pullets, rabbits, turkey poults.

Vegetables.—Artichokes, asparagus, beans, cabbages, young carrots, cucumbers, lettuces, onions, parsnips, peas, potatoes, radishes, small salads, sea-kale, spinach—various herbs.

Fruit.— \pricots, cherries, currants, gooseberries, melons, nectarines, peaches, pears, pineapples, raspberries, rhubarb, strawberries.

PROVISIONS IN SEASON IN JULY.

Fish.—Bream, chub, crayfish, crabs, dace, dory, eels, flounders, gudgeons, halibut,

herrings, lampreys, lobsters, mackerel, mullet, perch, plaice, prawns, salmon, shad, shrimps, soles, sturgeon, thornback, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Chickens, ducklings, fowls, green geese, leverets, pullets, rabbits, turkey poults.

Vegetables.—Artichokes, asparagus, beans, cabbages, carrots, cauliflowers, celery, cresses, endive, lettuces, mushrooms, onions, peas, radishes, new beet, pears, small salading, sprouts, turnips, vegetable marrows—various herbs.

Fruit.—Apricots, cherries, currants, figs, gooseberries, melons, nectarines, pineapples, plums, raspberries, strawberries, walnuts for pickling.

PROVISIONS IN SEASON IN AUGUST.

Fish.—Bream, brill, chub, crayfish, crabs, dace, dory, eels, flounders, gudgeons, haddocks, halibut, herrings, lampreys, lobsters, mullet, perch, prawns, salmon, shrimps, shad, soles, sturgeon, thornback, trout, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, veal, buck venison.

Poultry.—Chickens, ducklings, fowls, green geese, pigeons, plovers, pullets, rabbits, turkey poults, wheatears, young wild ducks (called flappers).

Game.—Leverets, grouse, blackcock.

Vegetables.—Artichokes, asparagus, beans, carrots, cabbages, cauliflowers, celery, cresses, endive, lettuces, mushrooms, onions, peas, potatoes, radishes, sea-kale, small salading, sprouts, turnips, various kitchen herbs, vegetable marrows.

Fruit.—Currants, figs, filberts, gooseberries, grapes, melons, mulberries, nectarines, peaches, pears, pineapples, plums, raspberries.

PROVISIONS IN SEASON IN SEPTEMBER.

Fish.—Bloaters, bream, brill, crabs, crayfish, eels, chub, dace, dory, flounders, gudgeons, haddocks, halibut, herrings, lobsters, mullet, oysters, perch, plaice, prawns, skate, soles, sturgeon, thornback, turbot, whitebait, whiting.

Meat.—Beef, lamb, mutton, pork, veal.

Poultry.—Chickens, ducks, fowls, geese, larks, pigeons, pullets, rabbits, teal, turkeys.

Game.—Blackcock, buck venison, grouse, hares, partridges.

Vegetables.—Artichokes, asparagus, beans, cabbage sprouts, carrots, celery, lettuces, mushrooms, onions, peas, potatoes, salading, sea-kale, sprouts, tomatoes, turnips, vegetable marrows—various herbs.

Fruit.—Damsons, figs, filberts, grapes, melons, morella-cherries, mulberries, nectarines, peaches, pears, plums, quinces, walnuts.

PROVISIONS IN SEASON IN OCTOBER.

Fish.—Bream, brill, chub, crabs, crayfish, dace, dory, eels, flounders, gudgeons, haddocks, halibut, herrings, lobsters, mullet, mussels, oysters, perch, pike, plaice, prawns, skate, soles, thornback, turbot, whiting.

Meat.—Beef, mutton, pork, veal, venison, lamb from the north.

Poultry.—Chickens, fowls, geese, larks, pigeon pullets, rabbits, teal, turkeys, widgeons, wild ducks.

Game.—Blackcock, grouse, hares, partridges, pheasants, snipes, woodcocks, doe venison.

Vegetables.—Artichokes, beets, cabbages, cauliflowers, carrots, celery, lettuces, mushrooms, onions, potatoes, sprouts, tomatoes, turnips, vegetable marrows—various herbs.

Fruit.—Apples, black and white bullaces, damsons, figs, filberts, grapes, pears, quinces, walnuts.

PROVISIONS IN SEASON IN NOVEMBER.

Fish.—Bream, brill, carp, chub, cod, crabs, crayfish, dace, dory, flounders, eels, gudgeons, gurnet, haddocks, lobsters, mussels, oysters, perch, pike, plaice, prawns, skate, smelts, soles, sprats, tench, thornback, turbot, whiting.

Meat.—Beef, mutton, pork, veal, doe venison.

Poultry.—Chickens, fowls, geese, larks, pigeons, plover, pullets, quails, rabbits, teal, turkeys, widgeons wild ducks.

Game.—Hares, partridges, pheasants, snipes, woodcocks, grouse, blackcock.

Vegetables.—Beetroot, cabbages, carrots, celery, lettuces, late cucumbers, onions, potatoes, salading, spinach, sprouts—various herbs.

Fruit.—Apples, bullaces, chestnuts, filberts, grapes, pears, walnuts.

PROVISIONS IN SEASON IN DECEMBER.

Fish.—Barbel, brill, carp, cod, crabs, crayfish, dace, dory, eels, flounders, gudgeons, haddocks, halibut, herrings, ling, lobsters, mussels, mullet, oysters, perch, pike, prawns, shrimps, skate, smelts, sprats, soles, tench, thornback, turbot, whiting.

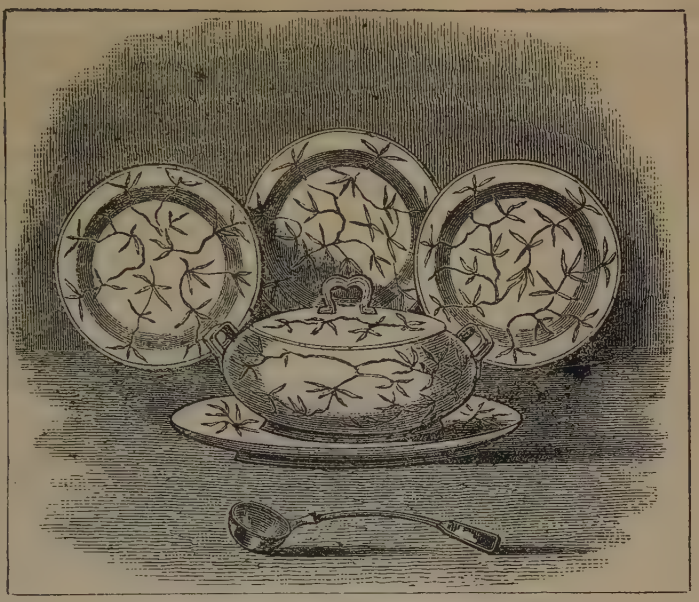
Meat.—Beef, house lamb, mutton, pork, doe venison.

Poultry.—Capons, chickens, fowls, geese, pigeons, plovers, pullets, quails, rabbits, teal, turkeys, widgeons, wild ducks.

Game.—Hares, partridges, pheasants, snipes, woodcocks, grouse.

Vegetables.—Jerusalem artichokes, broccoli, cabbages, carrots, celery, leeks onions, potatoes, parsnips, Scotch kale, turnips, winter spinach, forced sea-kale.

Fruit.—Apples, chestnuts, filberts, grapes, medlars, oranges, pears, walnuts; dried fruits, as raisins, figs, dates, &c., crystallised preserves, almonds, and all kinds of nuts.



SOUP TUREEN, LADLE AND PLATES.

SOUPS.

CHAPTER VI.

GENERAL DIRECTIONS FOR MAKING SOUPS, with OBSERVATIONS ON MATERIALS REQUIRED, THICKENINGS & FLAVOURINGS.

255. ***Soup Meat.—Lean, juicy beef, mutton and veal,*** form the basis of all good meat soups; therefore it is advisable to procure those pieces which afford the richest succulence, and such as are fresh-killed. Stale meat renders them bad, and fat meat is useless, but the best, most delicate meat is not necessary. The principal art in flavouring good rich soup, is so to proportion the several ingredients that the flavour of one shall not predominate over another, and that all the articles of which it is composed shall form an agreeable whole. Care must be taken that the roots and herbs are perfectly well cleaned, and the water must be proportioned to the quantity of meat and other ingredients. Generally a quart of water may be allowed to a pound of meat for soups, and half the quantity for gravies. In making soups or gravies of meat, gentle stewing or simmering is incomparably the best. A really good soup can never be made but in a well-closed vessel. Soups will, in general, take from six to eight hours' doing, and are much better prepared the day before they are wanted. Fat can be skimmed from hot

soup with blotting or whitey brown paper. When the soup is cold, the fat may be, much more easily though not more completely removed; and when it is poured off, care must be taken not to disturb the settlings at the bottom of the vessel, which are so fine that they will escape through a sieve. A tamis is the best strainer, and if the soup is strained while it is hot, let the tamis or cloth be previously soaked in hot water. Clear soups must be perfectly transparent, and thickened soups about the consistence of cream.

When the soup appears to be *too thin or too weak*, the cover of the boiler should be taken off, and the contents allowed to boil till some of the watery parts have evaporated; or some of the thickening materials above mentioned should be added. When soups and gravies are kept from day to day in hot weather, they should be warmed up every day, and put into fresh-scalded pans or tureens, and placed in a cool cellar. In temperate weather, every day or two may be sufficient.

These materials, with wine, mushroom ketchup, Harvey's sauce, tomato sauce, combined in various proportions, are, with other ingredients, manipulated into an almost endless variety of excellent soups and gravies. Soups, which are intended to constitute the principal part of a meal, certainly ought not to be flavoured like sauces, which are only designed to give a relish to some particular dish.

256. ***Thickening or Liasons for soups*** may be of:—

1. Flour, arrowroot, cornflour, bread-raspings and crumbs, sago, rice, oatmeal, barley, maize, macaroni, vermicelli, Italian paste, are all put into soup to thicken it. They all have this in common, that the soups must actually boil to burst the starch granules after they are added. Floury substances must be mixed smooth in a little cold water, milk, or broth, before being added to the bulk of the soup.

2 Eggs must be beaten with a little of the warm liquid, strained into the soup, and not afterwards allowed to boil, lest they harden in tiny lumps, or what is popularly called "curdle."

3. Blood of hares, &c. is put into soups; the thickening depends upon the hardening of fibrine by heat.

4. Butter added at the last moment before serving is sometimes called a liaison, but it is in no sense a thickening.

Browning is often simply burnt sugar. Burnt or fried flour, onions, and other vegetables or meat are preferable. Onion skins are also useful, as they contain much colouring matter and little flavour. A slice of toast may be used. Most sauces and catsups are naturally or artificially coloured, and serve both for colouring and flavouring.

257. ***For flavouring***, various herbs and vegetables are required. Leeks, celery, onion, carrots, turnips, parsnips, tomatoes, shalots, garlic, mushrooms, lemon peel and juice, Seville orange, parsley, thyme, lemon thyme, marjoram, basil, sage, mint, savoury, cress seed, tarragon, chervil, bay leaves and burnet are some of the commonest. Celery seed or salt is substituted for the fresh vegetable, and when used its flavour should be corrected by a bit of white sugar. Seville orange imparts a finer flavour than lemon, and the acid is milder. Vinegar replaces lemon juice; and the flavoured vinegar is a convenient way of preserving those herbs and vegetables that are not always at hand. Cucumber, burnet, tarragon, and chervil vinegar are all used. They contain spices of various kinds, and season at the same time as they flavour. Store sauces and catsups are too numerous to catalogue.

258. ***For seasoning***, salt, whole and ground pepper, both black and white, cayenne, allspice, nutmeg, mace, cloves, ginger, cinnamon should be ready. Whole pepper is always used for white soups, as ground pepper makes them look dusty. White soups should be well flavoured, but sparingly seasoned.

259. ***Quality of meat for soup making.***—It has been asserted that English cookery is, nationally speaking, far from being the best in the world. More than this: we have been frequently told by brilliant foreign writers, half philosophers, half *chefs*, that we are the *worst* cooks on the face of the earth; and that the proverb which alludes to the divine origin of food, and the precisely opposite origin of its preparers, is peculiarly applicable to us islanders. Not however, to the inhabitants of the whole island; for, it is stated in a work which treats of culinary operations north of the Tweed, that the "broth" of Scotland claims, for excellence and wholesomeness, a very close second place to the *bouillion*, or common soup of France. "*Three* hot meals of broth and meat, for about the price of ONE roasting joint," our Scottish brothers and sisters get, they say; and we hasten to assent to what we think is now a very well ascertained fact. We are glad to note, however, that soups of vegetables, fish, meat and game, are now constantly found in the homes of the English middle classes, as well as in the mansions of the wealthier and more aristocratic; and we take this to be one evidence, that we are on the right road to an improvement in our system of cookery. One great cause of many of the spoilt dishes and badly-cooked meats which are brought to our tables is, we think, and most will agree with us, a non-acquaintance with "common, every-day things." Entertaining this view, we intend to preface the chapters of this work with a simple scientific *résumé* of interesting and important circumstances which relate to the food we have to prepare, and the theory and chemistry of the various culinary operations. Accordingly, this is the proper place to treat of the quality of the flesh of animals, and to describe some of the circumstances which alter it for good or bad. We will, therefore, commence with the circumstance of *age*, and examine how far this affects the quality of the meat.

260. ***The flesh of animals.***—During the period between the birth and maturity of animals, their flesh undergoes very considerable changes. For instance, when the animal is young, the fluids which the tissues of the muscles contain possess a large proportion of what is called *albumen* and much gelatine. This albumen, which is also the chief component of the white of eggs, possesses the peculiarity of coagulating or hardening at a certain temperature, like the white of a boiled egg, into a soft, white fluid, no longer soluble, or capable of being dissolved in water. As animals grow older, this gelatine gradually decreases in proportion to the fibrin, and to the other constituents of the flesh. Thus, the reason why veal, lamb and young pork are *white* when cooked is, that the large quantity of albumen they contain hardens, or becomes coagulated. The chief characteristic of young meat is the large quantity of gelatine it contains in parts that afterwards become hard or bony.

The quality of the flesh of animals is considerably influenced by the nature of the *food on which it has been fed;* for the food supplies the material which produces the flesh. If the food be not suitable and good, the meat cannot be good either; just as the paper on which these words are printed could not be good, if the rags from which it is made were not of a fine quality. To the experienced in this matter, it is well known that the flesh of animals fed on farinaceous produce, such as corn, pulse, &c., is firm, well-flavoured, and also economical in the cooking; that the flesh of those fed on succulent and pulpy substances, such as roots, possesses these qualities in a somewhat less degree; whilst the flesh of those whose food contains fixed oil, as linseed, is greasy, high-coloured, and gross in the fat, and, if the food has been used in large quantities, possessed of a rank flavour.

261. ***Health of animals.***—It is indispensable to the good quality of meat that the animal should be *perfectly healthy* at the time of its slaughter. However slight the disease in an animal may be, inferiority in the quality of its flesh, as

food, is certain to be produced. In most cases, indeed, as the flesh of diseased animals has a tendency to very rapid putrefaction, it becomes not only unwholesome, but absolutely poisonous, on account of the absorption of the *virus* of the unsound meat into the systems of those who partake of it. The external indications of good and bad meat will be described under its own particular head; but we may here premise that the lyer of all wholesome meat, when freshly killed, adheres firmly to the bone.

262. ***The treatment of the animal before it is slaughtered*** is another circumstance greatly affecting the quality of meat. This influences its value and wholesomeness to a considerable degree. It will be easy to understand this, when we reflect on those leading principles by which the life of an animal is supported and maintained. These are, the digestion of its food, and the assimilation of that food into its substance. Nature, in affecting this process, first reduces the food in the stomach to a state of pulp, under the name of chyme, which passes into the intestines, and is there divided into two principles, each distinct from the other. One, a milk-white fluid—the nutritive portion—is absorbed by innumerable vessels which open upon the mucous membrane, or inner coat of the intestines. These vessels, or absorbents, discharge the fluid into a common duct, or road, along which it is conveyed to the large veins in the neighbourhood of the heart. Here it is mixed with the venous blood (which is black and impure) returning from every part of the body, and then it supplies the waste which is occasioned in the circulating stream by the arterial (or pure) blood having furnished matter for the substance of the animal. The blood of the animal having completed its course through all parts, and having had its waste recruited by the digested food, is now received into the heart, and by the action of that organ it is urged through the lungs, there to receive its purification from the air which the animals inhales. Again returning to the heart, it is forced through the arteries, and thence distributed, by innumerable ramifications, called capillaries, bestowing to every part of the animal life and nutriment. The other principle—the innutritive portion—passes from the intestines, and is thus got rid of. It will now be readily understood how flesh is affected for bad, if an animal is slaughtered when the circulation of its blood has been increased by over-driving, ill-usage, or other causes of excitement, to such a degree of rapidity as to be too great for the capillaries to perform their functions, and causing the blood to be congealed in its minuter vessels. Where this has been the case, the meat will be dark-coloured, and become rapidly putrid; so that self-interest and humanity alike dictate kind and gentle treatment of all animals destined to serve as food for man.

263. THE CHEMISTRY AND ECONOMY OF SOUP MAKING.

Soup has been, and indeed still is, a mode of preparing food much neglected in this country. It forms the first course of all dinners with any pretension to fashion, but it has not yet come to be an everyday diet of the multitude. And yet it may fairly be said that no food is more digestible and wholesome, and that none offers the same opportunities of utilising material that must otherwise be wasted.

Nearly a hundred years ago Count Rumford wrote: "The richness or quality of a soup depended more upon a proper choice of ingredients, and a proper management of the fire in the combination of those ingredients, than upon the quantity of solid nutritious matter employed; much more upon the art and skill of the cook than upon the sum laid out in the market. I found likewise that the nutritiousness of a soup, or its power of satisfying hunger and affording nourishment appeared always to be in proportion to its apparent richness or palatable-

ness." This is as true to-day as a century ago, as true in the smallest kitchen as in the public establishments where Rumford's experiments were carried out, but how far are we from recognising the truth! The average cook imagines that the goodness of a soup depends upon the weight of meat she puts into it and upon the size of the fire over which she boils it.

264. *Good soup makers.*—We hear often of a cook who professes to be a good soup maker. Nothing is easier than for every cook to become good in this department, but she must remember a few facts and act upon them. 1. That long slow cooking is essential for most soups, and that most recipes give the minimum of time possible, not the maximum desirable. 2. That soup can be made of anything—fish, flesh, fruit or flour, and that the economical housewife uses what she has at hand with a seasoning of common-sense. 3. That a combination of many things produces generally a better result than the use of one or two materials only, the value of which fact is great from the point of view of using scraps.

265. *Clear and thick soups.*—The major part of all soups consists of water; in it is dissolved and suspended a variable amount of soluble and insoluble matter. In clear soups there is only water and various substances in solution; in *purées* much is dissolved, but much more is incapable of solution. And there are all degrees of clearness and thickness between.

Certainly the economic value of soup is greatest when it can be shown that food is made palatable and digestible that would otherwise be wasted; and it is least when to make it has been used what might better have been otherwise eaten. Therefore let us begin by considering soup made of bones, which are practically unusable in any other way.

I say "practically" unusable, because, no doubt, a certain number of bones find their way to the gelatine manufacturers, and from them travel back to our tables in the form of prepared jellies. These are articles of luxury rather than of daily diet.

If any bone is soaked in a solution of weak acid it softens, but keeps its shape and appearance and about a third of its former weight. The same thing happens with the bone from a joint cooked for table. If then the soaked bone is boiled, in time it wholly disappears and nothing is left of it as a bone, though the water it was boiled in sets, or partially sets, into a jelly.

This very simple experiment shows that about one-third of every bone is soluble in water, and can by long boiling be brought into such a state that it is fit for food. Or, to put it in another way, in every pound weight of bone there are 5oz. of good food. Allow for the difficulty of getting at the whole of the 5oz. by any household method, and we still have an amount of food in a pound of bone altogether out of proportion with the relative prices of meat and bone.

266. *How to extract the gelatine.*—The practical question is how to get at it. By long continued boiling at a high temperature. Fast boiling is no good, for a saucepan that "gallops" only rises to 212° on a Fahrenheit thermometer, and one that simmers rises to exactly the same point. Salt in the water helps a very little. A "digester," of which there is a picture on page 59, helps more, because in it cooking goes on under pressure. Long continued boiling is the best help of all. Two, four, or six hours is not enough. Boiling must go on until the bone has lost a third of its weight, and until the earthy matter is full of little empty holes where gelatine once was. No bones should be thrown away until they have been boiled to this state. Boiling should be counted by days instead of hours, for there is no possibility of soup turning sour so long as it keeps boiling. But of that we shall speak again in giving directions for the management of a stock-pot.

As to the feeding value of bone soups, much has been said, and much remains. It is now generally admitted that although gelatine *alone* is not a diet that will keep one from starvation, yet gelatine *with other foods* can sustain life, and can to some extent replace the flesh-formers or nitrogenous elements that are so often defective in the diet of the poor. It must not be forgotten that it is not pure gelatine that we get in bone-soups. They are opaque and contain albumen, with some perceptible flavouring matter. As to the precise difference between raw and cooked gelatine, that is of little importance in a work that deals necessarily with cooking.

To break bones before boiling also assists greatly in the extraction of the gelatine.

267. ***Vegetable soups.***—Most soups contain vegetables. Even clear soups are flavoured with the soluble extracts, although the vegetable itself does not appear. It is a singular custom that in most other ways of cooking, the vegetable appears and the soluble extracts are wasted.

The food value of vegetable soup chiefly depends on the facts: (1) that the whole of the vegetable is preserved and brought to table; (2) that it is brought in a very digestible form.

The common way of cooking vegetables is to boil them in water and to throw the water away. There is a common prejudice that the water is poisonous in which some or all vegetables are boiled. We cannot do better than quote Mr. Mattieu Williams's dictum on this subject:—"I must add a few words in advocacy of the further adoption in this country of the French practice of using as *potage* the water in which vegetables generally (excepting potatoes) have been boiled. When we boil cabbages, turnips, carrots, &c., we dissolve out of them a very large proportion of their saline constituents; salts which are absolutely necessary for the maintenance of health; salts without which we become victims of gout, rheumatism, lumbago, neuralgia, gravel, and all the ills that human flesh with a lithic acid diathesis is heir to; *i.e.*, about the most painful series of all its inheritances. The potash of these salts existing therein in combination with organic acids is separated from these acids by organic combustion, and is then and there presented to the baneful lithic acid of the blood and tissues, the stony torture particles of which it converts into soluble lithate of potash, and thus enables them to be carried out of the system."

To which may be added a cordial recommendation to potato soup, utilising the water in which the potato is boiled, together with general advice to serve in some way, as soup, sauce, &c., all vegetable broth.

268. ***Purée soups.***—Many vegetables are more digestible when cooked in a *purée* soup than in any other form. Pea, bean, and lentil soups are the best examples of this. Containing as these pulses do, more nitrogenous matter than any other food substance whatever, they do not require the addition of meat or bones; the custom of adding them has no doubt arisen from ignorance of their nutritive value. They do, and most vegetables do, require the addition of some fat.

Purée soups can be made of any and all vegetables, the rule being to boil such vegetables with a suitable quantity of liquid, and to rub them through a sieve or colander, whatever goes through being fit for food, and then to boil again with more liquid or some floury substance if required. Bread put in soup is often fried; the fat with which it is thus impregnated prevents the entrance of water, and it therefore remains crisp.

Flour soups usually are more or less of the nature of porridge. Bread soups and some rice soups are made, but they are always improved by the addition of vegetable or meat broth. Flour, such as barley, oatmeal, macaroni

semolina, sago, cornflour, is generally added to thicken soup and to bind it together, preventing the liquid from going one way and the solid another. Most vegetables contain little starch, and are improved by a little flour. A great deal might be said in favour of flour soups and porridges, the health of populations where such foods are common being often remarkably good.

269. ***The Basis of all Meat Soups*** being stock, and also of all the principal sauces, it is essential to the success of these culinary operations to know the most complete and economical method of extracting, from a certain quantity of meat, the best possible stock or broth. The theory and philosophy of this process we will, therefore, explain, and then proceed to show the practical course to be adopted.

The component parts of all meat are fibre, fat, gelatine and albumen, with extractives and salts to which some writers have given the name osmayome, the fibres are insoluble, constituting almost all that remains of the meat after it has undergone a long boiling.

They swell up and soften when subjected to the action of hot water and always constitute a valuable and nourishing food.

Meat purées made by pounding soup meat and rubbing it through a sieve utilize what is often wasted. At the same time, taken *alone* without the extractions that have been boiled out of the meat, it has little value.

Fat is dissolved by boiling; but as it is contained in cells covered by a very fine membrane which never dissolves, a portion of it always adheres to the fibres. The other portion rises to the surface of the stock, and is that which has escaped from the cells which were not whole, or which have burst by boiling. Fat is also added to thickened soups, where it combines with starch and does not rise to the top.

Cooked or hydrated gelatine is soluble; it is the basis and the nutritious portion of the stock. When there is an abundance of it, it causes the stock, when cold, to become a jelly.

The extratives and salts are soluble even in cold water, and they give flavour and perfume to the stock. The flesh of old animals contains more than that of young ones. Brown meats contain more than white, and make the stock more fragrant. By roasting meat, a portion is connected to caramel; so by putting the remains of roast meats into your stock-pots, you obtain a better flavour. Liebeg's extract presents these in a tolerable pure form. It is known as an excellent stimulent, and probably clear soup owes its popularity to stimulative properties. But they are not *foods* in the strictest sense of the word.

Albumen has its name from the white of eggs; it can be dissolved in cold or tepid water, but coagulates when it is put into water not quite at the boiling point fig. at 160° Fahr. From this property in albumen, it is evident that if the meat is put into the stock-pot when the water boils, or after this is made to boil up quickly, the albumen, in both cases, hardens. In the first it rises to the surface, in the second it partially dissolves and then rises as scum, but in both it prevents the gelatine and osmazome from dissolving; and hence a thin and tasteless stock will be obtained. It ought to be known, too, that the coagulation of the albumen in the meat, always takes place, more or less, according to the size of the piece, as the parts farthest from the surface always acquire *that degree* of heat which congeals it before entirely dissolving it. Albumen partially dissolved, makes the cloudy appearance of soup and jelly, a coagulated albuman is removed as scum. Hence, clear soups are less nourishing than thick. Scum is wasted food.

Bones ought always to be put into the stock-pot. They are composed of an earthy substance—to which they owe their solidity—of gelatine, and a fatty fluid, something like marrow. *Two ounces* of them contain as much gelatine as *one pound* of meat; but in them, this is so encased in the earthy substance, that boiling

water generally dissolves only the surface of the whole bones. By breaking them, however, you can dissolve more, because you multiply their surfaces; and by reducing them to powder or paste, you can dissolve them entirely; but you must not grind them dry. We have said (269) that gelatine forms the basis of stock; but this, though very nourishing, is entirely without taste; and to make the stock savoury and palatable, it must contain flavouring and salts. Of this, gelatine does not contain a particle; and that is the reason why stock made entirely of it is not liked; but when you add meat or vegetables to the broken or pulverised bones, it makes the stock sufficiently savoury.

270. ***Stock.***—In concluding this part of our subject, the following condensed hints and directions should be attended to in the economy of soup-making:—

I. Beef makes the best brown Stock; veal has less colour and taste, and is used for white stock; whilst mutton sometimes gives it a tallowy smell, far from agreeable, unless the meat has been previously roasted or broiled. Fowls add very little to the flavour of stock, unless they be boiled or roasted. An old fowl has often a flavour more strong than agreeable. Pigeons, when they are old, add the most flavour to it; and a rabbit or partridge is also a great improvement. From the freshest meat the best stock is obtained.

II. If the Meat be boiled solely to make stock, it must be cut up into the smallest possible pieces, put into cold water, and very slowly heated; but, if it is desired to have stock and a piece of savoury meat as well, it is necessary to put a rather large piece into the stock-pot, say sufficient for two or three days, during which time the stock will keep well in most weathers. Choose the freshest meat, and have it cut as thick as possible; for if it is a thin, flat piece, it will not look well, and will be very soon spoiled by the boiling. It is, however, impossible to have at once good boiled meat and first-rate stock, as the objects to be attained and the methods of reaching them are diametrically opposed.

III. Never wash meat unless obliged, as it deprives its surface of all its juices; separate it from the bones, then put it into the stock-pot, and for each pound of meat, let there be one quart of water; press it down with the hand, to allow the air which it contains to escape, and which often raises it to the top of the water.

IV. Put the Stock-pot on a gentle fire, so that it may heat gradually. The albumen, if it is never heated above 160° Fahr. will dissolve, and will not coagulate, but put into cold water and afterwards cooked at an ordinary temperature of simmering it first dissolves, afterwards coagulates; and as it is in this state lighter than the liquid, it rises to the surface. It is this which makes *the scum.* The rising of the hardened albumen has the same effect in clarifying stock as the white of eggs, and as a rule, it may be said that the more scum there is, the clearer will be the stock. Always take care that the fire is very regular.

V. Remove the scum when it rises thickly, if you want clear soup, and do not let the stock boil fast, because then one portion of the scum will be dissolved, and the other go to the bottom of the pot; thus rendering it very difficult to obtain a clear broth. If the fire is regular, it will not be necessary to add cold water in order to make the scum rise; but if the fire is too large at first, it will then be necessary to do so.

VI. When the stock is well skimmed, and begins to boil, put in salt and vegetables, which may be two or three carrots, two turnips, one parsnip, a bunch of leeks and celery tied together. You can add, according to taste, a piece of cabbage, two or three cloves stuck in an onion, and a tomato. The latter gives a very agreeable flavour to the stock. If fried onion be added, it ought, according to the advice of a famous French *chef*, to be tied in a little bag; without this precaution, the colour of the stock is liable to be clouded.

VII. By this time we will now suppose that you have chopped the bones which were separated from the meat, and those which were left from the roast meat of

the day before. Remember, as was before pointed out, that the more these are broken, the more gelatine you will have. The best way to break them up is to pound them roughly in an iron mortar, adding from time to time, a little water, to prevent them getting heated. It is a great saving thus to make use of the bones of meat, which, in too many English families, we fear, are entirely wasted; for it is certain, as previously stated (No. 264), that two ounces of bone contain as much gelatine (which is the nutritive portion of stock) as one pound of meat In their broken state tie them up in a bag, and put them in the stock-pot; adding the gristly parts of cold meat, and trimmings, which can be used for no other purpose. It improves both colour and flavour to fry some of the meat and vegetables, but no flour must be used unless the soup is to be thick. If, to make up the weight, you have received from the butcher a piece of mutton or veal, broil it slightly over a clear fire before putting it in the stock-pot, and be very careful that it does not contract the least taste of being smoked or burnt. For making clear soup it is essential that everything should be spotlessly clean. Nothing is more certain to make it thick than dirty vegetables or meat.

VIII. Add now the Vegetables, which, to a certain extent, will stop the boiling of the stock. Wait, therefore, till it simmers well up again, then draw it to the side of the fire, and keep it gently simmering till it is served, preserving, as before said, your fire always the same. Cover the stock-pot well, to prevent evaporation; do not fill it up, even if you take out a little stock, but only enough to cover it. After six hours' slow and gentle simmering, the stock is done; but, generally speaking, the longer it boils the better it will be.

Note.—It is on a good stock, or first good broth or sauce, that excellence in cookery depends. If the preparation of this basis of the culinary art is entrusted to negligent or ignorant persons, and the stock is not well skimmed, but indifferent results will be obtained. The stock will never be clear; and when it is obliged to be clarified, it is deteriorated both in quality and flavour. In the proper management of the stock-pot an immense deal of trouble is saved, inasmuch as one stock, in a small dinner, serves for all purposes. Above all things, the greatest economy, consistent with excellence, should be practised, and the price of everything which enters the kitchen correctly ascertained. The *theory* of this part of Household Management may appear trifling but its practice is extensive, and therefore it requires the best attention.

271. MANAGEMENT OF A HOUSEHOLD STOCK-POT.

In all cooking operations it happens that there is a constant demand for half a pint of stock to make gravy or for a few pints of stock to form the basis of a soup. Recipes for making excellent stocks are given among those that follow. There is white stock or *blond de veau*, strong brown stock, and *consommé* which is nothing more or less than double stock, or stock made of a second edition of fresh meat, using the first stock instead of water. It remains to be shown how a careful cook can always have stock at hand without any augmentation of the butcher's bill.

The first consideration is the material required for the stock-pot. A digester with a screwed down lid is good. An earthenware pot with cover, such as is used for pot au feu is also good. A good sized iron saucepan with a good lid may serve. A copper pan, tinned inside, with a tap at the bottom to draw off the stock, is best of all, but rare. The ingredients should be everything in the way of meat, bones, gravies and flavouring that would be otherwise wasted. Shankbone of mutton, gravy left when the half eaten leg was moved to another dish, trimmings of beefsteak that went into a pie, remains of gravies, bacon rinds and bones, poultry giblets, bones of roast meat, scraps of vegetable, cooked or uncooked, with a due allowance of water and seasoning. Nothing is too insignificant to be useful. The only thing to be remembered is that if flour or potatoes go in, the soup will never be clear.

The time for cooking is limitless. Such a pot in most houses should be alway

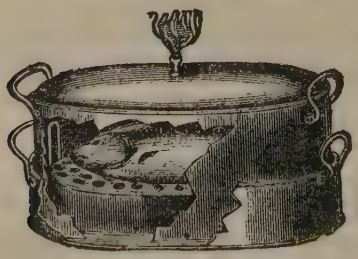
on the fire. In the hottest weather it should be turned out and scalded every day, but generally every day or two is enough, and in cold weather it may go on cooking with additions for the whole of a week. To make anything thoroughly *boil* is always the surest way of stopping fermentation; to keep it luke warm the surest way of promoting it. Broth is more likely to ferment if it has vegetables in it. The amount of stock that can be made in this way astonishes most cooks. The stock-pot acts on the principle of the penny savings-bank. It also enables bones to be boiled as they very seldom are boiled. Most boiled meat is the better flavoured for being boiled in a stock-pot, and the stock-pot is always the better for the addition of meat liquor instead of water.

However weak the stock is, it is always better to use it than water for soups and gravies. Vegetable stock is far better than none. White stock is made of veal, and of bones that have been boiled once or contain only gelatine.

No vegetable has of late gained so much in popularity as the tomato, nor is this surprising, now that it is so generally known what a valuable ingredient it forms in soups, salads and savoury dishes. We give recipes for tomato soups in "Vegetarian Cookery" as well as in the preceding chapter, but they may also be used with advantage in others, such as mulligatawny, to which the pleasant acid of the fruit is an improvement.

THE TOMATO.

The tomato may fairly be considered a most generally useful vegetable, inasmuch as it can be cooked in such a variety of ways, while eaten raw, as a salad, it is most refreshing, and as a pickle, excellent. When fresh tomatoes are not to be had, tinned ones can be used for very many hot dishes, and answer extremely well for soup, for this vegetable is one of the best of the tinned imports.



STEAMER.

RECIPES FOR SOUPS.

CHAPTER VII.

[It will be seen, by reference to the following Recipes, that an entirely original and most intelligible system has been pursued in explaining the preparation of each dish. We would recommend the young housekeeper, cook, or whoever may be engaged in the important task of "getting ready" the dinner or other meal, to follow precisely the order in which the recipes are given. Thus, let them first place on their table all the INGREDIENTS necessary; then the *modus operandi*, or MODE of preparation, will be easily managed. By a careful reading, too, of the Recipes, there will not be the slightest difficulty in arranging a repast for any number of persons, and an accurate notion will be gained of the TIME the cooking of each dish will occupy, of the periods at which it is SEASONABLE, as also of its AVERAGE COST.

The addition of the natural history, and the description of the various properties of the edible articles in common use in every family, will be serviceable both in a practical and an educational point of view.

Speaking specially of the Recipes for Soups, it may be added, that by the employment of the BEST, MEDIUM, or COMMON STOCK, the quality of the Soups and their cost may be proportionately increased or lessened.]

STOCKS FOR ALL KINDS OF SOUPS.

272.—RICH STRONG STOCK. (*Fr.*—Grand Bouillon.)

Ingredients.—4 lbs. of shin of beef, 4 lbs. of knuckle of veal, ½ lb. of good lean ham, any poultry trimmings, 2 oz. of butter, 3 onions, 3 carrots, 3 turnips (the latter should be omitted in summer, lest they ferment); 1 head of celery, a few chopped mushrooms, when obtainable; 1 tomato, a bunch of savoury herbs, not forgetting parsley; 1½ oz. of salt, 3 lumps of sugar, 12 white pepper-corns, 6 cloves, 3 small blades of mace, 6 quarts of water.

Mode.—Line a delicately clean stewpan with the ham, cut in thin broad slices, carefully trimming off all its rusty fat; cut up the beef and veal in pieces about 3 inches square, and lay them on the ham; set it on the stove, and draw it down, and stir frequently. When the meat is equally browned, put in the beef and veal bones, the poultry trimmings, and pour

in the cold water. Skim well, and occasionally add a little cold water to stop its boiling, until it becomes quite clear; then put in all the ingredients, and simmer very slowly for 5 hours. Do not let it come to a brisk boil, that the stock be not wasted, and that its colour may be preserved. Strain through a very fine hair sieve, or cloth, and the stock will be fit for use.

Time.—5 hours. **Average Cost,** 1*s.* per quart.

273.—MEDIUM STOCK. (*Fr.*—Bouillon.)

Ingredients.—4 lbs. of shin of beef, or 4 lbs. of knuckle of veal, or 2 lbs. of each; any bones, trimmings of poultry, or fresh meat, ½ lb. of lean bacon or ham, 2 oz. of butter, 2 large onions, each stuck with cloves; 1 turnip, 3 carrots, 1 head of celery, 3 lumps of sugar, 2 oz. of salt, ½ a tea-spoonful of whole pepper, 1 large blade of mace, 1 bunch of savoury herbs, 8 quarts of cold water.

Mode.—Cut up the meat and bacon, or ham, into pieces of about 3 inches square; rub the butter on the bottom of the stew-pan; put in ½ a pint of water, the meat, and all the other ingredients. Cover the stewpan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale, jelly-like substance, add the 8 quarts of cold water, and simmer very gently for 5 hours. As we have said before, do not let it boil quickly. Remove every particle of scum whilst it is doing, and strain it through a fine hair sieve.

This stock is the basis of many of the soups afterwards mentioned, and will be found quite strong enough for ordinary purposes.

Time.—5½ hours. **Average Cost,** 8*d.* per quart.

274.—ECONOMICAL STOCK. (*Fr.*—Bouillon.)

Ingredients.—The liquor in which a joint of meat has been boiled, say 4 quarts; trimmings of fresh meat or poultry, shank bones, &c., roast-beef bones, any pieces the larder may furnish; vegetables, spices, and the same seasoning as in the foregoing recipe, No. 273.

Mode.—Let all the ingredients simmer gently for 6 hours, taking care to skim carefully at first. Strain it off, and put by for use.

Time.—6 hours. **Average Cost,** 3*d.* per quart.

275.—GRAVY STOCK.

Ingredients.—2 lbs. shin of beef, a few slices of bacon, 4 onions, 3 carrots, 1 leek, 1 head of celery or some celery seed, a bunch of mixed herbs, salt and pepper.

Mode.—Put a layer of the onions in a saucepan holding a gallon, over this the bacon, and over that the beef, chopped into small pieces; then

add sufficient cold water to cover the contents of the pan with the vegetables, herbs and seasoning.

Boil about 3 hours, and strain off the liquor and free it from fat.

Average Cost, *6d.* per pint.

276.—CLEAR STOCK. (*Fr.*—Consommé.)

Ingredients.—The carcasses and any parts left of 2 roast fowls, 1 lb. lean beef, ½ lb. of ham, 3 oz. of butter, 2 onions, 3 carrots, 1 leek, 2 quarts of common stock, a bunch of herbs, pepper and salt.

Mode.—Chop up the fowls and toss them, with the onions, cut in slices, in the butter in a saucepan. Let them get cold, then add the beef and ham, cut in small pieces; fill up the saucepan with the stock, adding the vegetables, herbs and seasoning; let the whole simmer for about 3 hours, then strain free from fat and clarify.

Average Cost, *1s.* per quart.

277.—BONE STOCK.

Ingredients.—4 lbs. of bones, 2 or 3 carrots, 2 onions, a bunch of herbs, pepper and salt and a few cloves, 4 quarts of water.

Mode.—Chop the bones and put them, with the seasoning and the onion, in an air-tight vessel and let them boil for 8 hours; then strain and remove the fat.

Time.—8 to 9 hours.—**Average Cost,** 1½*d.* per quart.

278.—WHITE STOCK. (*Fr.*—Blond de Veau.)

(*To be used in the preparation of White Soups.*)

Ingredients.—4 lbs. of knuckle of veal, any poultry trimmings or a rabbit, 4 slices of lean ham, 3 carrots, 2 onions, 1 head of celery, 12 white pepper-corns, 2 oz. of salt, 1 blade of mace, a bunch of herbs, 1 oz. butter, 4 quarts of water.

Mode.—Cut up the veal, and put it, with the bones and trimmings of poultry and the ham, into the stewpan, which has been rubbed with the butter. Moisten with ½ a pint of water, and simmer till the gravy begins to flow. Then add the 4 quarts of water and the remainder of the ingredients; simmer for 5 hours. After skimming and straining it carefully through a very fine hair sieve, it will be ready for use.

Time.—5½ hours. **Average Cost,** *1s.* per quart.

Note.—When stronger stock is desired, double the quantity of veal, or put in an old fowl. The liquor in which a young turkey or a fowl has been boiled is an excellent addition to all white stock or soups, and the bird is better boiled in the stock-pot than in water. Bones that have been boiled once for brown stock can be boiled again with fresh vegetables for white.

279.—VEGETABLE STOCK.

Ingredients.—3 carrots, 2 onions, 1 leek, 2 turnips, the outside leaves of a stick of celery, 1 lettuce, 6 oz. of butter, a bunch of mixed herbs, pepper and salt, a few cloves and mace to taste, and a pinch of sugar; 2 tomatoes, when they can be had, are an improvement; 2 quarts of water.

Mode.—Cut the vegetables small, and toss them in the butter for half an hour, then add the lettuce, shred herbs and seasoning and the water, and let the whole stew gently for 1½ hour; then strain through a cloth.

Time.—2 hours. **Average Cost,** 6*d.* per quart.

Seasonable at any time.

280.—FISH STOCK. (*Fr.*—Bouillon.)

Ingredients.—2 lbs. of any kind of fish that is cheap, such as skate, plaice, flounders or small eels, or the trimming and heads of uncooked fish, a head of celery, a root of parsley, a blade or two of mace, a bay leaf, a few cloves and white pepper and salt to taste; 3 quarts of water.

Mode.—Put the whole into a pan, and let it simmer gently for a couple of hours; then strain off the liquor.

Time.—2 hours. **Average Cost,** 3*d.* per quart.

Seasonable at any time.

281.—BROWNING FOR STOCK. (*Fr.*—Caramel.)

Ingredients.—2 oz. of powdered sugar, and ½ a pint of water.

Mode.—Place the sugar in a stewpan over a slow fire, until it begins to melt, keeping it stirred with a wooden spoon until it becomes black, when add the water gradually, off the fire, and let it dissolve. Cork closely, and use a few drops when required. Sutton's "Browning," for soups, etc., is the best bought preparation for colouring, it imparting no unpleasant taste.

Note.—In France, burnt onions and roux are used for the purpose of browning.

282.—TO CLARIFY STOCK. (*Fr.*—Bouillon Clarifié.)

Ingredients.—The whites of 2 eggs, ½ a pint of water, 2 quarts stock.

Mode.—Supposing that by some accident the soup is not quite clear, and that its quantity is 2 quarts, take the whites and shells of 2 eggs, carefully separated from their yolks, whisk them well together with the water, and still whisking, add them gradually to the 2 quarts of stock, which must be just warmed. Place the soup on the fire and whisk it well; when boiling draw it to the side of the fire, and let it stand until the whites of the eggs become separated and a good scum has formed. Pass through a fine cloth, and the soup should be clear.

Finely scraped lean meat is also used for clarifying, in the proportion of ½ a lb. to 2 quarts of stock; or eggs and meat together can be used. The meat greatly improves the flavour. It is a good plan to add also a few fresh vegetables cut small, and a bunch of sweet herbs.

Most cooks put in a couple of lumps of sugar when heating the soup for table.

Note.—The rule is, that all clear soups should be of a light sherry-colour, and should not savour too strongly of the meat; and that all white or brown thick soups should have no more consistency than will enable them to adhere slightly to the spoon when hot. All *purées* should be somewhat thicker.

RECIPES FOR VEGETABLE SOUPS.

283.—ALMOND SOUP. (*Fr.*—Potage d'Amandes au Crême.)

Ingredients.—4 lbs. of lean beef or veal, ½ a scrag of mutton, 8 oz. of vermicelli, 4 blades of mace, 6 cloves, ½ lb. of sweet almonds, the yolks of 6 eggs, 1 gill of thick cream, 3 quarts of water.

Mode.—Boil the beef, or veal, and the mutton, gently in water that will cover them, till the gravy is very strong and the meat very tender; then strain off the gravy, and set it on the fire with the specified quantities of vermicelli, mace and cloves, to 2 quarts. Let it boil till it has the flavour of the spices. Have ready the almonds, blanched and pounded very fine; the yolks of the eggs boiled hard; mixing the almonds, whilst pounding, with a little of the soup, lest the latter should grow oily. Pound them till they are a mere pulp, and keep adding to them, by degrees, a little soup, until they are thoroughly mixed together. Let the soup be cool when mixing, and do it perfectly smooth. Strain it through a sieve, set it on the fire, stir frequently, and serve hot. Just before taking it up, add the cream. Serve with sippets of fried bread.

Time.—3 hours. **Average Cost,** 2*s.* per quart.

Seasonable all the year.

Sufficient for 10 persons.

ALMOND AND BLOSSOM.

The Almond Tree.—This tree is indigenous to the northern parts of Asia and Africa; but it is now cultivated in Europe, especially in the south of France, Italy and Spain. It flowers in spring, and produces its fruit in August. Although there are two kinds of almonds, the *sweet* and the *bitter*, they are considered as only varieties of the same species. The best sweet almonds brought to England are called the Syrian or Jordan, and come from Malaga; the inferior qualities are brought from Valentia and Italy. *Bitter* almonds come principally from Mogador. Anciently, the almond was much esteemed by the nations of the East. Jacob included it among the presents which he designed for Joseph. The Greeks called it the Greek or Thrasian nut, and the Romans believed that by eating half a dozen of them they were secured against drunkenness, however deeply they might imbibe. Almonds, however, are considered as very indigestible. The *bitter* contain, too, principles which produce two violent poisons—prussic acid and a kind of volatile oil. It is consequently dangerous to eat them in large quantities. Almonds pounded together with a little sugar and water, however, produce a milk similar to that which is yielded by animals. Their oil is used for making fine soap, and their cake as a cosmetic.

284.—APPLE SOUP. (*Fr.*—Purée de Pommes.)

Ingredients.—2 lbs. of good boiling apples, ¾ teaspoonful of white pepper, 6 cloves, cayenne or ginger to taste, 3 quarts of medium stock, No. 273.

Mode.—Peel and quarter the apples, taking out their cores; put them into the stock, stew them gently till tender. Rub the whole through a strainer or sieve, add the seasoning, give it one boil up, and serve.

Time.—1 hour. **Average Cost,** 10*d.* per quart.

Seasonable from September to December.

Sufficient for 10 persons.

The Apple.—This useful fruit is mentioned in Holy Writ; and Homer describes it as valuable in his time. It was brought from the East by the Romans, who held it in the highest estimation. Indeed, some of the citizens of the "Eternal City" distinguished certain favourite apples by their names. Thus the Manlians were called after Manlius, the Claudians after Claudius, and the Appians after Appius. Others were designated after the country whence they were brought; as the Sidonians, the Epirotes and the Greeks. The best varieties are natives of Asia, and have, by grafting them upon others, been introduced into Europe. The crab, found in our hedges, is the only variety indigenous to Britain; therefore, for the introduction of other kinds we are, no doubt, indebted to the Romans. In the time of the Saxon heptarchy, both Devon and Somerset were distinguished as *the apple country;* and there are still existing in Herefordshire some trees said to have been planted in the time of William the Conqueror. From that time to this, the varieties of this precious fruit have gone on increasing, and are now said to number upwards of 1,500. It is peculiar to the temperate zone, being found neither in Lapland, nor within the Tropics. The best baking apples for early use are the Colvilles; the best for autumn are the Rennets and Pearmains; and the best for winter and spring are Russets. The best table or eating apples, are the Margarets for early use; the Kentish Codlin and summer Pearmain for summer; and for autumn, winter, or spring, the Dowton, golden and other pippins, as the Ribstone, with small Russets. As a food, the apple cannot be considered to rank high, as more than the half of it consists of water, and the rest of its properties are not the most nourishing. It is, however, a useful adjunct to other kinds of food, and, when cooked, is esteemed as slightly laxative.

APPLE AND BLOSSOM.

285.—ARTICHOKE SOUP. (*Fr.*—Purée d'Artichauts.)

Ingredients.—3 slices of lean bacon or ham, ½ a head of celery, 1 turnip, 1 onion, 3 oz. of butter, 4 lbs. of artichokes, 1 pint of boiling milk, or ½ pint of boiling cream, salt and cayenne to taste, 2 lumps of sugar, 2½ quarts of white stock, No. 278.

Mode.—Put the bacon and vegetables, which should be cut into thin slices, into the stewpan with the butter. Cook these for ¼ of an hour, keeping them well stirred, but do not let them colour. Wash and pare the artichokes, and after cutting them into thin slices, add them, with a pint of stock, to the other ingredients. When these have gently stewed down to a smooth pulp, put in the remainder of the stock. Stir it well, adding the seasoning, and when it has simmered for five minutes, pass it through a strainer or sieve. Now pour it back into the stewpan, let it

again simmer five minutes, taking care to skim it well, and stir into it the boiling milk or cream. Serve with small sippets of bread fried in butter.

Time.—1 hour. **Average Cost,** 1*s.* 10*d.* per quart.

Seasonable from June to October.

286.—CLEAR ASPARAGUS SOUP. (*Fr.*—Potage aux Pointes d'Asperges.)

Ingredients.—5 lbs. of lean beef, 3 slices of bacon, ½ pint of pale ale, a few leaves of white beet, spinach, 1 cabbage lettuce, a little mint, sorrel, and marjoram, a pint of asparagus-tops, cut small, the crust of 1 French roll, seasoning to taste, 2 quarts of water.

Mode.—Put the beef, cut in pieces and rolled in flour into a stewpan, with the bacon at the bottom; cover it close, and set it on a slow fire, stirring it now and then till the gravy is drawn. Put in the water and ale, and season to taste with pepper and salt, and let it stew gently for 2 hours; then strain the liquor, and take off the fat, and add the white beet; spinach, cabbage lettuce and mint, sorrel and sweet marjoram, pounded. Let these boil up in the liquor, then put in the asparagus-tops, cut small, and allow them to boil till all is tender. Serve hot, with the crust of the French roll cut into small rounds or squares in the dish.

Time.—Altogether 3 hours. **Average Cost,** per quart, 3*s.*

Seasonable from May to August.

Sufficient for 8 persons.

287.—ASPARAGUS SOUP. (*Fr.*—Purée d'Asperges.)

Ingredients.—1½ pint of split peas, a teacupful of gravy, 4 young onions, 1 lettuce cut small, ½ a head of celery, ½ a pint of asparagus, cut small, ½ a pint of cream, 3 quarts of water.

Mode.—Boil the peas, and rub them through a sieve; add the gravy, and then stew by themselves the celery, onions, lettuce and asparagus, with the water. After this, stew all together, and add the colouring and cream, and serve.

Time.—Peas 2½ hours, vegetables 1 hour; altogether 4 hours.

Average Cost, 1*s.* per quart.

ASPARAGUS.

Asparagus.—The ancients called all the sprouts of young vegetables asparagus, whence their name, which is now limited to a particular species, embracing artichoke, alisander, asparagus, cardoon, rampion and sea-kale. They are originally mostly wild sea-coast plants; and, in this state, asparagus may still be found on the northern as well as southern shores of Britain. It is often vulgarly called, in London, *sparrowgrass;* and, in its cultivated form, hardly bears any resemblance to the original plants. Immense quantities of it are raised for the London market, at Mortlake and Deptford; but it belongs rather to the classes of luxurious than necessary food. It is light and easily digested, but is not very nutritious.

288.—BAKED SOUP.

Ingredients.—1 lb. of any kind of meat, any trimmings or odd pieces, 2 onions, 2 carrots, 1 oz. of rice, 1 pint of split peas, pepper and salt to taste, 4 quarts of water.

Mode.—Cut the meat and vegetables in slices; add to them the rice and peas; season with pepper and salt. Put the whole in a jar, fill up with the water, cover very closely, and bake for 4 hours.

Time.—4 hours. **Average Cost,** 3½*d.* per quart.

Seasonable at any time.

Sufficient for 10 or 12 persons.

Note.—This will be found a very cheap and wholesome soup, and will be convenient in those cases where baking is more easily performed than boiling.

289.—BARLEY SOUP. (*Fr.*—Potage d'Orge.)

Ingredients.—2 lbs. of shin of beef, ¼ lb. of pearl barley, a large bunch of parsley, 4 onions, 6 potatoes, salt and pepper, 4 quarts of water.

Mode.—Put in all the ingredients, and simmer gently for 3 hours.

Time.—3 hours. **Average Cost,** 5*d.* per quart.

Seasonable all the year, but more suitable for winter.

BARLEY.

Barley.—This, in the order of cereal grasses, is in Britain, the next plant to wheat in point of value, and exhibits several species and varieties. From what country it comes originally is not known; but it was cultivated in the earliest ages of antiquity, as the Egyptians were afflicted with the loss of it in the ear in the time of Moses. It was a favourite grain with the Athenians, but it was esteemed as an ignominious food by the Romans. Notwithstanding this, however, it was much used by them; it was in former times by the English, and still is, in the Border counties, in Cornwall, and also in Wales. In other parts of England, it is used mostly for malting purposes. It is less nutritive than wheat; and in 100 parts, has of starch 79, gluten 6, saccharine matter 7, husk 8. It is, however, a lighter and less stimulating food than wheat, which renders a decoction of it well adapted for invalids whose digestion is weak.

290.—BEAN SOUP. (*Fr.*—Potage aux Haricots rouges.)

Ingredients.—1 pint black beans, 1 lemon, 1 glass of claret, cloves, 2 quarts of medium stock, No. 273.

Mode.—Soak the beans overnight; in the morning strain off the water and put them into a stewpan, with the stock and a few cloves. Boil for 4 or 5 hours; half an hour before serving, mash the beans and strain the whole through a sieve. Let it get hot again, then pour in the claret, slice the lemon into the soup, and serve.

Time.—5 hours. **Average Cost,** 1*s* 2*d* per quart.

Seasonable in winter.

291.—BROAD BEAN SOUP. (*Fr.*—Purée de Feves.)

Ingredients.—1 qt. beans, shelled; ½ lb. bacon, a little spinach greening, 3 oz. fresh butter, a small bunch of herbs, a dessert spoonful of flour, pepper and salt, and a pinch of castor sugar, 3 quarts of stock No. 274.

Mode.—Skin the beans and boil them with the bacon and herbs in plenty of salted water till thoroughly done; then drain off the water and pass the beans through a hair sieve. Mix an ounce of butter in a saucepan (not an iron one) with a dessert-spoonful of flour; add the bean pulp and common stock, the seasoning, and enough greening to give the soup a good colour, let it come to the boil and add the remainder of the butter at the time of serving Serve with dice of fried bread.

Time.—½ an hour to cook the beans. **Average Cost,** 8*d.* per quart.

Seasonable from June to August.

292.—POTAGE À LA BONNE FEMME.

Ingredients.—1 onion, ½ a cucumber, 1 lettuce, a handful of sorrel, 2 sprigs of chervil, 12 of tarragon, 1 oz. of butter, a small teaspoonful of sugar, yolks of 2 eggs, 1 gill of cream or new milk, 1½ pints of white stock, a French roll, salt, nutmeg.

Mode.—Shred the vegetables very finely, put the chopped onion in a pan with the butter, but do not let it brown; add the vegetables, and stir them over a slow fire for ten minutes. Put in the spice and sugar, the stock boiling, and boil for another ten minutes. The vegetables should not be cooked to a mash. When cool add the yolks and the cream. Cut the roll in thin slices or fingers, leaving the crust on. Dry them in a slow oven, and serve in the soup. Fried bread may be substituted.

Time.—Half an hour. **Average Cost,** 2*s.*

Seasonable in early summer.

293.—BREAD SOUP. (*Fr.*—Soupe au Pain.)

(*Economical.*)

Ingredients.—1 lb. of bread crusts, 1 oz. butter, 2 qts. of common stock, No. 274.

Mode.—Boil the bread-crusts in the stock with the butter; beat the whole with a spoon, and keep it boiling till the bread and stock are well mixed. Season with a little salt.

Time—Half an hour. **Average Cost,** 7*d.* per quart.

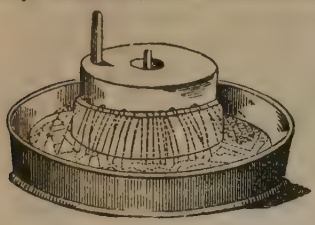
Seasonable at any time.

Sufficient for 6 or 9 persons.

Note.—This is a cheap recipe, and will be found useful where extreme economy is an object.

BREAD.—The origin of bread is involved in the obscurity of distant ages. The Greeks attributed the invention to Pan: but before they themselves had an existence, it was, no doubt, in use among

the primitive nations of mankind. The Chaldeans and the Egyptians were acquainted with it, and Sarah, the wife of Abraham, mixed flour and water together, kneaded it and covered it with ashes on the hearth. The Scriptures inform us that leavened bread was knowu to the Israelites, but it is not known when the art of fermenting it was discovered. It is said that the Romans learnt it during their wars with Perseus, King of Macedon, and that it was introduced to the "imperial city" about 200 years before the birth of Christ. With them it no doubt found its way into Britain; but after their departure from the island, it probably ceased to be used. We know that King Alfred allowed the unfermented cakes to burn in the neatherd's cottage; and that even in the sixteenth century, unfermented cakes, kneaded by the women, were the only kind of bread known to the inhabitants of Norway and Sweden. The Italians of this day consume the greater portion of their flour in the form of *polenta*, or soft pudding, vermicelli and macaroni; and, in the remoter districts of Scotland, much unfermented bread is used. We give a cut of the *quern* grinding-mill, which, towards the end of the last century, was in use in that country, and which is thus described by Dr. Johnson in his "Journey to the Hebrides:"—"It consists of two stones about a foot and a half in diameter; the lower is a little convex, to which the concavity of the upper must be fitted. In the middle of the upper stone is a round hole, and one side is a long handle. The grinder sheds the corn gradually into the hole with one hand, and works the handle round with the other. The corn slides down the convexity of the lower stone, and, by the motion of the upper, is ground in its passage." Such a primitive piece of machinery, it may safely be said, has entirely disappeared from this country.—In other parts of this work, we shall have opportunities of speaking of bread and bread-making, which, from its great and general use in the nourishment of mankind, has emphatically been called the "staff of life." The necessity, therefore, of having it pure and good is of the first importance.



QUERN, OR GRINDING-MILL.

294.—CABBAGE SOUP. (*Fr.*—Soupe aux Choux.)

Ingredients.—1 large cabbage, 1 onion, salt and pepper to taste, 3 quarts of medium stock, No. 273; 2 tablespoonfuls of semolina.

Mode.—Shred the cabbage, blanch and strain it. Put it with the onion into boiling stock, and simmer for ten minutes, shake in the semolina and cook till clear; add the seasoning and pour over some croutons placed in the tureen.

Time.—¾ of an hour. **Average Cost,** 9*d.* per quart.

Seasonable at any time.

Sufficient for 8 persons.

The Cabbage.—It is remarkable, that although there is no country in the world now more plentifully supplied with fruits and vegetables than Great Britain, yet the greater number of these had no existence in it before the time of Henry VIII. Anderson, writing under the date of 1548, says: "The English cultivated scarcely any vegetables before the last two centuries. At the commencement of the reign of Henry VIII. neither salad, nor carrots, nor cabbages, nor radishes, nor any other comestibles of a like nature, were grown in any part of the kingdom; they came from Holland and Flanders." The original of all the cabbage tribe is the wild plant *seacolewort*, which is to be found *wasting* whatever sweetness it may have on the desert air, on many of the cliffs on the south coast of England. In this state, it scarcely weighs more than half an ounce, yet, in a cultivated state, to what dimensions can it be made to grow! However greatly the whole of the tribe is esteemed among the moderns, by the ancients they were held in yet higher estimation. The Egyptians adored and raised altars to them, and the Greeks and Romans ascribed many of the most exalted virtues to them. Cato affirmed that the cabbage cured all diseases, and declared that it was to its use that the Romans were enabled to live in health, and without the assistance of physicians for 600 years. It was introduced by that people into Germany, Gaul, and, no doubt, Britain; although, in this last, it may have been suffered to pass into desuetude for some centuries. The whole tribe is in general wholesome and nutritive, and forms a valuable adjunct to animal food.

CABBAGE SEEDING.

295.—SAGO SOUP. (*Fr.*—Potage Laçon à la Crême.)

(*An excellent soup, very beneficial for the voice.*)

Ingredients.—3 oz. of sago, ½ pint of milk or cream, the yolks of 3 eggs, 1 lump of sugar, and seasoning to taste; 1 bay leaf (if liked), 2 quarts of medium stock, No. 273.

Mode.—Having washed the sago in water, mix it slowly with the boiling stock. Simmer for ½ an hour, when it should be quite transparent. Beat up the yolks of the eggs, add to them the boiling cream; stir these quickly in the soup, and serve immediately. Do not let the soup boil, or the eggs will curdle.

Time.—40 minutes. **Average Cost,** 10*d.* per quart, with milk.

Seasonable all the year.

Sufficient for 8 persons.

Note.—This is a soup, the principal ingredients of which, sago and eggs, have always been deemed very beneficial to the chest and throat. In various quantities, and in different preparations, these have been partaken of by the principal singers of the day, including the celebrated Swedish Nightingale, Jenny Lind, and, as they have always avowed, with considerable advantage to the voice, in singing.

296.—CARROT SOUP. (*Fr.*—Potage Crécy au Gras.)

Ingredients.—4 quarts of liquor, in which a leg of mutton or beef has been boiled; a few beef-bones, 6 large carrots, 2 large onions, 1 turnip, seasoning of pepper and salt to taste; cayenne.

Mode.—Put the liquor, bones, onions, turnip, pepper and salt, into a stewpan, and simmer for 3 hours. Scrape and cut the carrots thin, strain the soup on them, and stew them till soft enough to pulp through a hair sieve or coarse cloth; then boil the pulp with the soup, which should be of the consistency of pea soup. Add cayenne. Pulp only the red part of the carrot, and make this soup the day before it is wanted.

Time.—4½ hours. **Average Cost,** 1½*d.* per quart.

Seasonable from October to March.

Sufficient for 10 persons.

297.—CARROT SOUP. (*Fr.*—Potage Crécy.)

(*Another Mode.*)

Ingredients.—2 lbs. of carrots, 3 oz. of butter, seasoning to taste of salt and cayenne, 2 quarts of stock or gravy soup.

Mode.—Scrape and cut out all specks from the carrots, wash and wipe them dry, and then reduce them to quarter-inch slices. Put the butter into a large stewpan, and when it is melted, add 2 lbs. of the sliced carrots, and let them stew gently for an hour without browning. Add to

them the soup, and allow them to simmer till tender; say for nearly an hour. Press them through a strainer with the soup, and add salt and cayenne if required. Boil the whole gently for 5 minutes, skim well, and serve as hot as possible. Another and easier way is to grate the raw carrots on a bread-grater or with a knife, add them to the boiling stock, and boil 16 minutes. A teacupful of boiled rice or of fine breadcrumbs is often put in 5 minutes before serving.

Time.—1¼ hours. **Average Cost,** 1*s.* per quart.

The Carrot.—There is a wild carrot which grows in England; but it is white and small, and not much esteemed. The garden carrot in general use was introduced in the reign of Queen Elizabeth, and was, at first, so highly esteemed, that the ladies wore leaves of it in their head-dresses. It is of great value in the culinary art, especially for soups and stews. It can be used also for beer instead of malt: and, in distillation, it yields a large quantity of spirit. The carrot is proportionately valuable as it has more of the red than the yellow part. There is a large red variety much used by the farmers for colouring butter. As a garden vegetable, it is what is called the orange-carrot that is usually cultivated. As a fattening food for cattle, it is excellent: but for man it is indigestible, on account of its fibrous matter. Of 1,000 parts, 95 consist of sugar, and 3 of starch—The accompanying cut represents a pretty winter ornament, obtained by placing a cut from the top of the carrot-root in a shallow vessel of water, when the young leaves spring forth into a charming freshness and fulness.

TAZZA AND CARROT LEAVES.

298.—CARROT AND LENTIL SOUP. (*Fr.*—Crécy aux Lentilles.)

Ingredients.—4 carrots, 2 sliced onions, 1 cut lettuce and chervil; 2 oz. butter, 2 pints of lentils, the crumbs of 2 French rolls, half a teacupful of rice, 4 quarts of medium stock, No. 273.

Mode.—Put the vegetables with the butter in the stewpan, and let them simmer 5 minutes; then add the lentils, which should have been soaked all night, and 1 pint of the stock, and stew gently for half an hour. Now fill it up with the remainder of the stock, let it boil another hour, and put in the crumb of the rolls. When well soaked, rub all through a tammy. Have ready the rice boiled; pour the soup over this, and serve.

Seasonable all the year.

Time.—1¾ hours. **Average Cost,** 11*d.* per quart.

Sufficient for 8 persons.

The Lentil.—(Fr. Lentille.) This belongs to the leguminous or *pulse* kind of vegetables, which rank above the corn plants in their nutritive properties. The lentil is a variety of the bean tribe, but in England is not used as much as it ought to be for human food, although it has become more common of late. On the Continent it is cultivated for soups, as well as for other preparations for the table; and among the presents which David received from Shobi, as recounted in the Scriptures, were beans lentils and parched pulse. Among the Egyptians it was extensively used, and among the Greeks, the Stoics had a maxim, which declared, that "a wise man acts always with reason, and prepares his own lentils." Among the Romans it was not much esteemed, and from them the English may have inherited a prejudice against it, on account, it is said, of its rendering men indolent. It takes its name from *lentus*, "slow," and according to Pliny, produces mildness and moderation of temper. The Egyptian yellow lentils are the cheapest; the German brown are the best.

LENTIL.

299.—CELERY SOUP. (*Fr.*—Purée de Celeri.)

Ingredients.—9 heads of celery, 1 teaspoonful of salt, nutmeg to taste, 1 lump of sugar, ½ a pint of white stock, a pint of cream or milk, and 2 quarts of boiling water, pot liquor or weak broth.

Mode.—Cut the celery into small pieces, throw into the water, seasoned with the nutmeg, salt and sugar. Boil it till sufficiently tender; pass it through a sieve, add the stock and simmer it for half an hour. Now put in the cream or milk, bring it to the boiling point, and serve immediately.

Time.—1 hour. **Average Cost,** 9*d.* per quart.

Seasonable from September to March.

Sufficient for 10 persons.

Note.—This soup can be made brown, instead of white, by omitting the cream, and colouring it a little. When celery cannot be procured, half a drachm of the seed, finely pounded, will give a flavour to the soup, if put in a quarter of an hour before it is done. A little of the essence of celery will answer the same purpose.

Celery.—This plant is indigenous to Britain, and in its wild state grows by the side of ditches and along some parts of the sea-coast. In this state it is called *smallage*, and, to some extent, is a dangerous narcotic. By cultivation, however, it has been brought to the fine flavour which the garden-plant possesses. In the vicinity of Manchester it is raised to an enormous size. When our natural observation is assisted by the accurate results ascertained by the light of science, how infinitely does it enhance our delight in contemplating the products of nature! To know, for example, that the endless variety of colour which we see in plants is developed only by the rays of the sun, is to know a truism sublime by its very comprehensiveness. The cause of the whiteness of celery is nothing more than the want of light in its vegetation, and in order that this effect may be produced, the plant is almost wholly covered with earth; the tips of the leaves alone being suffered to appear above the ground.

300.—CHANTILLY SOUP. (*Fr.*—Purée de petits Pois.)

Ingredients.—1 quart of young green peas, a small bunch of parsley, 2 young onions, 2 quarts of medium stock, No. 273; spinach, leaf or two to colour; a sprig of mint.

Mode.—Boil the peas till quite tender, with the parsley and onions; then rub them through a sieve, and pour the stock to them. Do not let it boil after the peas are added, or you will spoil the colour. Serve very hot, with a few whole peas as garnish.

Time.—Half an hour. **Average Cost,** 1*s.* 1*d.* per quart.

Seasonable from June to the end of August.

Sufficient for 8 persons.

Note.—Cold peas pounded in a mortar, with a little stock added to them, make a very good soup in haste. Pea-shells make as good a soup as the peas themselves, and should always be used.

Parsley.—Among the Greeks, in the classic ages, a crown of parsley was awarded, both in the Nemæan and Isthmian games, and the voluptuous Anacreon pronounces this beautiful herb the emblem of joy and festivity. It has an elegant leaf, and is extensively used in the culinary art. When it was introduced to Britain is not known. There are several varieties—the *plain*-leaved and the *curled*-leaved, *celery*-parsley and *Hamburg*-parsley. The curled is thought the best, and from the form of its leaf has a beautiful appearance on a dish as a garnish. Its flavour is, to many, very agreeable in soups; and although to rabbits, hares and sheep it is a luxury, to parrots it is a poison. The celery-parsley is used as a celery, and the Hamburg is cultivated only for its roots, which are used as parsnips or carrots, to eat with meat.

301.—CHESTNUT SOUP. (*Fr.*—Purée de Marrons.)

Ingredients.—¾ lb. of Spanish chestnuts, ¼ pint of cream, seasoning to taste of salt, cayenne and mace; 1 quart of stock, No. 273.

Mode.—Take the outer rind from the chestnuts, and put them into a large pan of warm water. As soon as this becomes too hot for the fingers to remain in it, take out the chestnuts, peel them quickly, and immerse them in cold water, and wipe and weigh them. Now cover them with good stock, and stew them gently for rather more than ¾ of an hour, or until they break when touched with a fork; then drain, pound, and rub them through a fine sieve reversed; add sufficient stock, mace, cayenne and salt, and stir it often until it boils, and put in the cream. The stock in which the chestnuts are boiled can be used for the soup, when its sweetness is not objected to, or it may, in part, be added to it; and the rule is, that ¾ lb. of chestnuts should be given to each quart of soup.

Time.—Rather more than 1 hour. **Average Cost,** 1s. per quart.

Seasonable from October to February.

Sufficient for 4 persons.

CHESTNUT.

The Chestnut.—This fruit is said, by some, to have originally come from Sardis, in Lydia: and by others, from Castanea, a city of Thessaly, from which it takes its name. By the ancients it was much used as a food, and is still common in France and Italy, to which countries it is, by some, considered indigenous. In the southern part of the European continent, it is eaten both raw and roasted. The tree was introduced into Britain by the Romans; but it only flourishes in the warmer parts of the island, the fruit rarely arriving at maturity in Scotland. It attains a great age, as well as an immense size. As a food, it is the least oily and most farinaceous of all the nuts, and, therefore, the easiest of digestion. The tree called the *horse-chestnut* is very different, although its fruit very much resembles that of the other. Its "nuts," though eaten by horses and some other animals, are unsuitable for human food.

302.—COCOA-NUT SOUP. (*Fr.*—Potage au Coco.)

Ingredients.—6 oz. of grated cocoa-nut, 6 oz. of rice flour, ½ a teaspoonful of mace, seasoning to taste of cayenne and salt, ¼ of a pint of boiling cream, 3 quarts of medium stock, No. 273.

Mode.—Take the dark rind from the cocoa-nut, and grate it down small on a clean grater; weigh it, and allow, for each quart of stock, 2 oz. of the cocoa-nut. Simmer it gently for 1 hour in the stock, which should then be strained closely from it, and thickened for table.

Time.—2¼ hours. **Average Cost,** 1s. 1*d.* per quart.

Seasonable in Autumn.

Sufficient for 10 persons.

The Cocoa-nut.—This is the fruit of one of the palms, than which it is questionable if there is any other species of tree marking, in itself, so abundantly the goodness of Providence, in making

provision for the wants of man. It grows wild in the Indian seas, and in the Eastern parts of Asia; and thence it has been introduced into every part of the tropical regions. To the natives of those climates, its bark supplies the material for erecting their dwellings; its leaves, the means of roofing them; and the leaf-stalks, a kind of gauze for covering their windows, or protecting the baby in the cradle. It is also made into lanterns, masks to screen the face from the heat of the sun, baskets, wicker work, and even a kind of paper for writing on. Combs, brooms, torches, ropes, matting, and sail-cloth are made of its fibres. With these, too, beds are made and cushions stuffed. Oars are supplied by the leaves; drinking cups, spoons, and other domestic utensils by the shells of the nuts; milk by its juice, of which, also, a kind of honey and sugar are prepared. When fermented, it furnishes the means of intoxication; and when the fibres are burned, their ashes supply an alkali for making soap. The buds of the tree bear a striking resemblance to cabbage when boiled; but when they are cropped, the tree dies. In a fresh state, the kernel is eaten raw, and its juice is a most agreeable and refreshing beverage. When the nut is imported to this country, its fruit is, in general, comparatively dry, and is considered indigestible. The tree is one of the least productive of the palm tribe.

COCOA-NUT PALM.

NUT AND BLOSSOM.

303.—CUCUMBER SOUP. (*Fr.*—Potage aux Concombres.)

Ingredients.—1 large cucumber, a piece of butter the size of a walnut, a little chervil and sorrel, cut in large pieces, salt and pepper to taste, the yolks of 2 eggs, 1 gill of cream, 1 quart of medium stock, No. 273.

Mode.—Pare the cucumber, quarter it, and take out the seeds; cut it in thin slices, put these on a plate with a little salt, to draw the water from them; drain, and put them in your stewpan with the butter When they are warmed through, without being browned, pour the stock on them. Add the sorrel, chervil and seasoning, and boil for 40 minutes. Mix the well-beaten yolks of the eggs with the cream, which add at the moment of serving.

Time.—1 hour. **Average Cost,** 1*s.* 2*d.* per quart.

Seasonable from June to September.

Sufficient for 4 persons.

The Cucumber.—The antiquity of this fruit is very great. In the sacred writings we find that the people of Israel regretted it, whilst sojourning in the desert; and at the present time, the cucumber, and other fruits of its class, form a large portion of the food of the Egyptian people. By the Eastern nations generally, as well as by the Greeks and Romans, it was greatly esteemed. Like the melon, it was originally brought from Asia by the Romans, and in the 14th century it was common in England, although, in the time of the wars of "the Roses," it seems no longer to have been cultivated. It is a cold food, and of difficult digestion when eaten raw. As a preserved sweetmeat, however, it is esteemed one of the most agreeable.

304.—EGG SOUP. (*Fr.*—Potage aux Œufs.)

Ingredients.—A tablespoonful of flour, 4 eggs, 2 small blades of finely pounded mace, 2 quarts of stock, No. 273.

Mode.—Beat up the flour smoothly in a tea-spoonful of cold stock, and put in the eggs; throw them into stock, stirring all the time, but do not let it boil. Simmer for ¼ of an hour. Season and serve with a French roll in the tureen, or fried sippets of bread.

Time.—¼ hour. **Average Cost,** 10*d.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

305.—FLEMISH SOUP. (*Fr.* Soupe à la Flamande.)

Ingredients.—1 turnip, 1 small carrot, ½ head of celery, 6 green onions shred very fine, 1 lettuce cut small, chervil, ¼ pint of asparagus, cut small, ¼ pint of peas, 2 oz. butter, the yolks of 4 eggs, ½ pint of cream or milk, salt to taste, 1 lump of sugar, 2 quarts of stock, No. 274, or an equal quantity of water.

Mode.—Put the vegetables in the butter to stew gently for an hour with a teacupful of stock; then add the remainder of the stock, and simmer for another hour. Now beat the yolks of the eggs well, mix with the cream (previously boiled), and strain through a hair sieve. Take the soup off the fire, put the eggs, &c., to it, and keep stirring it well. Bring it nearly to a boil, but do not leave off stirring, or the eggs will curdle. Season with salt, and add the sugar.

Time.—2½ hours. **Average Cost,** 1*s.* 3*d.* per quart.

Seasonable from May to August.

Sufficient for 8 persons.

Chervil (Fr. Cerfeuil.)—Although the roots of this plant are poisonous, its leaves are tender, and are used in salads. In antiquity it made a relishing dish, when prepared with oil, wine and gravy. It is a native of various parts of Europe, and the species cultivated in the gardens of Paris has beautifully frizzled leaves.

306.—FLEMISH SOUP. (*Fr.* Soupe à la Flamande.)

(*Another Mode.*)

Ingredients.—5 onions, 5 heads of celery, 10 moderate-sized potatoes, 3 oz. butter, ½ pint of water, ½ pint of cream or milk, 3 quarts of stock, No. 105.

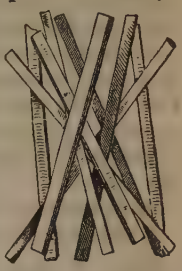
Mode.—Slice the onions, celery and potatoes, and put them with the butter and water into a stewpan, and simmer for an hour. Then fill up the stewpan with stock, and boil gently till the potatoes are done, which will be in about an hour. Rub all through a tammy, and add the cream (previously boiled). Do not let it boil after the cream is put in.

Time—2½ hours. **Average Cost,** 1*s.* 10*d.* per quart.
Seasonable from September to May.
Sufficient for 10 persons.

Note.—This soup can be made with water instead of stock.

307.—JULIENNE SOUP. (*Fr.*—Julienne.)

Ingredients.—½ pint of carrots, ½ pint of turnips, ¼ pint of onions, 2 or 3 leeks, ½ head of celery, 1 lettuce, a little sorrel and chervil, if liked, 2 oz. of butter, 4 quarts of stock, No. 272.


STRIPS OF VEGETABLE.

Mode.—Cut the vegetables into strips of 1¼ inches long, and be particular they are all the same size, or some will be hard whilst the others will be done to a pulp. Cut the lettuce, sorrel and chervil into larger pieces; fry the carrots in the butter, and pour the stock, boiling, to them. When this is done, add all the other vegetables and herbs, and stew gently for at least an hour. Skim off all the fat, pour the soup over thin slices of bread, cut round, about the size of a shilling, and serve. The soup has a better appearance if each vegetable is boiled separately in water and then added to the clear stock, No. 282, at the moment of serving.

Time.—1½ hours. **Average Cost,** 1*s.* 9*d.* per quart.
Seasonable all the year.
Sufficient for 8 persons.

Note.—In summer, green peas, asparagus-tops, French beans, &c., can be added. When the vegetables are very strong, instead of frying them in butter at first, they should be blanched, and afterwards simmered in the stock.

308.—LEEK SOUP. (*Fr.*—Soupe aux Poireaux.)

Ingredients.—A sheep's head, 3 quarts of water, 12 leeks cut small, pepper and salt to taste, oatmeal to thicken.

Mode.—Prepare the head, either by skinning or cleaning the skin very nicely; split it in two; take out the brains, and put it into boiling water; simmer very gently for 3 hours, then add the leeks, seasoning and oatmeal, mixed smoothly with cold water, stirring till the whole is blended, and simmer for another hour, and serve.

Time.—4½ hours. **Average Cost,** 4*d.* per quart.
Seasonable in winter.
Sufficient for 10 persons.

309.—COCK-A-LEEKIE.

Ingredients.—A capon or large fowl (sometimes an old cock, from which the recipe takes its name) is used, which should be trussed as for boiling; 2 or 3 bunches of fine leeks, 5 quarts of stock, No. 273; pepper and salt to taste.

Mode.—Well wash the leeks (and, if old, scald them in boiling water for a few minutes), taking off the roots and part of the heads, and cut them into lengths of about an inch. Put the fowl into the stock, with, at first, one half the leeks, and allow it to simmer gently. In half an hour add the remaining leeks, and then it may simmer for 3 or 4 hours longer. It should be carefully skimmed, and can be seasoned to taste. In serving, take out the fowl, and carve it neatly, placing the pieces in a tureen, and pouring over them the soup, which should be very thick of leeks.

Time.—4 hours. **Average Cost,** 1*s.* 8*d.* per quart; or, with stock No. 274, 1*s.*

Seasonable in winter.

Sufficient for 10 persons.

Note.—Without the fowl, the above, which would then be merely called Leek Soup, is very good, and also economical. Cock-a-leekie was largely consumed at the Burns' Centenary Festival at the Crystal Palace, Sydenham, 1859.

LEEKS.

The Leek.—As in the case of the cucumber, this vegetable was bewailed by the Israelites in their journey through the desert. It is one of the alliaceous tribe, which consists of the onion, garlic, chive, shallot and leek. These, as articles of food, are perhaps more widely diffused over the face of the earth than any other *genus* of edible plants. The leek is the badge of the Welsh, and tradition ascribes to St. David its introduction to that part of Britain. The origin of the wearing of the leek on St. David's day, among that people, is thus given in "BEETON'S DICTIONARY OF UNIVERSAL INFORMATION:"—"It probably originated from the custom of *Cymortha*, or the friendly aid, practised among farmers. In some districts of South Wales, all the neighbours of a small farmer were wont to appoint a day when they attended to plough his land, and the like; and at such time it was the custom for each to bring his portion of leeks with him for making the broth or soup." (*See* ST. DAVID.) Others derive the origin of the custom from the battle of Cressy. The plant, when grown in Wales or Scotland is sharper than it is in England, and its flavour is preferred by many to that of the onion in broth. It is very wholesome, and, to prevent its tainting the breath, should be well boiled.

310.—MACARONI SOUP. (*Fr.*—Potage Macaroni.)

Ingredients.—3 oz. of macaroni, a piece of butter the size of a walnut, salt to taste, 2 quarts of clear stock, No. 273

Mode.—Throw the macaroni and butter into boiling water, with a pinch of salt, and boil for half an hour. When it is tender, drain and cut into thin rings or lengths, and drop it into the boiling stock for 15 minutes, and serve grated Parmesan cheese with it. It must be boiled fast or the macaroni will be tough.

Time.—½ hour. **Average Cost,** 1*s.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

Macaroni.—This is the favourite food of Italy, where especially among the Neapolitans, it may be regarded as the staff of life. "The crowd of London," says Mr. Forsyth, "Is a double line in quick motion: it is the crowd of business. The crowd of Naples consists in a general tide rolling up and down, and in the middle of this tide, a hundred eddies of men. You are stopped by a carpenter's bench, you are lost among shoemakers' stalls, and you dash among the *pots of a macaroni stall.*" This article of food is nothing more than a thick paste, made of the best wheaten flour, with a small quantity of water. When it has been well worked, it is put into a hollow cylindrical vessel, pierced with holes of the size of tobacco-pipes at the bottom. Through these holes the mass is forced by a powerful screw, bearing on a piece of wood made exactly to fit the inside of the cylinder. Whilst issuing from the holes, it is partially baked by a fire placed below the cylinder, and is, at the same time, drawn away and hung over rods placed about the room or in the open air in order to dry. In a few days it is fit for use. As it is both wholesome and nutritious, it ought to be much more used by all classes in England than it is. It generally accompanies Parmesan cheese to the tables of the rich, but is also used for thickening soups and making puddings.

MACARONI.

311.—SOUP WITHOUT MEAT. (*Fr.*—Soupe Maigre.)

Ingredients.—4 oz. butter, 2 onions sliced, 2 heads of celery, 2 lettuces, a small bunch of parsley, 2 handfuls of spinach, 3 pieces of bread-crust, 2 blades of mace, salt and pepper to taste, the yolks of 2 eggs, 3 teaspoonfuls of vinegar, 2 quarts of water.

Mode.—Melt the butter in a stewpan, and put in the onions to stew gently for 3 or 4 minutes; then add the celery, spinach, lettuces and parsley, cut small. Stir the ingredients well for 10 minutes. Now put in the water, bread, seasoning and mace. Boil gently for 1½ hour; and, at the moment of serving, beat in the yolks of the eggs and the vinegar, but do not let it boil, or the eggs will curdle.

Time.—2 hours. **Average Cost,** 7*d.* per quart.
Seasonable all the year.

LETTUCE.

The Lettuce (Fr. Laitue) has in all antiquity been distinguished as a kitchen-garden plant. It was, without preparation, eaten by the Hebrews with the Paschal lamb; the Greeks delighted in it, and the Romans, in the time of Domitian, had it prepared with eggs, and served in the first course at their tables, merely to excite their appetites. Its botanical name is *lactuca*, so called from the milky juice it exudes when its stalks are cut. It possesses a narcotic virtue, noticed by ancient physicians; and even in our day a lettuce supper is deemed conducive to repose. Its proper character, however, is that of a cooling summer vegetable, not very nutritive, but serving as a corrective, or diluent of animal food.

312.—LENTIL SOUP. (*Fr.*—Purée de Lentilles.)

Ingredients.—1 pint of Egyptian lentils, 1 carrot, 2 large onions, a little thyme and parsley, 3 pints of water or stock, a little butter, salt and pepper to taste.

Mode.—Wash the lentils, then put them in a saucepan containing 3 pints of boiling water, add the onions and the carrot (the latter cut up), the thyme and parsley. Let all cook until in a pulp. It will take from an hour to an hour and a half. Next rub through a wire sieve into a

saucepan, thin with sufficient stock, or, if that cannot be had, with water and 2 oz. of butter, let it simmer half an hour. Add the seasoning, to which a very little curry-powder is a great improvement, and serve with fried or toasted bread. In summer a few green peas, put in a few minutes before serving are a very pleasant addition.

Time.—2 hours. **Average Cost,** 9*d.*

Seasonable all the year.

Sufficient for 4 persons.

313.—MILK SOUP. (*Fr.*—Soupe au Lait.)

(*A nice Dish for Children.*)

Ingredients.—2 quarts of milk, 1 saltspoonful of salt, 1 teaspoonful of powdered cinnamon, 3 teaspoonfuls of pounded sugar, or more if liked, 4 thin slices of bread, the yolks of 6 eggs.

Mode.—Boil the milk with the salt, cinnamon, and sugar; lay the bread in a deep dish, pour over it a little of the milk, and keep it hot over a stove, without burning. Beat up the yolks of the eggs, add them to the milk, and stir it over the fire till it thickens. Do not let it curdle. Pour it upon the bread, and serve.

Time.—¾ hour. **Average Cost,** 8*d.* per quart.

Seasonable all the year.

Sufficient for 10 children.

314.—ONION SOUP. (*Fr.*—Potage aux Oignons.)

Ingredients.—6 large onions, 2 oz. of butter, salt and pepper to taste, ¼ pint of milk, 1 quart of stock, No. 274.

Mode.—Chop the onions, put them in the butter, stir them occasionally, but do not let them brown. Put the stock to them, cook till tender, and season; rub through a sieve, and add the boiling milk.

Time.—1½ hours. **Average Cost,** 7*d.* per quart.

Seasonable in winter.

Sufficient for 4 persons.

315.—CHEAP ONION SOUP. (*Fr.*—Soupe à l'Oignon.)

Ingredients.—8 middling-sized onions, 3 oz. of butter, a tablespoonful of rice-flour, salt and pepper to taste, 1 teaspoonful of powdered sugar, thickening of butter and flour, 2 quarts of water.

Mode.—Cut the onions small, put them in the stewpan with the butter, and fry them well; mix the rice-flour smoothly with the water, add the onions, seasoning and sugar, and simmer till tender. Thicken with

butter and flour, and serve. It is better to rub the soup through a sieve or colander. Spanish onions make the best soup.

Time.—2 hours. **Average Cost,** 4*d.* per quart.

Seasonable in winter.

Sufficient for 8 persons.

ONION.

The Onion.—Like the cabbage, this plant was erected into an object of worship by the idolatrous Egyptians, 2,000 years before the Christian era, and it still forms a favourite food in the country of these people, as well as in other parts of Africa. When it was first introduced to England, has not been ascertained; but it has long been in use, and esteemed as a favourite seasoning plant to various dishes. In warmer climates it is much milder in its flavour; and such as are grown in Spain and Portugal, are, comparatively speaking, very large, and are often eaten both in a boiled and roasted state. The Strasburg is the most esteemed; and although all the species have highly nutritive properties, they impart such a disagreeable odour to the breath, that they are often rejected where they are liked. Chewing a little raw parsley is said to remove this odour.

316.—PAN KAIL. (*Fr.*—Soupe Maigre aux Choux.)

Ingredients.—2 lbs. of cabbage, or Savoy greens, ¼ lb. of butter or dripping, salt and pepper to taste, oatmeal for thickening, 2 quarts of water.

Mode.—Chop the cabbage very fine, thicken the water with oatmeal, put in the cabbage and butter, or dripping; season and simmer for 1½ hour. It can be made sooner by blanching and mashing the greens, adding any good liquor that a joint has been boiled in, and then further thicken with bread or pounded biscuit.

Time.—1½ hour. **Average Cost,** 1½*d.* per quart.

Seasonable all the year, but more suitable in winter.

The Savoy.—This is a close-hearted, wrinkle-leaved cabbage, sweet and tender, especially the middle leaves, and in season from November to Spring. The yellow species bears hard weather without injury, whilst the *dwarf* kind are improved and rendered more tender by frost.

317.—PARSNIP SOUP. (*Fr.*—Purée de Panais.)

Ingredients.—1 lb. of sliced parsnips, 2 oz. of butter, salt and cayenne to taste, 1 quart of stock, No. 274.

Mode.—Put the parsnips into the stewpan with the butter, which has been previously melted, and simmer them till quite tender. Then add nearly a pint of stock, and boil together for half an hour. Pass all through a fine strainer, and put it to the remainder of the stock. Season, boil, and serve immediately. A little milk or cream improves all white soups.

Time.—2 hours. **Average Cost,** 6*d.* per quart.

Seasonable from October to April.

Sufficient for 4 persons.

The Parsnip.—(Fr. Panais.) This is a biennial plant, with a root like a carrot, which, in nutritive and saccharine matter, it nearly equals. It is a native of Britain, and, in its wild state, may

be found, in many parts, growing by the road-sides. It is also to be found, generally distributed over Europe; and, in Catholic countries, is mostly used with salt fish, in Lent. In Scotland, it forms an excellent dish, when beat up with butter and potatoes; it is, also, excellent when fried. In Ireland it is found to yield, in conjunction with the hop, a pleasant beverage; and it contains as much spirit as the carrot, and makes an excellent wine. Its proportion of nutritive matter is 99 parts in 1,000, 9 being mucilage and 90 sugar.

318.—PEA-SOUP (GREEN.) (*Fr.*—Potage aux petits Pois.)

Ingredients.—3 pints of green peas, 2 oz. of butter, 4 shredded lettuces, 2 handfuls of spinach, 1 lump of sugar, 2 quarts of medium stock, No. 273.

Mode.—Put the butter, 1 quart of the pea-shells and lettuces, to the stock, and simmer for ½ hour. Now boil the spinach, and squeeze it very dry. Rub the soup through a sieve, and the spinach with it, to colour it. Have ready a pint of *young* peas boiled; add them to the soup, put in the sugar, give one boil, and serve. If necessary, add salt.

Time.—¾ hour. **Average Cost,** 1*s.* 4*d.* per quart.

Seasonable from June to the end of August.

Sufficient for 8 persons.

Note.—It will be well to add, if the peas are not quite young, a little more sugar. Where economy is essential, water may be used instead of stock for this soup, boiling in it likewise the peashells, and using half the quantity of peas.

PEA.

The Pea.—It is supposed that the common gray pea, found wild in Greece, and other parts of the Levant, is the original of the common garden-pea, and of all the domestic varieties belonging to it. The gray, or field-pea, called *bisallie* by the French, is less subject to run into varieties than the garden kinds, and is considered by some, perhaps on that account, to be the wild plant, retaining still a large portion of its original habit. From the tendency of all other varieties "to run away," and become different to what they originally were, it is very difficult to determine the races to which they belong. The pea was well known to the Romans, and, probably, was introduced to Britain at an early period; for we find peas mentioned by Lydgate, a poet of the 15th century, as being hawked in London. They seem, however, for a considerable time, to have fallen out of use; for, in the reign of Queen Elizabeth, Fuller tells us they were brought from Holland, and were accounted "fit dainties for ladies, they came so far and cost so dear." There are some varieties of peas which have no lining in their pods, which are eaten cooked in the same way as kidney-beans. They are called *sugar* peas, and the best variety is the large crooked sugar, which is also very good, used in the common way, as a culinary vegetable. There is also a white sort, which readily splits when subjected to the action of millstones, set wide apart, so as not to grind them. These are used largely for soups, and especially for sea-stores. From the quantity of nitrogenous matter contained in the pea, it is highly nutritious as an article of food.

319.—PEA-SOUP (YELLOW.) (*Fr.*—Purée de Pois.)

Ingredients.—1 quart of split peas, 2 lbs. of shin of beef, trimmings of meat or poultry, a slice of bacon, 2 large carrots, 2 turnips, 2 large onions,

1 head of celery, seasoning to taste, 2 quarts of soft water, any bones left from roast meat, 2 quarts of common stock, or liquor in which a joint of meat has been boiled, or water.

Mode.—Put the peas to soak overnight in soft water, and remove all those that float on the top. Boil them in the water till tender enough to pulp; then add the ingredients mentioned above, and simmer for 2 hours, stirring it occasionally. Pass the whole through a sieve, skim well, season, and serve with toasted bread cut in dice, and powdered mint.

Time.—4 hours. **Average Cost,** 8*d.* per quart.

Seasonable all the year round, but more suitable for cold weather.

Sufficient for 12 persons.

320.—PEA-SOUP. (*Fr.*—Purée de Pois.)

(*Inexpensive.*)

Ingredients.—2 onions, 4 carrots, the outside leaves of a head of celery, 1 quart of split peas, a little mint shred fine; 1 tablespoonful of coarse brown sugar, salt and pepper to taste, 4 quarts of water, or liquor in which a joint of meat has been boiled, a little butter, dripping or fat bacon.

Mode.—Fry the vegetables for 10 minutes in a little butter or dripping, previously cutting them up in small pieces; pour the water on them, and add the peas. Let them simmer for nearly 3 hours, or until the peas are thoroughly done. If this or any other pulse soup has to be made in a hurry, put in a pinch of soda. Add the sugar, seasoning and mint; boil for ½ of an hour, and serve.

Time.—3½ hours. **Average Cost,** 2*d.* per quart.

Seasonable in winter.

Sufficient for 12 persons.

321.—POTATO SOUP. (*Fr.*—Purée de Pommes de Terre.)

Ingredients.—1 onion, 1 stick of celery, 1 turnip, 4 lbs. of mealy potatoes, pepper and salt to taste, 3 quarts of stock, No. 273; or milk and water.

Mode.—Boil the potatoes in the stock with the other vegetables; mash them smoothly, that no lumps remain, and pass it through a sieve, adding more stock or milk if necessary; season, and simmer for five minutes. Skim well, and serve with fried bread. Soups of any white vegetables may be made in this way.

Time.—½ hour. **Average Cost,** 9*d.* per quart.

Seasonable from September to March.

Sufficient for 12 persons.

322.—POTATO SOUP. (*Fr.*—Soupe aux Pommes de Terre.)

(Another Mode.)

Ingredients.—1 lb. of shin of beef, 1 lb. of potatoes, 1 onion, 2 oz. of rice, a few outside leaves of celery, pepper and salt to taste, 3 quarts of water.

Mode.—Cut the beef into thin slices, chop the potatoes and onion and put them in a stewpan with the water, peas and rice. Stew gently till the gravy is drawn from the meat; strain it off, take out the beef, and pulp the other ingredients through a coarse sieve. Put the pulp back in the soup, cut up the celery in it, and simmer till this is tender. Season, and serve with fried bread in it.

Time.—3 hours. **Average Cost,** 4*d.* per quart.

Seasonable from September to March.

Sufficient for 12 persons.

323.—POTATO SOUP.

(Very Economical.)

Ingredients.—1½ lbs. of potatoes well pared, a thick slice of bread, a stick of celery, 6 leeks peeled and cut into thin slices as far as the white extends upwards from the roots; a tea-cupful of rice or sago, a teaspoonful of salt, and half that of pepper, and 3 quarts of water, or milk and water.

Mode.—The water must be completely boiling before anything is put into it; then add the whole of the ingredients at once, with the exception of the rice, the salt and the pepper. Cover, and let these come to a brisk boil, put in the others, and let the whole boil slowly for an hour, or till all the ingredients are thoroughly done, and their several juices extracted and mixed.

Time.—1 hour. **Average Cost,** 2*d.* per quart.

Sufficient for 12 persons.

Seasonable in winter.

The Potato.—Humboldt doubted whether this root was a native of South America; but it has been found growing wild both in Chili and Buenos Ayres. It was first brought to Spain from the neighbourhood of Quito, in the early part of the sixteenth century, first to England from Virginia, in 1586, and first planted by Sir Walter Raleigh, on his estate of Youghal, near Cork, in Ireland. Thence it was brought and planted in Lancashire, in England, and was, at first, recommended to be eaten as a delicate dish, and not as common food. This was in 1587. *Nutritious properties:*—Of a hundred parts of the potato, 75 are water, 15 starch, 2½ fibrin and albumen, 1 mineral water.

POTATOES.

324.—POMERANIAN SOUP.

Ingredients.—1 quart of white beans, 1 head of celery, sweet herbs, parsley, salt and pepper, 1 quart of stock, No. 275.

Mode.—Boil the beans in plenty of water until they are quite tender, then take half of them and mash them thin with a little stock and rub through a sieve. Return them to the saucepan with the rest of the stock and the head of celery cut in small pieces, and boil till a smooth soup is obtained. Now add the reserved half of the beans, a seasoning of sweet herbs, chopped parsley, salt and pepper, boil 15 minutes, and serve.

Time.—Altogether 3½ hours. **Average Cost,** 1*s.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

325.—PRINCE'S SOUP. (*Fr.*—Consommé aux Navets.)

Ingredients.—12 turnips, 1 lump of sugar, 2 spoonfuls of strong veal stock, salt and white pepper to taste, 2 quarts of stock, No. 273.

Mode.—Peel the turnips, and with a cutter cut them in balls as round as possible, but very small. Put them in the stock, which must be very bright, and simmer till tender. Add the veal stock and seasoning. Fry little rounds of bread, about the size of a shilling; moisten them with stock; put them into a tureen and pour the soup over them

Time.—1 hour. **Average Cost,** 1*s.* 3*d.* per quart.

Seasonable in the winter.

Sufficient for 8 persons.

326.—SPRING SOUP. (*Fr.*—Potage Printanière.)

Ingredients.—½ a pint of green peas, if in season, a little chervil, 2 shredded lettuces, 2 onions, a very small bunch of parsley, 2 oz. of butter, the yolks of 3 eggs, a pint of water, seasoning to taste, 2 quarts of stock, No. 273.

Mode.—Put in a very clean stewpan the chervil, lettuces, onions, parsley and butter, to 1 pint of water, and let them simmer till tender. Season with salt and pepper; when done, strain off the vegetables, and put the liquor they were boiled in to the stock. Beat up the yolks of the eggs with the other third, give it a toss over the fire, and at the moment of serving, add this, with the vegetables which you strained off, to the soup.

Time.—¾ of an hour. **Average Cost,** 1*s.* 3*d.* per quart.

Seasonable from May to October.

Sufficient for 8 persons.

327.—SPRING SOUP.

(*Another Mode.*)

Another way of making this favourite soup is to cut some new carrots and turnips into the size and shape of peas, and put them in separate saucepans with enough stock to cover them and a pinch of sugar, and

keep them on the fire till the stock has all boiled away, taking care that they do not burn. Cook equal quantities of peas and asparagus points in the same way, and cut some pieces the size of a sixpence from lettuce and sorrel leaves, and let them just boil in the stock, which pour over the cooked vegetables which have been placed in the tureen, and throw in a few sprigs of chervil. This is a very pretty soup, but it takes some little time and trouble to make.

328. RICE SOUP. (*Fr.*—Potage au Riz.)

Ingredients.—4 oz. of Patna rice, salt, cayenne and mace, 2 quarts of white stock, No. 278.

EARS OF RICE.

Mode.—Throw the rice into boiling water, and let it remain 5 minutes; then pour it into a sieve, and allow it to drain well. Now add it to the stock boiling, and allow it to stew till it is quite tender; season to taste. Serve quickly.

Time.—1 hour. **Average Cost,** 1*s.* 1*d.* per quart.

Seasonable all the year.

Sufficient for eight persons.

Rice.—This is a plant of Indian origin, and has formed the principal food of the Indian and Chinese people from the most remote antiquity. Both Pliny and Dioscorides class it with the cereals, though Galen places it among the vegetables. Be this as it may, however, it was imported to Greece, from India, about 286 years before Christ, and by the ancients it was esteemed, both nutritious and fattening. There are many kinds of rice—the Rangoon, Arracan, or Patna, from Asia, and Carolina of the United States. Of these usually the Indian varieties are imported to this country; the Carolina is considered the best, as it is the dearest, but very little now leaves the States, selected Patna being often sold as Carolina. The nourishing properties of rice are greatly inferior to those of wheat; but it is both a light and wholesome food. In combination with other foods, its nutritive qualities are greatly increased; but from its having little fat or albumen, it is not fit for a sole article of diet.

329.—RICE SOUP. (*Fr.*—Potage au Riz à la Crême.)

(*Another Mode.*)

Ingredients.—6 oz. of rice, the yolks of 4 eggs, ½ a pint of cream rather more than 2 quarts of stock, No. 273.

Mode.—Boil the rice in the stock, and rub half of it through a tammy; put the stock in a stewpan, add all the rice, and simmer gently for 5 minutes. Beat the yolks of the eggs, mix them with the cream (previously boiled), and strain through a hair sieve; take the soup off the fire, add the eggs and cream, stirring frequently. Heat it gradually, stirring all the time; but do not let it boil, or the eggs will curdle.

Time.—2 hours. **Average Cost,** 1*s.* 2*d.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

330.—SAGO SOUP. (*Fr.*—Potage au Sagou.)

Ingredients.—5 oz. of sago, 2 quarts of stock, No. 273.

Mode.—Wash the sago in water, and add it by degrees to the boiling stock, and simmer till the sago is entirely dissolved, and forms a sort of jelly.

Time.—Nearly an hour. **Average Cost,** 9*d.* per quart.

Seasonable all the year.

Sufficient for eight persons.

Note.—The yolk of 2 eggs, beaten up with a little cream, previously boiled and added at the moment of serving, much improves this soup.

Sago (Fr. Sagou).—The farinaceous food of this name constitutes the pith of the Sago tree (the *Sagus farinifera* of Linnæus), which grows spontaneously in the East Indies and in the archipelago of the Indian Ocean. There it forms the principal farinaceous diet of the inhabitants. In order to procure it, the tree is felled and sawn in pieces. The pith is then taken out, and put in receptacles of cold water, where it is stirred until the flour separates from the filaments, and sinks to the bottom, where it is suffered to remain until the water is poured off, when it is taken out and spread on wicker frames to dry. To give it the round granular form in which we find it come to this country, it is passed through a colander, then rubbed into little balls, and dried The tree is not fit for felling until it has attained a growth of seven years, when a single trunk will yield 900 lbs. weight; and as an acre of ground will grow 430 of these trees, a large return of flour is the result. The best quality has a slightly reddish hue, and easily dissolves to a jelly, in hot water. As a restorative diet, it is much used, and it is very easy of digestion.

SAGO PALM.

331.—SEMOLINA SOUP. (*Fr.*—Potage Semola.)

Ingredients.—5 oz. of semolina, 2 quarts of boiling stock, No. 273 or No. 274.

Mode.—Drop the semolina into the boiling stock, and keep stirring, to prevent its burning or going into lumps. Simmer gently for half an hour, and serve.

Time.—Half an hour. **Average Cost,** 9*d.* per quart.

Seasonable all the year.

Sufficient for eight people.

Semolina.—This is the heart of the *grano duro* wheat of Italy, which is imported for the purpose of making the best vermicelli. It has a coarse appearance, and may be purchased at the Italian warehouses. It is also called *soojee;* and *semotetta* is another name for a finer sort.

332.—SOLFERINO SOUP. (*Fr.*—Potage à l'Œuf.)

Ingredients.—4 eggs, ½ pint of cream, 2 oz. of fresh butter, salt and pepper to taste, a little flour to thicken, 2 quarts of stock, No. 273.

Mode.—Beat the eggs, put them into a stewpan, and add the cream, butter and seasoning; stir in as much flour as will bring it to the consistency of dough; make it into balls, either round or egg-shaped, and

fry them in butter; put them in the tureen, and pour the boiling stock over them.

Time.—1 hour. **Average Cost,** 1*s.* 2*d.* per quart.
Seasonable all the year.
Sufficient for 8 persons.

333.—SPINACH SOUP. (*Fr.*—Potage aux Epinards.)

Ingredients.—As much spinach as, when boiled, will half fill a vegetable dish, 2 quarts of very clear medium stock, No. 273.

Mode.—Make the cooked spinach into balls the size of an egg, and slip them into the soup-tureen. This is a very elegant soup, the green of the spinach forming a pretty contrast to the brown gravy.

Time.—1 hour. **Average Cost,** 10*d.* per quart.
Seasonable from October to June.

SPINACH.

Spinach (Fr. Epinards).—This plant was unknown by the ancients, although it was cultivated in the monastic gardens of the Continent in the middle of the 14th century. Some say that it was originally brought from Spain; but there is a wild species growing in England, and cultivated in Lincolnshire, in preference to the other. There are three varieties in use; the round-leaved, the triangle-leaved, and Flanders spinach, known by its large leaves. They all form a useful ingredient in soup; but the leaves are sometimes boiled alone, mashed, and eaten as greens.

334.—TAPIOCA SOUP. (*Fr.*—Consommé au Tapioca.)

Ingredients.—5 oz. of crushed tapioca, 2 quarts of stock, No. 273 or 274.

Mode.—Put the tapioca into boiling stock. Simmer gently till tender, and serve.

Time.—About half an hour. **Average Cost,** 9*d.* or 4*d.* per quart.
Seasonable all the year.
Sufficient for 8 persons.

Tapioca.—This excellent farinaceous food is the produce of the pith of the cassava-tree and is made in the East Indies, and also in Brazil. It is, by washing, procured as a starch from the tree, then dried, either in the sun or on plates of hot iron, and afterwards broken into grains, in which form it is imported into this country. Its nutritive properties are large, and as a food for persons of delicate digestion, or for children, it is in great estimation. It is less apt to become sour during digestion than any other farinaceous food, even arrowroot not excepted.

335.—TOMATO SOUP. (*Fr.*—Purée aux Tomates.)

Ingredients.—1 quart of stock, No. 273, 1 oz. of butter, 12 tomatoes 1 onion, 2 tablespoonfuls of crushed tapioca, pepper and salt.

Mode.—Melt the butter in a stewpan, add the tomatoes and onions, sliced, cover with the lid and simmer on the fire ten minutes; add the stock and the seasoning; then boil gently until the tomatoes are well cooked; pass all through a hair sieve. Return the soup to the stewpan,

sprinkle in the tapioca, and boil until the tapioca is transparent. A tin of tomatoes will serve.

Time.—1 and ½ hours. **Average Cost,** 1*s.* 3*d.* per quart.
Seasonable at any time
Sufficient for 4 or 5 persons.

336.—TURNIP SOUP. (*Fr.*—Purée de Navet.)

Ingredients.—3 oz. of butter, 9 good-sized turnips, 4 onions, 2 quarts of stock, No. 274, seasoning to taste.

Mode.—Melt the butter in the stewpan, but do not let it boil; wash, drain and slice the turnips and onions very thin; put them in the butter, with a teacupful of stock, and stew very gently for an hour. Then add the remainder of the stock, and simmer another hour. Rub it through a tammy, put it back into the stewpan and let it boil. Serve very hot.

Time.—1 hour. **Average Cost,** 6*d.* per quart.
Seasonable from October to March.
Sufficient for 8 persons.

Note.—By adding a little cream or milk, this soup will be much improved.

TURNIP.

The Turnip. (Fr. **Navet.**)—Although turnips grow wild in England, they are not the original of the cultivated vegetable made use of in this country. In ancient times they were grown for cattle by the Romans, and in Germany and the Low Countries they have from time immemorial been raised for the same purpose. In their cultivated state, they are generally supposed to have been introduced to England from Hanover, in the time of George I.; but this has been doubted, as George II. caused a description of the Norfolk system to be sent to his Hanoverian subjects for their enlightenment in the art of turnip-culture. As a culinary vegetable it is excellent, whether eaten alone, mashed, or mixed with soups and stews. Its nutritious matter however, is small, being only 42 parts in 1,000.

337.—VEGETABLE-MARROW SOUP. (*Fr.*—Purée de Courge.)

Ingredients.—4 young vegetable-marrows, or more if very small, ½ pint of cream, salt and white pepper to taste, 2 quarts of white stock, No. 275.

Mode.—Pare and slice the marrows, and put them in the stock boiling. When done to a mash, press them through a sieve, and at the moment of serving add the boiling cream and seasoning.

Time.—1 hour. **Average Cost,** 1*s.* 5*d.* per quart.
Seasonable in summer.
Sufficient for 8 persons.

VEGETABLE-MARROW.

The Vegetable-Marrow.—This is a variety of the gourd family, brought from Persia by an East India ship, and only recently introduced to Britain. It is already cultivated to a considerable extent, and, by many, is highly esteemed when fried with butter. It is, however, dressed in different ways, either by stewing or boiling, and, besides, made into pies.

338—VEGETABLE SOUP. (*Fr.*—Purée de Legumes.)

Ingredients.—7 oz. of carrot, 10 oz. of parsnip, 10 oz. of potato, cut into thin slices; 1¼ oz. of butter, 5 teaspoonfuls of flour, a teaspoonful of made mustard, salt and pepper to taste, the yolks of 2 eggs, rather more than 2 quarts of water.

Mode.—Boil the vegetables in the water 2½ hours; stir them often, and if the water boils away too quickly, add more, as there should be 2 quarts of soup when done. Mix up in a basin the butter and flour, mustard, salt and pepper, with a teacupful of cold water; stir in the soup, and boil 10 minutes. Have ready the yolks of the eggs in the tureen; pour on, stir well and serve.

Time.—3 hours. **Average Cost,** 3*d.* per quart.

Seasonable in winter.

Sufficient for 8 persons.

339.—VEGETABLE SOUP. (*Fr.*—Potage de Legumes.)

(*Another Mode.*)

Ingredients.—Equal quantities of onions, carrots, turnips; ¼ lb. of butter, crust of toasted bread, 1 head of celery, a fagot of herbs, salt and pepper to taste, 1 teaspoonful of powdered sugar, 2 quarts of common stock or boiling water. Allow ¾ of a lb. of vegetables to 6 quarts of stock, No. 273.

Mode.—Cut up the onions, carrots and turnips; wash and drain them well, and put them in the stewpan, with the butter and powdered sugar. Toss the whole over a sharp fire for 10 minutes, but do not let them brown, or you will spoil the flavour of the soup. When done, pour the stock or boiling water on them; add the bread, celery, herbs and seasoning; stew for 3 hours; skim well and strain it off; when ready to serve, add a little sliced carrot, celery and turnip, and flavour with a spoonful of Harvey's sauce, or a little ketchup.

Time.—3½ hours. **Average Cost,** 8*d.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

340.—VEGETABLE SOUP.

(*Another Mode.*)

Ingredients.—1 cabbage, 1 carrot, 2 leeks, celery, ½ a lettuce, ½ pint of green peas, 1 small cauliflower, 2 oz. of butter, 2 quarts of stock, No. 274, or water, teaspoonful of sugar, teaspoonful of salt.

Mode.—Wash and shred the cabbage, carrot, leeks, celery, and lettuce. Melt the butter in a saucepan and put in the shreded vegetables, fry them very steadily about ten minutes; then add the boiling water or stock. Then add the peas and cauliflowers broken into small sprigs,

and simmer one hour, serve in a tureen with slices of bread and butter which have been dried and browned in the oven.

Time.—1½ hours. **Average Cost,** 2*s.* for this quantity.

Seasonable from May to August.

Sufficient for 8 persons.

341—VEGETABLE SOUP. (*Fr.*—Soupe Maigre.)

(*Good and Cheap, made without Meat.*)

Ingredients.—6 potatoes, 4 turnips, or 2 if very large; 2 carrots, 2 onions; if obtainable, 2 mushrooms; 1 head of celery, 1 large slice of bread, 1 small saltspoonful of salt, ¼ saltspoonful of ground black pepper, 2 teaspoonfuls of Harvey's sauce, 6 quarts of water.

Mode.—Peel the vegetables, and cut them up into small pieces; toast the bread rather brown, and put all into a stewpan with the water and seasoning. Simmer gently for 3 hours, or until all is reduced to a pulp, and pass it through a sieve in the same way as pea-soup, which it should resemble in consistence; but it should be a dark-brown colour. Boil it again for 10 minutes; put in the Harvey's sauce, and, if necessary, add to the flavouring.

Time.—3 hours, or rather more. **Average Cost,** 1*d.* per quart.

Seasonable at any time.

Sufficient for 16 persons.

342.—EXCELLENT VEGETABLE SOUP.

Ingredients.—1 pint Egyptian lentils, 2 turnips, 2 carrots, 2 onions, 1 dessert-spoonful of mushroom ketchup, 2 oz. of butter, 1 lump of sugar, pepper, salt, 3 pints of water.

Mode.—Wash the lentils thoroughly, and let them drain. Cut up the vegetables and fry them a nice brown in a stewpan with the butter. Put in the lentils and add a quart of cold water. Boil until the lentils are perfectly tender, about three hours. Then add a pint of water and rub all through a tammy. Return to the stewpan, put in the seasoning, ketchup, and a small lump of sugar, boil for a ¼ of an hour, then serve.

Time.—About 4 hours. **Average Cost,** 4*d.* per quart.

Seasonable all the year, but especially in winter.

Sufficient for 8 persons.

343.—VERMICELLI SOUP. (*Fr.*—Potage Vermicelle.)

Ingredients.—1½ lb. of bacon; ½ oz. of butter, worked up in flour; 1 small fowl, trussed for boiling; 2 oz. of vermicelli; 2 quarts of white stock, No. 275.

VERMICELLI.

Mode.—Put the stock, bacon, butter and fowl into the stewpan, and stew for ¾ of an hour. Take the vermicelli, add it to a little of the stock, and set it on the fire till it is quite tender. When the soup is ready, take out the fowl and bacon, and put them on a dish. Skim the soup as clean as possible; pour in the vermicelli, and serve with fried or toasted bread, cut in dice.

Time.—2 hours. **Average Cost,** exclusive of the fowl and bacon, 1*s.* per quart.

Seasonable in winter.

Sufficient for 4 persons.

Vermicelli.—This is a preparation of Italian origin, and is made in the same way as macaroni, only the yolks of eggs, sugar, saffron and cheese are added to the paste.

344.—VERMICELLI SOUP. (*Fr.*—Potage Vermicelle.)

(*Another Mode.*)

Ingredients.—¼ lb. of vermicelli, 2 quarts of clear gravy soup, No. 276,

Mode.—Put the vermicelli in the soup boiling; boil for a quarter to half an hour, and stir frequently. Any clear soup can be used for vermicelli.

Time.—Half an hour. **Average Cost,** 1*s.* 2*d.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

345.—WHITE SOUP. (*Fr.*—Potage lait d'Amandes.)

Ingredients.—¼ lb. of sweet almonds, ½ lb. of cold veal or poultry, a thick slice of stale bread, a piece of fresh lemon-peel, 1 blade of mace, pounded; ¾ pint of cream, the yolks of 2 eggs, 2 quarts of white stock, No. 275.

Mode.—Reduce the almonds in a mortar to a paste, with a spoonful of water, and add to them the meat, which should be previously pounded with the bread. Beat all together, and add the lemon-peel, very finely chopped, and the mace. Pour the boiling stock on the whole, and simmer for an hour. Rub the eggs in the cream, put in the soup, bring it to a boil, and serve immediately.

Time.—1½ hour. **Average Cost,** 1*s.* 9*d.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.—A more economical white soup may be made by using common veal stock, and thickening with rice, flour and milk. Vermicelli should be served with it.

Average Cost, 5*d.* per quart.

MEAT, POULTRY AND GAME SOUPS.

346.—BRILLA SOUP.

Ingredients.—4 lbs. of shin of beef, 3 carrots, 2 turnips, a large sprig of thyme, 2 onions, 1 head of celery, salt and pepper to taste, 4 quarts of water.

Mode.—Take the beef, cut off all the meat from the bone, in nice square pieces, and boil the bone for 4 hours. Strain the liquor, let it cool, and take off the fat; then put the pieces of meat in the cold liquor; cut small the carrots, turnips and celery; chop the onions, add them with the thyme and seasoning, and simmer till the meat is tender. If not brown enough, colour it with browning.

Time.—6 hours. **Average Cost,** 8*d.* per quart.

Seasonable all the year.

Sufficient for 10 persons.

Thyme.—This sweet herb was known to the Romans, who made use of it in culinary preparations, as well as aromatic liqueurs. There are two species of it growing wild in Britain, but the garden thyme is a native of the south of Europe, and is more delicate in its perfume than the others. Its young leaves give an agreeable flavour to soups and sauces; they are also used in stuffings.

347.—CUSTARD SOUP. (*Fr.*—Consommé à la Royale.)

Ingredients.—¼ pint best stock, 2 yolks and 1 whole egg, a pinch of salt.

Mode.—Beat the eggs, pour on them the stock, and strain into a buttered jar, cover with paper, and steam very slowly till the custard is set (about 20 minutes). When cold, turn out and cut in "dice," or stamp out with a fancy cutter.

To colour the custard, if required, spinach greening, or cochineal may be used. Use this with the best clear stock.

Time.—1½ hours. **Average Cost,** 6*d.*

Sufficient for 3 quarts.

348.—CALVES' TAILS SOUP. (*Fr.*—Purée de Queue de Veau.)

Ingredients.—2 calves' tails, 1 head of celery, 4 shalots, 1 onion, 1 carrot, bunch of parsley, sprig of thyme, small bay-leaf, mace, 4 cloves, 1 gill of cream, 1 glass of sherry, yolks of 3 eggs, 1 oz. Parmesan cheese, pepper, salt, 2 quarts of stock, No. 273.

Mode.—Stick the cloves into the onion, and put it and the rest of the vegetables into a saucepan with the stock. Cut the tails into 2-inch pieces and add them. Simmer gently for 1½ hours; then take the meat from the stock, rinse it in *cold* water and lay on a sieve to drain. Skim all grease from the stock, thicken it with flour, and strain it into another saucepan containing the pieces of meat and some forcemeat quenelles (No. 634). Five minutes before serving put in the cream, sherry, the well-beaten yolks of the eggs, and the grated cheese, with salt and pepper to taste.

Time.—Altogether, 2 hours. **Average Cost,** 1*s.* 7*d.* per quart, without the forcemeat.

Seasonable in the winter.

Sufficient for 8 persons.

349.—CHICKEN SOUP. (*Fr.*—Soupe au Poulet.)

Ingredients.—1 chicken, 3 carrots, 1 pint of tomatoes, 1 teacupful of Lima beans, 1 pint of milk, flour, cayenne, salt to taste.

Mode.—Cut up a chicken into small pieces, and put it in a saucepan with sufficient water to cover it; cut up the vegetables and add them with the beans. Keep the saucepan simmering for 3 hours; then add the milk and thicken smoothly with flour. Simmer for 1 hour longer, then add the seasoning and serve.

Time.—4½ hours. **Average Cost,** 2*s.* 6*d.* to 3*s.*

Seasonable in the summer

Sufficient for 4 persons.

350.—COTTAGE SOUP. (*Fr.*—Potage au Paysan.)

(Good Family Soup.)

Ingredients.—2 lbs. of lean beef, ¼ lb. of streaky bacon, ½ lb. of mixed vegetables (turnip, carrot, onion); 2 lbs. of mealy potatoes, ½ oz. of rice, 2 oz. of good dripping, pepper and salt.

Mode.—Cut the beef and bacon into very small pieces, slice the vegetables. Put the meat and onion with the dripping into a stewpan, and fry till nicely browned; then add the sliced carrots and potatoes, and 4 quarts of water. Stew all slowly for 3 hours keeping the saucepan lid firmly on during cooking. About half an hour before serving add the rice, turnip, pepper and salt.

Time.—About 4 hours. **Average Cost,** 7*d.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

351.—GIBLET SOUP. (*Fr.*—Potage au Gibelettes d'Oie.)

Ingredients.—3 sets of goose or duck giblets, 2 lbs. of shin of beef, a few bones or mutton shanks, 2 large onions, 2 carrots, 1 large fagot of herbs, salt and pepper to taste, 1 oz. of butter mixed with a dessertspoonful of flour, 3 quarts of water.

Mode.—Scald the giblets, cut the gizzards in 8 pieces, and put them in a stewpan with the shin of beef, bones or mutton-shanks, onions, herbs, pepper and salt; add the 3 quarts of water, and simmer till the giblets are tender, taking care to skim well. When the giblets are done, take them out; put them in your tureen, strain the soup through a sieve, add the butter, smoothly mixed with a dessertspoonful of flour, boil it up a few minutes, and pour it over the giblets. It can be flavoured with port wine and a little mushroom ketchup, if liked. Add salt to taste.

Time.—4 hours. **Average Cost,** 8*d.* per quart.
Seasonable all the year.
Sufficient for 12 persons.

352.—GRAVY SOUP. (*Fr.*—Grand Bouillon.)

Ingredients.—6 lbs. of shin of beef, a knuckle of veal weighing 5 lbs., a few pieces of trimmings, 2 slices of nicely flavoured lean ham; ¼ lb. of butter, 4 onions, 4 carrots, 1 turnip, nearly a head of celery, 3 blades of mace, 6 cloves, a bunch of savoury herbs, seasoning of salt and pepper to taste, 3 lumps of sugar, 6 quarts of boiling soft water. It can be flavoured with ketchup, Leamington sauce (*See* Sauces), Harvey's sauce, and a little soy.

Mode.—Slightly brown the meat and ham in the butter, but do not let them burn. When this is done, pour to it the water, and as the scum rises, take it off; when no more appears, add all the other ingredients, and let the soup simmer slowly by the fire for 6 hours without stirring it any more from the bottom; take it off, and let it settle; skim off all the fat you can, and pass it through a sieve or cloth. When perfectly cold you can remove all the fat, and leave the sediment untouched, which serves very nicely for thick gravies, hashes, &c.

Time.—7 hours. **Average Cost,** 1*s.* per quart.
Seasonable all the year.
Sufficient for 14 persons.

ENDIVE.

Endive. (Fr. **chicorée.**)—This plant belongs to the acetarious tribe of vegetables, and is supposed to have originally come from China and Japan. It was known to the ancients, but was not introduced to England till about the middle of the 16th century. It is consumed in large quantities by the French, and in London, in the neighbourhood of which it is grown in abundance. It is greatly used as a winter salad, as well as in soups and stews.

353.—HARE SOUP. (*Fr.*—Potage de Lièvre.)

Ingredients.—A hare fresh killed, 1 lb. of lean gravy beef, a slice of ham, 1 carrot, 2 onions, a bunch of savoury herbs, ¼ oz. of whole black pepper, a little browned flour, ¼ pint of port wine, the crumb of two French rolls, salt and cayenne to taste, 3 quarts of water.

Mode.—Skin and paunch the hare, saving the liver and as much blood as possible. Cut it in pieces, and put it in a stewpan with all the ingredients, and simmer gently for 6 hours. This soup should be made the day before it is wanted. Strain through a sieve, put the best parts of the hare in the soup, and serve.

Time.—6 hours. **Average Cost,** 1*s.* 9*d.* per quart.

Seasonable from September to February.

Sufficient for 10 persons.

HARE.

The Common Hare.—This little animal is found throughout Europe, and, indeed, in most of the Northern parts of the world; and as it is destitute of natural weapons of defence, Providence has endowed it with an extraordinary amount of the passion of fear. As if to awaken the vigilance of this passion, too, He has furnished it with long and tubular ears, in order that it may catch the remotest sounds; and with full, prominent eyes, which enable it to see, at one and the same time, both before and behind it. The hare feeds in the evenings, and sleeps during most of the day; and, as it generally lies on the ground, its feet, both below and above, are protected with a thick covering of hair. Its flesh, though esteemed by the Romans, was forbidden by the Druids and by the earlier Britons. It is now, though very dark and dry, and devoid of fat, much esteemed by Europeans on account of the peculiarity of its flavour. In purchasing this animal, it ought to be remembered that both hares and rabbits, when old, have their claws rugged and blunt, their haunches thick, and their ears dry and tough. The ears of a young hare easily tear, and it has a narrow cleft in the lip; whilst its claws are both smooth and sharp.

354.—HARE SOUP.

(Another Mode.)

Proceed as above; but, instead of putting the joints of the hare in the soup, pick the meat from the bones, pound it in a mortar, and add it, with the crumb of two French rolls, to the soup. Rub all through a sieve; heat slowly, but do not let it boil. Send it to table immediately.

Time.—8 hours. **Average Cost,** 1*s.* 9*d.* per quart.

Seasonable from September to February.

Sufficient for 10 persons.

355.—HARICOT SOUP.

Ingredients.—3 lbs. neck of mutton, 2 turnips, 2 carrots, 1 onion, ½ head of celery, 2 quarts of stock, No. 273, 1 glass of port wine, 1 tablespoonful of flour, butter, dessertspoonful of ketchup.

Mode.—Cut the neck into neat cutlets and fry them a nice light brown, then add the stock to them, and stew until tender. In the meantime slice the vegetables and fry them in a little butter. Skim the fat off the

soup, put in the vegetables, and thicken with flour and butter. If it is not coloured sufficiently add some browning. Add the wine and ketchup, pepper and salt to taste, and serve.

Time.—1½ hours. **Average Cost,** 1*s.* 6*d.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

356.—HESSIAN SOUP. (*Fr.*—Potage de Tête de Bœuf.)

Ingredients.—Half an ox's head, 1 pint of split peas, 8 carrots, 6 turnips, 6 potatoes, 6 onions, 1 head of celery, 1 bunch of savoury herbs, pepper and salt to taste; 2 blades of mace, a little allspice, 4 cloves, the crumb of a French roll, 6 quarts of water.

Mode.—Clean the head, rub it with salt and water, and soak it for five hours in warm water. Simmer it in the water till tender, put it into a pan and let it cool; skim off all the fat; take out the head, and add the vegetables cut up small, and the peas, which have been previously soaked; simmer them, without the meat, till they are done enough to pulp through a sieve. Add the seasoning, with pieces of the meat cut up; give one boil, and serve.

Time.—4 hours. **Average Cost,** 6*d.* per quart.

Seasonable in winter.

Sufficient for 16 persons.

Note.—An excellent hash or *ragoût* can be made by cutting up the nicest parts of the head, thickening and seasoning more highly a little of the soup, and adding a glass of port wine and 2 tablespoonfuls of ketchup.

357.—HUNTER'S SOUP. (*Fr.*—Potage du Chasseur.)

Ingredients.—1 carrot, 1 head of celery, 1 onion, 3 slices of lean ham or bacon, 2 oz. of butter, parsley, cayenne, pepper, salt, flour, 2 quarts of stock, No. 273, 1 pint of red wine, 3 partridges.

Mode.—Slice the vegetables thinly, if the carrot is small use two or three, and cut up the ham, then fry all in the butter, dredging them with flour as they turn yellow. Let them colour a good light brown, then pour into the soup-kettle, add the stock and wine, and let the soup boil. Meantime, roast the partridges, basting them well with butter, then cut off the breasts in trim slices, and also the rest of the meat. Pound the bones in a mortar and add them to the soup. When the soup is sufficiently cooked, strain it, season with pepper and salt, and let it get hot again but not boil. Put in the partridge meat for a few minutes, then send the tureen at once to table.

Time.—3 hours. **Average Cost,** exclusive of game, 1*s.* 6*d.* per quart.

Seasonable October to February.

Sufficient for 8 persons.

358.—IMPERIAL SOUP. (*Fr.*—Soupe Royale.)

Ingredients.—5 eggs, 2 quarts of stock, No. 275, salt and nutmeg.

Mode.—Take 1 pint of stock and season it with salt and nutmeg. Well whisk the eggs, then beat them into the soup, and put it into a well-buttered mould or basin; put on a cover, or a thickly floured cloth, and put the basin into a saucepan of boiling water, let it boil one hour, but not fast, or the custard will be full of holes. Then turn it out of the basin, cut it into thin slices or small pieces; heat the remainder of the stock, add the custard to it, and serve.

Time.—1¼ hours. **Average Cost,** 1*s.* 4*d.* per quart.

Seasonable all the year.

Sufficient for 6 persons.

359.—MOCK TURTLE. (*Fr.*—Consommé de Tête de Veau.)

Ingredients.—½ a calf's head, ¼ lb. of butter, ¼ lb. of lean ham, a bunch of herbs, basil, 2 onions, a few chopped mushrooms (when obtainable), 2 shallots, 2 tablespoonfuls of flour, ¼ bottle of Madeira or sherry, force-meat balls, cayenne, salt and mace to taste, the juice of 1 lemon and 1 Seville orange, 1 dessertspoonful of pounded sugar, 3 quarts of best stock, No. 272.

Mode.—Scald the head with the skin on, remove the brain, tie the head up in a cloth, and let it boil for 1 hour. Then take the meat from the bones, cut it into small square pieces, and throw them into cold water. Now take the meat, put it into a stewpan, and cover with stock; let it boil gently for an hour, or rather more, if not quite tender; and set it on one side. Melt the butter in another stewpan, and add the ham, cut small, with the herbs, parsley, onions, shallots, mushrooms, and nearly a pint of stock; let these simmer slowly for 2 hours, and then dredge in as much flour as will dry up the butter. Fill up with the remainder of the stock, add the wine, let it stew gently for 10 minutes, rub it through a tammy, and put it to the calf's head; season with cayenne, and, if required, a little salt; add the juice of the orange and lemon; and when liked, ½ teaspoonful of pounded mace, and the sugar. Put in the force-meat balls, simmer 5 minutes, and serve very hot.

Time.—4½ hours. **Average Cost,** 2*s.* 9*d.* per quart, or 2*s.* 6*d.* without wine or force-meat balls.

Seasonable in winter.

Sufficient for 12 persons.

Note.—The bones of the head should be well stewed in the liquor it was first boiled in, and will make good white stock, flavoured with vegetables, &c.

360.—MOCK TURTLE.

(*More Economical.*)

Ingredients.—A knuckle of veal weighing 5 or 6 lbs., 2 cow-heels, 2 large onions stuck with cloves, 1 bunch of sweet herbs, 3 blades of mace, salt to taste, 12 peppercorns, 1 glass of sherry, 24 force-meat balls, a little lemon-juice, 4 quarts of water.

Mode.—Put all the ingredients, except the force-meat balls and lemon-juice, in an earthen jar, and stew for 6 hours. Do not open it till cold. When wanted for use, skim off all the fat, and strain carefully; place it on the fire, cut up the meat into inch-and-a-half squares, put it, with the force-meat balls and lemon-juice, into the soup, and serve. It can be flavoured with a tablespoonful of anchovy, or Harvey's sauce.

Time.—6 hours. **Average Cost,** 1*s.* 6*d.* per quart.

Seasonable in winter.

Sufficient for 10 persons.

The Calf—The flesh of this animal is called veal, and when young, that is, under two months old, yields a large quantity of soluble extract, and is, therefore, much employed for soups and broths. The Essex farmers have obtained a celebrity for fattening calves better than any others in England, where they are plentifully supplied with milk; a thing impossible to be done in the immediate neighbourhood of London.

Marjoram.—There are several species of this plant; but that which is preferred for cookery is a native of Portugal, and is called *sweet* or knotted marjoram. When its leaves are dried, they have an agreeable aromatic flavour; and hence are used for soups, stuffings, &c.

Basil.—This is a native of the East Indies, and is highly aromatic, having a perfume greatly resembling that of cloves. It is not much employed in English cookery, but is a favourite with French cooks, by whom its leaves are used in soups and salads.

361.—CLEAR MOCK TURTLE.

Ingredients.—½ a calf's head, 1 lb. of gravy beef, 2 carrots, 1 turnip, ½ head of celery, 2 onions stuck with 3 cloves each, bunch of herbs, 20 peppercorns, blade of mace, salt, 6 oz. of bacon or ham, 2 glasses of sherry, 4 quarts of water, the juice of ½ a lemon.

Mode.—Wash and bone the head. Tie the meat in a cloth and chop the bones, put the meat, bones, and half the vegetables and seasoning into a stewpan with the water, allow it to boil up and skim well. Simmer about 3 hours. Take the head up and strain the stock into a basin. When the stock is cold carefully remove the fat. Put the stock into a stewpan with the remainder of the vegetables, and the meat finely shreded. Whisk over the fire until the soup is just on the boil. Draw it on one side, and allow it to simmer gently for 10 minutes, when clarified strain through a clean cloth, add the stock, some force-meat balls, and pieces of the head served in the soup.

Time.—6 hours. **Average Cost,** 1*s.* per quart.

Seasonable any time.

Sufficient for 12 persons.

362.—MULLIGATAWNY SOUP. (*Fr.*—Soupe ae l'Inde.)

Ingredients.—2 pints of stock, No. 273, 3 onions, 1 stick of rhubarb, 1 oz. of bacon, 1 oz. of butter, 2 oz. of flour, 1 tablespoonful of curry powder, ½ tablespoonful of curry paste, a bunch of herbs, 1 carrot, ½ turnip, salt, cayenne, juice of ½ lemon.

Mode.—Melt the butter and fry bacon in it a few minutes, prepare the vegetables and fry them in the butter, shake in the flour, curry powder, and paste, fry these altogether a few minutes, then add the stock; allow this to boil, skim it thoroughly, add the seasonings and simmer 1 hour. Pass through a tammy sieve when hot, add the lemon juice and some small pieces of cooked white meat or fowl. Boiled rice should be handed with the soup.

Time.—2 hours. **Average Cost** for this quantity, 1*s.* 2*d.*

Seasonable at any time.

Sufficient for 4 persons.

363.—MULLIGATAWNY SOUP MADE WITH AUSTRALIAN MEAT.

Ingredients.—A 2 lb. tin of Australian mutton, 1 oz. of bacon either cooked or uncooked, 2 onions, 2 carrots, 1 turnip, a bunch of herbs, 2 tablespoonfuls of flour, 1 oz of curry powder, 1 teaspoonful of salt, pepper, ½ a teaspoonful of sugar, the juice of a lemon, and either a sour apple or two, or a stick of rhubarb.

Mode.—Put 2 quarts of warm water into a basin, and having taken off some of the fat from the meat, turn it into it. Put 2 oz. of the fat with the bacon into a saucepan, and when the fat has melted, put in the onions sliced, and frizzle for a few minutes; then the other vegetables and herbs, and shake in with them the flour and curry powder, and fry a few more minutes, then add the stock and stir till it boils and thickens thoroughly, well skim and add the seasoning and lemon juice. Allow all to boil till the vegetables are well cooked, then rub the soup through a hair sieve with a wooden spoon.

Time.—1 hour. **Average Cost,** 9*d.* per quart.

Seasonable in Autumn and Winter.

364.—MUTTON BROTH. (*Fr.*—Bouillon de Mouton.)

Ingredients.—3 lbs. of scrag of mutton, 1 carrot, ½ turnip, 1 onion, little celery, 1 leek, 1 teaspoonful of chopped parsley, 3 oz. of rice or pearl barley.

Mode.—Cut the mutton into joints, trim and wash the dirty pieces, put the meat into a saucepan and pour over it 5 pints of water. Very carefully skim off the scum as it rises, then add the salt, and simmer

gently for two hours. Add the vegetables, cut in strips, and the rice or barley, simmer gently again about ½ an hour; remove any grease and add the parsley. The best pieces of the mutton can be served in the broth or on a dish with melted butter.

Time.—3 hours. **Average Cost,** 2*s.* 3*d.*

Seasonable any time.

Sufficient for 8 or 10 persons.

The Sheep.—This animal formed the principal riches of the patriarchs, in the days of old, and, no doubt, multiplied until its species were spread over the greater part of Western Asia, but at what period it was introduced into Britain is not known. It is now found in almost every part of the globe, although, as a domestic animal, it depends almost entirely upon man for its support. Its value, however, amply repays him for whatever care and kindness he may bestow upon it; for, like the ox, there is scarcely a part of it that he cannot convert to some useful purpose. The fleece, which serves it for covering, is appropriated by man to serve the same end to himself, whilst its skin is also applied to various purposes in civilized life. It entrails are used as strings for musical instruments, and its bones are calcined, and employed as tests in the trade of the refiner. Its milk, being thicker than that of the cow, yields a greater quantity of butter and cheese, and its flesh is among the most wholesome and nutritive that can be eaten. Thomson has beautifully described the appearance of the sheep, when bound to undergo the operation of being shorn of its wool:—

> "Behold, where bound, and of its robe bereft
> By needy man, that all-depending lord,
> How meek, how patient, the mild creature lies!
> What softness in its melancholy face,
> What dumb complaining innocence appears!"

365.—OX CHEEK SOUP. (*Fr.*—Soupe de Tête de Bœuf.)

Ingredients.—An ox-cheek, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 parsnip, 3 carrots, 2 onions, 1 head of celery, 3 blades of mace, 4 cloves, a fagot of savoury herbs, 1 bay leaf, a teaspoonful of salt, half that of pepper, browning, the crust of a French roll, 5 quarts of water.

Mode.—Lay the ham in the bottom of the stewpan, with the butter; break the bones of the cheek, wash it clean, and put it on the ham; cut the vegetables small, add them to the other ingredients, and set the whole over a slow fire for a ¼ of an hour. Now put in the water and simmer gently till it is reduced to 4 quarts; take out the fleshy part of the cheek, and strain the soup into a clean stewpan; thicken with flour, put in a head of sliced celery, and simmer till the celery is tender. If not a good colour, use a little browning. Cut the meat into small square pieces, pour the soup over, and serve with the crust of a French roll in the tureen. A glass of sherry much improves this soup.

Time.—3 to 4 hours. **Average Cost,** 6*d.* per quart.

Seasonable in winter.

Sufficient for 12 persons.

The Ox.—Of the quadrupeda animals, the flesh of those that feed upon herbs is the most wholesome and nutritious for human food. In the early ages, the ox was used as a religious sacrifice, and, in the eyes of the Egyptians was deemed so sacred as to be worthy of exaltation to represent Taurus, one of the twelve signs of the Zodiac. To this day, the Hindoos venerate the cow, whose flesh is forbidden to be eaten, and whose fat, supposed to have been

employed to grease the cartridges of the Indian army, was one of the proximate causes of the great sepoy rebellion of 1857. There are no animals of greater use to man than the tribe to which the ox belongs. There is hardly a part of them that does not enter into some of the arts and purposes of civilized life. Of their horns are made combs, knife-handles, boxes, spoons and drinking cups. They are also made into transparent plates for lanterns: an invention ascribed in England, to King Alfred. Glue is made from their gristles, cartilages, and portions of their hides. Their bones often form a substitute for ivory; their skins, when calves, are manufactured into vellum; their blood is the basis of Prussian blue; their sinews furnish fine and strong threads, used by saddlers; their hair enters into various manufactures; their tallow is made into candles; their flesh is eaten; and the utility of the milk and cream of the cow is well known.

366.—OX-TAIL SOUP. (*Fr.*—Potage de Queue de Bœuf.)

Ingredients.—2 ox-tails, 2 slices of ham, 1 oz. of butter, 2 carrots, 2 turnips, 3 onions, 1 leek, 1 head of celery, 1 bunch of savoury herbs, 1 bay leaf, 12 whole peppercorns, 4 cloves, a tablespoonful of salt, 2 tablespoonfuls of ketchup, ½ glass of port wine, 3 quarts of water.

Mode.—Cut up the tails, separating them at the joints; wash them, and put them in a stewpan with the butter. Cut the vegetables in slices, and add them, with the peppercorns and herbs. Put in ½ pint of water, and stir it over a sharp fire till the juices are drawn. Fill up the stewpan with the water, and, when boiling, add the salt. Skim well, and simmer very gently for 4 hours, or until the tails are tender. Take them out, skim and strain the soup, thicken with flour, and flavour with the ketchup and port wine. Put back the tails, simmer for five minutes, and serve.

Time.—4½ hours. **Average Cost,** 2*s.* per quart.
Seasonable in winter.
Sufficient for 10 persons.

367.—OX-TAIL SOUP.

(*Another Mode.*)

Ingredients.—1 ox-tail, 3 oz. of butter, 2 oz. of flour, 2 carrots, 1 turnip, 1 onion stuck with 3 cloves, ½ head of celery, bunch of herbs, 12 peppercorns, salt, 2 quarts of water.

Mode.—Joint the ox-tail and blanch it, take the pieces from the water and wipe them dry. Melt half the butter in a stewpan, put in the pieces of tail, the vegetables prepared and cut small, and fry about 10 minutes; add the water and the salt. Let this come to the boil, skim well and simmer about two hours. Take a second stewpan, and melt the remainder of the butter, stir in the flour, fry until browned, then add the strained stock. Stir until it boils, skimming occasionally; season to taste. Strain the soup into the tureen, and serve in it pieces of the tail, and small rounds of carrot and turnip previously cooked.

Time.—3 hours. **Average Cost,** 2*s.* per quart.
Seasonable any time.
Sufficient for 8 persons.

368.—PARTRIDGE SOUP. (*Fr.*—Potage au Perdreaux.)

Ingredients.—2 partridges, 3 slices of lean ham, 2 shred onions, 1 head of celery, 1 large carrot, and 1 turnip, cut into fanciful shapes; a small lump of sugar, 2 oz. of butter, salt and pepper to taste, 2 quarts of stock, No. 273, or common, No. 274.

Mode.—Cut the partridges into pieces, and braise them in the butter and ham until quite tender; then take out the legs, wings, and breast, and set them by. Keep the backs and other trimmings in the braise, and add the onions and celery; any remains of cold game can be put in, and 3 pints of stock. Simmer slowly for 1 hour, strain it, and strain the fat off as clean as possible; put in the pieces that were taken out, give it one boil, and skim again to have it quite clear, and add the sugar and seasoning. Now simmer the cut carrot and turnip in 1 pint of stock; when quite tender, put them to the partridges, and serve.

Time.—2 hours. **Average Cost,** 2*s.* 6*d.* or 2*s.* per quart.

Seasonable from September to February.

Sufficient for 8 persons.

Note.—The meat of the partridges may be pounded with the crumb of a French roll, and worked with the soup through a sieve,. Serve with stewed celery cut in slices and put in tureen. (Fr. purée de perdreaux.)

The Partridge.—This is a timorous bird, being easily taken. It became known to the Greeks and Romans, whose tables it helped to furnish with food. Formerly, the Red was scarce in Italy, but its place was supplied by the White, which, at considerable expense, was frequently procured from the Alps. The Athenians trained this bird for fighting, and Severus used to lighten the cares of royalty by witnessing the spirit of its combats. The Greeks esteemed its leg most highly, and rejected the other portions as unfashionable to be eaten. The Romans, however, ventured a little further, and ate the breast, whilst we consider the bird as wholly palatable. It is an inhabitant of all the temperate countries of Europe, but, on account of the geniality of the climate, it abounds most in the Ukraine.

369.—PHEASANT SOUP. (*Fr.*—Purée de Faisan.)

Ingredients.—2 pheasants, ¼ lb. of butter, 2 slices of ham, 2 large onions sliced, ½ head of celery, the crumb of 2 French rolls, the yolks of 2 eggs, boiled hard, salt and cayenne to taste, a little pounded mace if liked; 3 quarts of stock, No. 273.

Mode.—Cut up the pheasants, flour and braise them in the butter and ham till they are of a nice brown, but not burnt. Put them in a stewpan, with the onions, celery and seasoning, and simmer for 2 hours. Strain the soup; pound the breasts with the crumb of the roll previously soaked, and the yolks of the eggs; put it to the soup, give one boil, and serve.

Time.—2½ hours. **Average Cost,** 3*s.* per quart, or, if made with fragments of cold game, 1*s.* 6*d.*

Seasonable from October to February.

Sufficient for 10 persons.

Note.—Fragments, pieces and bones of cold game may be used to great advantage in this soup, and then 1 pheasant will suffice.

370.—PURÉE OF WOODPIGEON. (*Fr.*—Purée de Ramier.)

Ingredients.—3 pigeons, 2 quarts of medium stock, 2 oz. of butter, 2 onions, 2 carrots, 1 teaspoonful of salt, 2 oz. of sugar, the juice of a lemon.

Mode.—Cut the pigeons in half, and fry them in the butter, with the carrots and onions cut in slices. Put them in a stewpan with the stock and seasoning, and stew for ¾ of an hour. Take out the pigeons, skin them and cut the meat from the bones, putting the latter back into the pan; and continue stewing till the vegetables are thoroughly done, then strain. Pound the meat and vegetables in a mortar, and rub through a wire sieve. When cool remove all grease from the soup, and, when required, add to it the purée of meat and vegetables, and the juice of a lemon before warming.

Average Cost, 4*s.* 0*d.* for this quantity.

Seasonable all the year round.

Sufficient for 6 or 8 persons.

371.—PORTABLE SOUP.

Ingredients.—2 knuckles of veal, 3 shins of beef, 1 large bunch of herbs, 2 bay leaves, 2 heads of celery, 3 onions, 3 carrots, 2 blades of mace, 6 cloves, a teaspoonful of salt, sufficient water to cover all the ingredients.

Mode.—Take the marrow from the bones; put all the ingredients in a stock-pot, and simmer slowly for 12 hours, or more, if the meat be not done to rags; strain it off, and put it in a very cool place; take off all the fat; reduce the liquor in a shallow pan, by setting it over a sharp fire, but be particular that it does not burn; boil it fast and uncovered for 8 hours, and keep it stirred. Put it into a deep dish, and set it by for a day. Have ready a stewpan of boiling water, place the dish in it, and keep it boiling; stir occasionally, and when the soup is thick and ropy it is done. Form it into little cakes by pouring a small quantity on to the bottom of cups or basins; when cold, turn them out on a flannel to dry. Keep them from the air in tin canisters. This can now be purchased cheaper than it can be made at home.

Average Cost of this quantity, 12*s.*

Note.—Soup can be made in 5 minutes with this, by dissolving a small piece, about the size of a walnut, in a pint of warm water, and simmering for 2 minutes. Vermicelli, macaroni, or other Italian pastes, may be added.

The Laurel, or Bay.—The leaves of this tree frequently enter into the recipes of cookery; but they ought not to be used without the greatest caution, and not at all unless the cook is perfectly aware of their effects. It ought to be known, that there are two kinds of bay trees,—the Classic laurel, whose leaves are comparatively harmless, and the Cherry laurel, which is the one whose leaves are employed in cookery. They have a kernel-like flavour, and are used in blanc-mange, puddings, custards, &c.; but, when acted upon by water, they develop prussic acid, and, therefore, but a small number of the leaves should be used at a time.

372.—RABBIT SOUP. (*Fr.*—Purée de Lapin à la Crême.)

Ingredients.—2 large rabbits, or 3 small ones; a fagot of savoury herbs ½ head of celery, 2 carrots, 1 onion, 1 blade of mace, salt and white pepper to taste; a little pounded mace, ½ pint of cream, the yolks of 2 eggs, boiled hard, the crumb of a French roll, nearly 3 quarts of water.

Mode.—Make the soup with the legs and shoulders of the rabbit, and keep the nice pieces for a dish or entree. Put them into warm water, and draw the blood; when quite clean, put them in a stewpan, with a fagot of herbs, and a teacupful, or rather more, of veal stock, or water. Simmer slowly till done through, and add the three quarts of water and boil for an hour. Take out the rabbit, pick the meat from the bones, covering it up to keep it white; put the bones back in the liquor, add the vegetables, and simmer for 2 hours; skim and strain, and let it cool. Now pound the meat in a mortar, with the yolks of the eggs, and the crumb of the roll previously soaked; rub it through a tammy, and gradually add it to the strained liquor, and simmer for 15 minutes. Mix arrowroot or rice-flour with the cream (say 2 dessertspoonfuls) and stir in the soup; bring it to a boil, and serve. This soup should be very white, and instead of thickening it with arrowroot or rice flour, vermicelli or pearl barley can be boiled in a little stock, and put in 5 minutes before serving.

Time.—Nearly 4 hours. **Average Cost,** 1*s.* per quart.

Seasonable from September to March.

Sufficient for 10 persons.

373.—SHEEP'S HEAD SOUP. (*Fr.*—Potage Ecossais.)

Ingredients.—1 sheep's head, 1 onion, 1 bunch of sweet herbs, pepper and salt.

Mode.—Wash and clean the head carefully, and soak for 2 hours. Then put it into a deep saucepan with just enough water to cover it. When the head is thoroughly heated, put in 2 quarts of water and boil 2 hours. Then remove the head, strip the meat from the bones, putting the latter back into the soup with the herbs and onion, and simmer another hour. Cut up the meat into small pieces, and 10 minutes before serving put into the soup to get hot, but do not let it boil.

Time.—Altogether 3 hours. **Average Cost,** 4½*d.* per quart.

Sufficient for 6 persons.

Seasonable all the year, excepting in May.

374.—SHEEP'S HEAD SOUP. (*Fr.*—Potage Ecossais.)

(*Another Mode.*)

Ingredients.—1 sheep's head, 2 sheep's trotters, 1 onion, bunch of sweet herbs, pepper and salt.

Mode.—Prepare the head as before, and clean the feet, removing, if

not already done, the long bone. Put into a deep earthenware jar 2 quarts of water, the herbs and onion, salt, pepper, and the head and feet. Cover it close and bake for two hours in a hot oven. Serve either with the meat cut up or whole.

Time.—2 hours. **Average Cost,** 6*d.* per quart.

Sufficient for 6 persons.

Seasonable all the year, excepting in May.

375.—SOUP À LA REINE. (*Fr.*—Purée de Volaille.)

Ingredients.—1 large fowl, 1 oz. of sweet almonds, the crumb of 1½ French roll, ½ pint of cream, salt to taste, 1 small lump of sugar, 2 quarts of good white veal stock, No. 278.

Mode.—Boil the fowl gently in the stock till quite tender, which will be in about an hour, or rather more; take out the fowl, pull the meat from the bones, and put it into a mortar with the almonds, and pound very fine. When beaten enough, put the meat back into the stock, with the crumb of the rolls, and let it simmer for an hour; rub it through a tammy, add the sugar, ½ pint of cream that has boiled, and, if you prefer the plan, cut the crust of the roll into small round pieces, and pour the soup over it when you serve.

Time.—2 hours, or rather more. **Average Cost,** 2*s.* 7*d.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.—All white soups should be warmed in a vessel placed in another of boiling water. (*See* BAIN MARIE, page 35.)

376.—SOUP À LA REINE. (*Fr.*—Purée de Volaille.)

(*Economical.*)

Ingredients.—Any remains of roast chicken, ½ teacupful of rice, salt and pepper to taste, 1 quart of stock, No. 274.

Mode.—Take all the white meat and pound it with the rice, which has been slightly cooked, but not much. When it is all well pounded, dilute with the stock, and pass through a sieve. This soup should neither be too clear nor too thick.

Time.—1 hour. **Average Cost,** 5*d.* per quart.

Seasonable all the year.

Sufficient for 4 persons.

Note.—If stock is not at hand, put the chicken-bones in the water, with an onion, carrot, a few sweet herbs, a blade of mace, pepper and salt, and stew for 3 hours.

377.—SOUP À LA REINE VICTORIA.

Ingredients.—1½ lb. of lean veal, 1 slice of bacon, 1 head of celery, 1 onion, ¼ lb. of fresh butter, 1 blade of mace, 1 clove, 6 whole white peppercorns, 1 bunch of sweet herbs, 2 ozs. of vermicelli, 2 quarts of stock, No. 275, 2 large mushrooms.

Mode.—Wash and soak the vermicelli for 6 minutes in cold water, then simmer it till tender in a little stock. Put all the ingredients, save the stock and mushrooms, into a saucepan, having previously cut them up, and put it over a very clear fire, stirring the contents frequently. When they are nicely browned add the stock and the mushrooms cut up. Let it boil, then remove all fat. Strain the soup on to the vermicelli, put in some blanched chervil leaves, and serve.

Time.—2 hours. **Average Cost,** 2*s.* per quart.

Sufficient for 8 persons.

Seasonable in summer.

378.—STEW SOUP.

Ingredients.—2 lbs. of beef, 5 onions, 5 turnips, ¾ lb. of rice, a large bunch of parsley, a few sweet herbs, pepper and salt, 2 quarts of water.

Mode.—Cut the beef up in small pieces, add the other ingredients, and boil gently for 2½ hours. Oatmeal or potatoes would be a great improvement.

Time.—2½ hours. **Average Cost,** 8*d.* per quart.

Seasonable in winter.

Sufficient for 6 persons.

379.—STEW SOUP.

(*Another Mode.*)

Ingredients.—½ lb. of beef, mutton, or pork; ½ pint of split peas, 4 turnips, 8 potatoes, 2 onions, 2 oz. of oatmeal or 3 oz. of rice, 2 quarts of water.

Mode.—Cut the meat into small pieces, as also the vegetables, and add them, with the peas, to the water. Boil gently for 3 hours; thicken with the oatmeal, boil for another ¼ hour, stirring all the time, and season with pepper and salt.

Time.—3¼ hours. **Average Cost,** 3*d.* per quart.

Seasonable in winter.

Sufficient for 8 persons.

Note.—This soup may be made of the liquor in which tripe has been boiled, by adding vegetables, seasoning, rice, &c.

380.—TRANSPARENT SOUP. (*Fr.*—Consommé de Veau.)

Ingredients.—4 or 5 lbs. of leg of veal, ¼ lb. of almonds, ½ oz. of mace, 1 fagot of sweet herbs, 2 oz. of vermicelli.

Mode.—Cut the meat from the leg in very thin slices, put it into an earthern jar; break up the bones as small as possible, and put them on top of the meat. Blanch the almonds and pound them to a paste in a mortar; add them, the mace and herbs to the meat, and pour over all a gallon of boiling water. Simmer the whole for 12 hours over a very slow fire. Then turn the whole into a soup saucepan, and simmer again till it is reduced to 2 quarts, clearing off the scum as it rises. Then strain the soup and let it stand two hours to clear, after which, pour it carefully into another vessel, without mixing any of the sediment from the bottom with it. Soak the vermicelli in water, boil it, and serve in the soup. This is a very nice white soup.

Time.—2 days. **Average Cost,** 3*s.* for this quantity.

Seasonable at any time.

Sufficient for 8 persons.

381.—TURKEY SOUP. (*Fr.*—Purée de Dinde.)

(A Seasonable Dish at Christmas.)

Ingredients.—2 quarts of medium stock, No. 273, the remains of a cold roast turkey, 2 oz. of rice-flour or arrowroot, salt and pepper to taste, 1 tablespoonful of Harvey's sauce or mushroom ketchup.

Mode.—Cut up the turkey in small pieces, and put them in the stock; let it simmer slowly until the bones are quite clean. Take the bones out, and work the soup through a sieve; when cold, skim well. Mix the rice-flour or arrowroot to a batter with a little of the soup; add it with the seasoning and sauce, or ketchup. Give one boil, and serve.

Time.—4 hours. **Average Cost,** 1*s.* 6*d.* for this quantity.

Seasonable at Christmas.

Note.—Instead of thickening this soup, vermicelli or macaroni may be served in it.

The Turkey.—The common turkey is a native of North America, and was thence introduced into England in the reign of Henry VIII. According to Tussor's "Five Hundred Points of Good Husbandry," about the year 1585 it began to form a dish at our rural Christmas feasts.

> "Beef, mutton and pork, shred pies of the best,
> Pig, veal, goose and capon, and turkey well dres'd,
> Cheese, apples and nuts, jolly carols to hear,
> As then in the country is counted good cheer."

It is one of the most difficult birds to rear of any that we have; yet, in its wild state, is found in great abundance in the forests of Canada, where it might have been imagined that the severity of the climate would be unfavourable to its ever becoming plentiful. Turkeys are very fond of the seeds of nettles, and the seeds of the fox-glove poison them.

382.—TURTLE SOUP. (*Fr.*—Potage Tortue.)

(*Founded on M. Ude's Recipe.*)

Ingredients.—A turtle, 6 slices of ham, 2 knuckles of veal, 1 large bunch of sweet herbs, 3 bay-leaves, parsley, green onions, 1 onion, 6 cloves, 3 blades of mace, ¼ lb. of fresh butter, 1 bottle of Madeira, 1 lump of sugar. For the *Quenelles à Tortue*, 1 lb. of veal, 1 lb. of bread-crumbs, milk, 7 eggs, cayenne, salt, spices, chopped parsley, the juice of 2 lemons.

Mode.—To make this soup with less difficulty, cut off the head of the turtle the preceding day. In the morning open the turtle by leaning heavily with a knife on the shell of the animal's back, whilst you cut this off all round. Turn it upright on its end, that all the water, &c., may run out, when the flesh should be cut off along the spine, with the knife sloping towards the bones, for fear of touching the gall, which sometimes may escape the eye. When all the flesh about the members is obtained, wash these clean, and let them drain. Have ready, on the fire, a large vessel full of boiling water, into which put the shells; and when you perceive that they come off easily, take them out of the water, and prick them all, with those of the back, belly, fins, head, &c. Boil the back and belly till the bones can be taken out, without, however, allowing the softer parts to be sufficiently done, as they will be boiled again in the soup. When these latter come off easily, lay them on earthen dishes singly, for fear they should stick together, and put them to cool. Keep the liquor in which you have blanched the softer parts, and let the bones stew thoroughly in it, as this liquor is of value to moisten sauces.

All the flesh of the interior parts, the four legs and head, must be drawn down in the following manner:—Lay the slices of ham on the bottom of a very large stewpan, over them the knuckles of veal, according to the size of the turtle; then the inside flesh of the turtle, and, over the whole, the members. Now moisten with the water in which you are boiling the shell, and draw it down thoroughly. It may now be ascertained if it be thoroughly done by thrusting a knife into the fleshy part of the meat. If no blood appears, it is time to moisten it again with the liquor in which the bones, &c., have been boiling. Put in a large bunch of all such sweet herbs as are adapted for the cooking of a turtle—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay leaves, common thyme, a handful of parsley and green onions, and a large onion stuck with 6 cloves. Let the whole be thoroughly done. With respect to the members, probe them, to see if they are done, and if so, drain and send them to the larder, as they are to make their appearance only when the soup is

absolutely completed. When the flesh is also completely done, strain it through a silk sieve, and make a very thin white *roux;* for turtle soup must not be much thickened. When the flour is sufficiently done on a slow fire, and has a good colour, moisten it with the liquor, keeping it over the fire till it boils. Ascertain that the sauce is neither too thick nor too thin; then draw the stewpan to the side of the stove, to skim off the white scum, and all the fat and oil that rises to the surface of the sauce. By this time all the softer parts will be sufficiently cold; when they must be cut to about the size of one or two inches square, and thrown into the soup, which must now be left to simmer gently. When done, skim off all the fat and froth. Take all the leaves of the herbs from the stock—sweet basil, sweet marjoram, lemon thyme, winter savory, 2 or 3 bay-leaves, common thyme, a handful of parsley and green onions, and a large onion cut in four pieces, with a few blades of mace. Put these in a stewpan, with about ¼ lb. of fresh butter, and let it simmer on a slow fire till quite melted, when pour in 1 bottle of good Madeira, adding a small bit of sugar, and let it boil gently for 1 hour. When done, rub it through a tammy, and add it to the soup. Let this boil, till no white scum rises; then take with a skimmer all the bits of turtle out of the sauce, and put them in a clean stewpan; when you have taken all out, pour the soup over the bits of turtle, through a tammy, and proceed as follows:—

Quenelles à Tortue.—Make some *quenelles à tortue*, which being substitutes for eggs, do not require to be very delicate. Take out the fleshy part of a leg of veal, about 1 lb., scrape off all the meat, without leaving any sinews or fat, and soak in milk about the same quantity of crumbs of bread. When the bread is well soaked, squeeze it, and put into a mortar, with the veal, a small quantity of calf's udder, a little butter, the yolks of 4 eggs, boiled hard, a little cayenne pepper, salt and spices, and pound the whole very fine; then thicken the mixture with 2 whole eggs and the yolk of another. Next try this *farce*, or stuffing, in boiling-hot water, to ascertain its consistency; if it is too thin, add the yolk of an egg. When the *farce* is perfected, take half of it, and put into it some chopped parsley. Let the whole cool, in order to roll it of the size of the yolk of an egg; poach it in salt and boiling water, and when very hard drain on a sieve, and put it into the turtle. Before you send up, squeeze the juice of 2 or 3 lemons upon a little cayenne pepper, and pour that into the soup. The FINS may be served as a *plat d'entrée* with a little turtle sauce; if not, on the following day you may warm the turtle *au bain marie*, and serve the members entire, with a *matelote* sauce, garnished with mushrooms, cocks' combs, *quenelles*, &c. When either lemon-juice or cayenne pepper has been introduced, no boiling must take place.

Note.—It is necessary to observe, that the turtle prepared a day before it is used, is generally preferable, the flavour being more uniform. Be particular, when you dress a very large turtle, to preserve the green fat (be cautious not to study a very brown colour—the natural green of the fish is preferred by every epicure and true connoisseur) in a separate stewpan, and likewise when the turtle is entirely done, to have as many tureens as you mean to serve each time. You cannot put the whole in a large vessel, for many reasons: first, it will be long in cooling; secondly, when you take some out, it will break all the rest into rags. If you warm in a *bain marie*, the turtle will always retain the same taste; but if you boil it often, it becomes strong, and loses the delicacy of its flavour.

The Cost of Turtle Soup.—This is the most expensive soup brought to table. It is sold by the quart—one guinea being the standard price for that quantity. The price of live turtle ranges from 8*d.* to 2*s.* per lb., according to supply and demand. When live turtle is dear, many cooks use the tinned turtle, which is killed when caught, and preserved by being put into hermetically-sealed canisters, and so sent over to England. The cost of a tin, containing 2 quarts, or 4 lbs., is about £2, and for a small one, containing the green fat, 7*s.* 6*d.* From these about 6 quarts of good soup may be made. Sun-dried turtle is also sold, and answers very well. It needs long stewing, and to be put into some good stock

The Green Turtle.—This reptile is found in large numbers on the coasts of all the islands and continents within the tropics, in both the old and new worlds. Their length is often five feet and upwards, and they range in weight from 50 to 500 or 600 lbs. As turtles find a constant supply of food on the coasts which they frequent, they are not of a quarrelsome disposition, as the submarine meadows in which they pasture yield plenty for them all. Like other species of amphibia, too, they have the power of living many months without food; so that they live harmlessly and peaceably together, notwithstanding that they seem to have no common bond of association, but merely assemble in the same places as if entirely by accident. England is mostly supplied with them from the West Indies, whence they are brought alive and in tolerable health. The green turtle is highly prized on account of the delicious quality of its flesh, the fat of the upper and lower shields of the animal being esteemed the richest and most delicate parts. The soup, however, is apt to disagree with weak stomachs. As an article of luxury, the turtle has only come into fashion within the last 100 years, and some hundreds of tureens of turtle soup are served annually at the Lord Mayor's dinner in Guildhall.

THE TURTLE.

383.—HODGE-PODGE. (*Fr.*—Hoche-Pot à l'Anglaise.)

Ingredients.—2 lbs. of shin of beef, 3 quarts of water, 1 pint of table-beer, 2 onions, 2 carrots, 2 turnips, 1 head of celery, pepper and salt to taste, thickening of butter and flour.

Mode.—Put the meat, beer and water in a stewpan; simmer for a few minutes, and skim carefully. Add the vegetables and seasoning; stew gently till the meat is tender. Thicken with butter and flour, and serve with turnips and carrots, or spinach and celery.

Time.—3 hours, or rather more. **Average Cost,** 4*d.* per quart.

Seasonable at any time.

Sufficient for 12 persons.

Table-Beer.—This is nothing more than a weak ale, and is not made so much with a view to strength, as to transparency of colour and an agreeable bitterness of taste. It is, or ought to be, manufactured by the London professional brewers from the best pale malt, or "amber" malt. Six barrels are usually drawn from one quarter of malt, with which are mixed 4 or 5 lbs. of hops As a beverage, it is agreeable when fresh; but it is not adapted to keeping long.

384.—POT AU FEU À LA GOUFFE.

(The ordinary Pot au Feu.)

Ingredients.—1½ lb. of meat (beef), 2 lb. of bones, 3½ quarts of water, 1 oz. of salt, 4½ oz. of carrots, 4½ oz. of onions, 6 oz. of leeks, ¾ oz. of celery, 1 clove, 4 oz. of turnips, 1 oz. of parsnip.

Mode.—Carefully make up the fire, which ought to be kept at a gentle regular heat, and if well made at first will not require remaking during the process. Bone the meat and tie it up with string; break the bones with a chopper, place the bones at the bottom of the stewpan, and put the meat on them, add the water and salt, and make it boil. Care should be taken, in putting on the cover of the stewpan, to leave an opening about the width of an inch: the soup or broth deteriorates through being confined in a vessel tightly closed. As soon as the scum rises, add ¼ pint of cold water, and take off the scum with a skimmer. Let the broth boil up three times, and skim three times. After this it ought to be perfectly clear. Wipe the edges of the stewpan carefully and add the vegetables; this will stop the boiling. As soon as the broth boils up again, place the stewpan at the side of the fire, when cooking it on open range; if the pot au feu is made over a close range, it is only necessary to draw it aside, so that a third of the stewpan only is over the fire. Place cinders on the fire to subdue the heat, and keep a regular though gentle fire for three hours. The meat is then removed. The broth should now be tasted, to see if it is of good savour as regards the quantity of salt; if more salt is required, it must be added only to the soup when in the tureen. After the meat is removed, all the fat must be taken off the broth; this is easily done while it is gently boiling on the fire.

Time.—Simmer gently 3 hours. **Average Cost,** 1s. for this quantity.
Seasonable at any time.
Sufficient for 5 or 6 persons.

385.—A BETTER POT AU FEU.

Subjoined are the quantities of ingredients necessary for a better, richer Pot au feu:

Ingredients.—3 lbs. of meat, 1 lb. of bones, 5½ quarts of water, 2 oz. of salt, 10 oz. of carrots, 10 oz. of onions, 12 oz. of leeks, 1 oz. of celery, 2 cloves, 9 oz. of turnips, 1¾ oz. of parsnips.

The quantities required for this better pot au feu are nearly double, in every case, those for the commoner bouillon. It will be observed, however, there is only half as much again water to this double quantity of meat, vegetables, &c. Consequently, the bouillon will be of a better quality. The quantities being larger, the time necessary for its boiling

is longer, and ½ pint of water will be wanted to cause the scum to rise freely.

Time.—Simmer gently 5 hours. **Average Cost,** 1*s.* 3*d.* per quart.
Seasonable at any time.

386.—ANOTHER POT AU FEU.

Ingredients.—4 lb. of shin of beef, 3 oz. of sago, 1 turnip, 2 carrots, 3 leeks, ½ parsnip, ½ head of celery, a bunch of herbs, 2 or 3 sprigs of parsley, 1 onion stuck with 3 cloves, 1 cabbage, 1 oz. of salt.

Mode.—Tie the meat into shape with string, put it into a saucepan, and pour over it 5 quarts of cold water; carefully take off all the scum, then add the salt; allow this to simmer gently for 2 hours. Prepare the vegetables, and add them to the soup; allow this to simmer another 2 hours, then wash the cabbage, tie it in shape with string, put it into the boiling stock and cook until tender. After this time dish the meat and garnish it with the vegetables; with a little gravy round. Take the string from the cabbage, and serve on hot vegetable dish. Sprinkle the sago into the soup, and cook until transparent, and serve in a tureen.

Time.—6 hours. **Average Cost,** 3*s.*
Seasonable at any time.
Sufficient for 15 persons.

387.—A GOOD FAMILY SOUP.

Ingredients.—Remains of a cold tongue, 2 lbs. of shin of beef, any cold pieces of meat or beef bones, 2 turnips, 2 carrots, 2 onions, 1 parsnip, 1 head of celery, 4 quarts of water, ½ teacupful of rice, salt and pepper to taste.

Mode.—Put all the ingredients in a stewpan, and simmer gently for 4 hours, or until all the goodness is drawn from the meat. Strain off the soup, and let it stand to get cold. The kernels and soft parts of the tongue must be saved. When the soup is wanted for use, skim off all the fat, put in the kernels and soft parts of the tongue, slice in a small quantity of fresh carrot, turnip, and onion; stew till the vegetables are tender, and serve with toasted bread.

Time.—5 hours. **Average Cost,** 4*d.* per quart.
Seasonable at any time.
Sufficient for 12 persons.

388.—USEFUL SOUP FOR BENEVOLENT PURPOSES.

Ingredients.—½ a bullock's head, any pot-liquor the larder may furnish, ½ peck of onions, 6 leeks, a large bunch of herbs, 2 heads of celery (the outside pieces, or green tops, do very well); 8 carrots, 4 lbs. of

turnips, 4 lbs. of common rice, or pearl barley; ½ lb. of salt, 1 oz. of black pepper, a few raspings, 6 gallons of water.

Mode.—Cut up the meat in small pieces, break the bones, put them in a copper, with the 6 gallons of water, and stew for ½ an hour. Cut up the vegetables, put them in with the sugar, and boil for 4 hours. Two hours before the soup is wanted, add the rice and raspings, and keep stirring till it is well mixed in the soup, which simmer gently. If the liquor reduces too much, fill up with water.

Time.—6½ hours. **Average Cost,** 1½*d.* per quart.

Note.—The above recipe was used in the winter of 1858 by the Editress, who made, each week, in her copper, 8 or 9 gallons of this soup for distribution amongst about a dozen families of the village near which she lives. The cost, as will be seen, was not great; but she has reason to believe that the soup was very much liked, and gave to the members of those families, a dish of warm, comforting food, in place of the cold meat and piece of bread which form, with too many cottagers, their usual meal; when, with a little more knowledge of the "cooking" art, they might have, for less expense, a warm dish every day.

389.—ANOTHER USEFUL SOUP.

Ingredients.—An ox-cheek, 4 carrots, 1 head of celery, 2 quarts of split peas.

Mode.—Put the meat and vegetables into a soup-boiler with 3 gallons of water, but no salt. Let it simmer for 8 hours, then remove the meat from the bones, cut it up small and return to the pan, adding salt and pepper.

Time.—10 hours. **Average Cost,** 2*d.* per quart.

390.—ECONOMICAL SOUP MADE FROM SHIN OF BEEF.

Ingredients.—A shin of beef, 4 turnips, 2 carrots, 4 potatoes, ½ a cabbage, butter, 4 gallons of water.

Mode.—Break up the shin of beef into 3 or 4 pieces, put a little butter into a pan large enough to hold all, then put in the shin, fry for 2 minutes, then add the water and simmer 5 hours. Let it continue to boil till it is reduced to 1½ gallons. Then add the turnips cut in pieces, grate the carrots, and crush down 4 cold boiled potatoes; shred the cabbage finely and add to the soup Season with salt and cayenne. Skim the soup carefully as it boils, and when the vegetables are cooked, strain the soup and serve with fried bread cut in dice.

Time.—7 to 8 hours. **Average Cost,** 6*d.* per quart.

Seasonable all the year.

Sufficient for 16 persons.

FISH SOUPS.

391.—BOUILLABAISSE.

Ingredients.—12 oz. of onions, 2 cloves stuck in the onions, 1 oz. parsley, 2 laurel leaves, 1 spray of thyme, 2 outer skins of a clove of garlic, 1 oz. of shalots, 2 oz. of carrots, 6 lbs. of any kinds of fish, such as soles, whiting, barbel, plaice, &c., 4 oz. of oil, ¾ oz. of salt, 1 pinch of pepper, ¾ oz. of allspice, 3½ pints of water, 1 teaspoonful of powdered saffron.

Mode.—Cut the fish into long pieces, or fillets, and place all the ingredients, except the saffron, in the saucepan in order as arranged above; cover the pan closely, and boil for 25 minutes. If whiting are cooked, they must be added after the other ingredients have boiled 15 minutes. Then remove the fish; drain carefully, and take off any particles that may adhere to them from the soup. Dress them high on a dish covered with a napkin. Strain the soup, add the saffron, pour into the tureen. Serve the fish at the same time as the soup, and serve fried bread, a third of an inch thick, separately.

Time.—1 hour. **Average Cost,** including dish of fish, 2*s.* per quart.

Seasonable at any time.

Sufficient for 6 persons.

Note.—Bouillabaisse can be made of fresh-water fish, but is not so delicious as when made with sea-fish. It is of southern origin, and ought to be a highly-seasoned dish. This soup is well-known to all readers of Thackeray, by reason of his ballad wherein, visiting Paris when an old fogey, he recalls his remembrances of younger and more jovial days.

"This Bouillabaisse a noble dish is,
A sort of soup, a broth, or brew,
A hotch-potch of all sorts of fishes,
That Greenwich never could outdo.
Green herbs, red peppers, mussels, saffern,
Soles, onions, garlic, roach and dace;
All these you eat at Terré's tavern,
In that one dish of Bouillabaisse."

Thackeray's Ballad of Bouillabaisse.

392.—CRAYFISH SOUP. (*Fr.*—Potage d'Ecrevisses.)

Ingredients.—12 crayfish, ½ bottle of sherry, 3 pints of stock, No. 272, 3 slices of bread, 2 onions, 1 leek, 1 carrot, ½ head of celery, 2 or 3 sprigs of parsley, 2 oz. butter, 2 cloves, 1 bay leaf, 1 gill of cream, 3 yolks of eggs.

Mode.—Wash the crayfish, put them into a saucepan with 1 pint of stock and sherry, boil about 10 minutes. Put the slices of bread into the oven to dry and brown. Melt the butter, fry the vegetables in it for 10 minutes, add a quart of stock and simmer ¾ of an hour. Take up the crayfish, drain them on a sieve; preserve the stock they were cooked in.

Pluck the tails off the crayfish, remove the trail and take the flesh from the tail in one unbroken piece. Put the shells into a mortar and pound them with the brown bread; then put them in with the vegetables, and simmer twenty minutes; strain through a tammy. Put into a clean saucepan the two stocks, season with cayenne and salt. Mix in a basin the yolks and the cream, pour on to it the boiling soup, strain this into the saucepan and cook till the soup thickens. Put the pieces from the tail into a tureen, and pour the soup over.

Time.—2 hours. **Average Cost,** 6*s.*

Seasonable at any time.

Sufficient for 6 or 7 persons.

393.—CRAYFISH SOUP. (*Fr.*—Potage bisque d'Ecrevisses.)

Ingredients.—40 crayfish, 2 onions, 1 middling-sized carrot, 10 sprays of parsley, rather more than ¾ pint of rich stock, No. 272, 2 quarts of stock, No. 280, 2 oz. of butter, 4 oz. of flour, 1 pint of thick cream.

Mode.—Clean the crayfish, place them in a stewpan with the onions, carrot, parsley and rich stock; let them simmer for 10 minutes over a regular fire; when cooked, pull off the tails from the fish, pick them and reserve them for garnishing; pound the insides, the claws, and shells; place them in the stewpan with the white stock, and let the whole simmer gently one hour, at the side of the fire. Make a thickening of the butter and flour, place it on the fire for 5 minutes, stirring all the time with a wooden spoon; strain the boiling stock and pour it on the thickening; let it reduce for 20 minutes, stirring the whole time. Now let it cease boiling, and add two-thirds of the cream; strain and place it on the bain-marie. Five minutes before serving, boil it up and add the remaining one-third of the cream; put the tails of the crayfish in the tureen, pour the soup over them, and then serve.

Time.—2 hours. **Average Cost,** 4*s.* per quart.

Seasonable all the year.

Sufficient for 8 persons.

Note.—This is a frequent soup at French tables, and is generally much relished by English people. Here it is uncommon, the fish being difficult to procure.

394.—CRAYFISH SOUP. (*Fr.*—Purée d'Ecrevisses.)

Ingredients.—50 crayfish, ¼ lb. of butter, 6 anchovies, the crumb of 1 French roll, a little lobster-spawn, seasoning to taste, 2 quarts of medium stock, No. 273, or fish stock, No. 280.

Mode.—Shell the crayfish, and put the fish between two plates, until they are wanted; pound the shells in a mortar, with the butter and

anchovies; when well beaten, add a pint of stock, and simmer for ¾ of an hour. Strain it through a hair sieve, put the remainder of the stock to it, with the crumb of the roll; give it one boil, and rub it through a tammy, with the lobster spawn. Put in the fish, but do not let the soup boil after it has been rubbed through the tammy. If necessary, add seasoning.

Time.—1½ hour. **Average Cost,** 2*s.* 3*d.* or 1*s.* 9*d.* per quart.

Seasonable from January to July.

Sufficient for 8 persons.

CRAYFISH.

The Crayfish.—This is one of those fishes that were highly esteemed by the ancients. The Greeks preferred it when brought from Alexandria, and the Romans eat it boiled with cumin, and seasoned with pepper and other condiments. A recipe tells us that crayfish can be preserved several days in baskets with fresh grass or plants, such as the nettle, or in a bucket with about three-eights of an inch of water. More water would kill them, because the large quantity of air they require necessitates the water in which they are kept to be continually renewed.

395.—EEL SOUP. (*Fr.*—Soupe aux Anguilles.)

Ingredients.—3 lbs. of eels, 1 onion, 2 oz. of butter, 3 blades of mace, 1 bunch of sweet herbs, ¼ oz. of peppercorns, salt to taste, 2 tablespoonfuls of flour, ½ pint of cream, 2 quarts of water.

Mode.—Wash the eels, cut them into thin slices, and put them in the stewpan with the butter; let them simmer for a few minutes, then pour the water to them, and add the onion cut in thin slices, the herbs, mace, and seasoning. Simmer till the eels are tender, but do not break the fish. Take them out carefully, mix the flour smoothly to a batter with the cream, bring it to a boil, pour over the eels, and serve.

Time.—1 hour, or rather more. **Average Cost,** 10*d.* per quart.

Seasonable from June to March.

Sufficient for 8 persons.

Note.—This soup may be flavoured differently by omitting the cream, and adding a little ketchup or Harvey's sauce.

396.—LOBSTER SOUP. (*Fr.*—Bisque d'Homard.)

Ingredients.—3 large lobsters, or 6 small ones; the crumb of a French roll, 2 anchovies, 1 onion, 1 small bunch of sweet herbs, 1 strip of lemon peel, 2 oz. of butter, a little nutmeg, 1 teaspoonful of flour, 1 pint of cream, 1 pint of milk, forcemeat balls, mace, salt and pepper to taste, bread-crumbs, 1 egg, 2 quarts of water.

Mode.—Pick the meat from the lobsters, and beat the fins, chine, and small claws in a mortar, previously taking away the brown fin and the

bag in the head. Put it in a stewpan, with the crumb of the roll, anchovies, onions, herbs, lemon-peel, and the water; simmer gently till all the goodness is extracted, and strain it off. Pound the spawn in a mortar, with the butter, nutmeg and flour, and mix with it the cream and milk. Give one boil up, at the same time adding the tails cut in pieces. Make the forcemeat balls with the remainder of the lobster, seasoned with mace, pepper and salt, adding a little flour, and a few bread-crumbs; moisten them with the egg, heat them in the soup, and serve. Tinned lobster can be used.

Time.—2 hours, or rather more. **Average Cost,** 3*s.* 6*d.* per quart.
Seasonable from April till October.
Sufficient for 8 persons.

397.—OYSTER SOUP. (*Fr.*—Potage aux Huitres à la Crême.)

Ingredients.—6 dozen oysters, 2 quarts of white stock, ½ pint of cream, 2 oz. of butter, 1½ oz. of flour; salt, cayenne, and mace to taste.

Mode.—Scald the oysters in their own liquor; take them out, beard them, and put them in a tureen. Take a pint of the stock, put in the beards and the liquor, which must be carefully strained, and simmer for half an hour. Take it off the fire, strain it again, and add the remainder of the stock with the seasoning and mace. Bring it to a boil, add the thickening of butter and flour, simmer for 5 minutes, stir in the boiling cream, pour it over the oysters, and serve.

Time.—1 hour. **Average Cost,** 4*s.* 6*d.* per quart.
Seasonable from September to April.
Sufficient for 8 persons.

Note.—This soup can be made less rich by using milk instead of cream, and thickening with arrowroot instead of butter and flour.

398.—OYSTER SOUP. (*Fr.*—Potage aux Huitres.)

(*Another Mode.*)

Ingredients.—2 quarts of good fish stock, 6 dozen oysters, 2 oz. of butter, 1 oz. of flour, juice of ½ a lemon.

Mode.—Beard the oysters, and scald them in their own liquor; then add it, well strained, to the stock; thicken with the butter and flour, and simmer for a quarter of an hour. Put in the oysters, stir well, but do not let it boil; add the lemon juice, and serve very hot. Tinned oysters might be used.

Time.—¾ of an hour. **Average Cost,** 3*s.* 6*d.* per quart, or with tinned oysters, 1*s.* 6d. per quart.
Seasonable from September to April.
Sufficient for 8 persons.

399.—PRAWN SOUP. (*Fr.*—Potage aux Crevettes.)

Ingredients.—Two quarts of fish stock, two pints of prawns, the crumb of a French roll, anchovy sauce or mushroom ketchup to taste, one blade of mace, ½ pint of vinegar, a little lemon-juice.

Mode.—Pick out the tails of the prawns, put the bodies in a stewpan, with 1 blade of mace, ½ pint of vinegar, and the same quantity of water; stew them for a quarter of an hour, and strain off the liquor. Put the fish stock into a stewpan, add the strained liquor, pound the prawns with the crumb of a roll, moistened with a little of the soup; rub them through a tammy, and mix them by degrees with the soup; add ketchup or anchovy sauce to taste, with a little lemon-juice. When it is well cooked, put in a few picked prawns; let them get thoroughly hot, and serve. If not thick enough, put in a little butter and flour.

Time.—1 hour. **Average Cost,** 2*s.* per quart.
Seasonable at any time.
Sufficient for 8 persons.

Note.—This can be thickened with tomatoes and vermicelli served in it, which makes it a very tasteful soup. The soup can be made of shrimps and garnished with prawns, where economy is an object.

THE PRAWN.

The Prawn.—This little fish bears a striking resemblance to the shrimp, but is neither so common nor so small. It is to be found on most of the sandy shores of Europe. The Isle of Wight is famous for shrimps, where they are potted; but both the prawns and the shrimps vended in London are too much salted for the excellence of natural flavour to be preserved. They are extremely lively little animals, as they are seen in their native retreats.

400.—SKATE SOUP. (*Fr.*—Potage de Raie.)

Ingredients.—1 very small skate, 2 onions, parsley, 2 oz. of butter, salt and pepper to taste, dessertspoonful of ketchup, 1 wineglassful of sherry, 2 quarts of water.

Mode.—Clean the skate thoroughly and let it hang a day, in cold weather 2 days; skin and cut the thick parts in fillets about two inches square. Boil the head and trimmings with the onions and parsley, and reduce until one quart only is left, skim and strain this; brown the butter, and colour and thicken the soup with it. Put in the fillets and boil for 15 minutes, adding salt, pepper, catsup, and wine.

Time.—2 hours. **Average Cost** for this quantity, 1*s.* 6*d.*
Sufficient for 4 persons.
Seasonable from August to April.

CHAPTER VIII.

THE NATURAL HISTORY OF FISHES.

401.—***In Natural History, Fishes*** form the fourth class in the system of Linnæus, and are described as having long under-jaws, eggs without white, organs of sense, fins for supporters, bodies often covered with concave scales, gills to supply the place of lungs for respiration, and water for the natural element of their existence. Had mankind no other knowledge of animals than of such as inhabit the land and breathe their own atmosphere, they would listen with incredulous wonder, if told that there were other kinds of beings which existed only in the waters, and which would die almost as soon as they were taken from them. However strongly these facts might be attested, they would hardly believe them, without the operation of their own senses, as they would recollect the effect produced on their own bodies when immersed in water, and the impossibility of their sustaining life in it for any lengthened period of time. Experience, however, has taught them, that the great deep is crowded with inhabitants of various sizes, and of vastly different constructions, with modes of life entirely distinct from those which belong to the animals of the land, and with pecularities of design, equally wonderful with those of any other works which have come from the hand of the Creator.

Fishes are naturally well adapted to the element in which they exist. Their shape has a striking resemblance to the lower part of a ship; and there is no doubt that the form of the fish originally suggested the form of the ship. The body is in general slender, gradually diminishing towards each of its extremities,

and flattened on each of its sides. This is precisely the form of the lower part of the hull of a ship; and it enables both the animal and the vessel, with comparative ease, to penetrate and divide the resisting medium for which they have been adapted. The velocity of a ship, however, in sailing before the wind, is by no means to be compared to that of a fish. It is well known that the largest fishes will, with the greatest ease, overtake a ship in full sail, play round it without effort and shoot ahead of it at pleasure. This arises from their great flexibility, to compete with which mocks the labour of art, and enables them to migrate thousands of miles in a season, without the slightest indications of languor or fatigue.

402.—***The Principal Instruments employed by Fishes to accelerate their motion*** are their air-bladder, fins and tail. By means of the air-bladder they enlarge or diminish the specific gravity of their bodies. When they wish to sink, they compress the muscles of the abdomen, and eject the air contained in it; by which, their weight, compared with that of the water, is increased, and they consequently descend. On the other hand, when they wish to rise, they relax the compression of the abdominal muscles, when the air-bladder fills and distends, and the body immediately ascends to the surface. How simply, yet how wonderfully, has the Supreme Being adapted certain means to the attainment of certain ends! Those fishes which are destitute of the air-bladder are heavy in the water, and have no great "alacrity" in rising. The larger proportion of them remain at the bottom, unless they are so formed as to be able to strike their native element downwards with sufficient force to enable them to ascend. When the air-bladder of a fish is burst, its power of ascending to the surface has for ever passed away. From a knowledge of this fact, the fishermen of cod are enabled to preserve them alive for a considerable time in their well-boats. The means they adopt to accomplish this is to perforate the sound, or air-bladder, with a needle, which disengages the air, when the fishes immediately descend to the bottom of the well into which they are thrown. Without this operation, it would be impossible to keep the cod under water whilst they had life. In swimming, the *fins* enable fishes to preserve their upright position, especially those of the belly, which act like two feet. Without these, they would swim with their bellies upwards, as it is in their backs that the centre of gravity lies. In ascending and descending, these are likewise of great assistance, as they contract and expand accordingly. The *tail* is an instrument of great muscular force, and largely assists the fish in all its motions. In some instances it acts like the rudder of a ship, and enables it to turn sideways; and when moved from side to side with a quick vibratory motion, fishes are made, in the same manner as the "screw" propeller makes a steamship, to dart forward with a celerity proportioned to the muscular force with which it is employed.

403.—***The Bodies of Fishes*** are mostly covered with a kind of horny scales; but some are almost entirely without them, or have them so minute as to be almost invisible; as is the case with the eel. These preserve them from injury by the pressure of the water, or the sudden contact with pebbles, rocks, or seaweeds. Others, again, are enveloped in a fatty, oleaginous substance, which serves as a defence against the friction of the water; and those in which the scales are small, are supplied with a large quantity of slimy matter.

404.—***The Respiration of Fishes*** is effected by means of those comb-like organs which are placed on each side of the neck, and which are called gills. It is curious to watch the process of breathing as it is performed by the finny tribes. It seems to be so continuous that it might almost pass for an illustration of the vexed problem which conceals the secret of perpetual motion. In

performing it, they fill their mouths with water, which they drive backwards with a force so great as to open the large flap, to allow it to escape behind. In this operation all, or a great portion, of the air contained in the water, is left among the feather-like processes of the gills, and is carried into the body, there to perform its part in the animal economy. In proof of this it has been ascertained that, if the water in which fishes are put, is, by any means, deprived of its dissolved air, they immediately seek the surface, and begin to gasp for it. Hence, in distilled water they are suffocated animals. For this reason, when a fishpond, or other aqueous receptacle in which fishes are kept, is entirely frozen over, it is necessary to make holes in the ice, not so especially for the purpose of feeding them, as for that of giving them air to breathe. The positions of the teeth of fishes are well calculated to excite our amazement; for, in some cases, these are situated in the jaws, sometimes on the tongue or palate, and sometimes even in the throat. They are in general sharp-pointed and immoveable; but in the carp they are obtuse, and in the pike so easily moved as to seem to have no deeper hold than such as the mere skin can afford. In the herring, the tongue is set with teeth, whereby it is enabled the better to retain its food.

OSSEOUS AND CARTILAGINOUS FISH.

405.—***Although Naturalists have divided Fishes*** into these two great tribes, yet the distinction is not very precise; for all have cartilage, and both calcareous matter in their bones. The backbone extends through the whole length of the body, and consists of vertebræ, strong and thick towards the head, but weaker and more slender as it approaches the tail. Each species has a determinate number of vertebræ, which are increased in size in proportion with the body. The ribs are attached to the processes of the vertebræ, and enclose the breast and abdomen. Some kinds, as the rays, have no ribs; whilst others, as the sturgeon and eel, have very short ones. Between the pointed processes of the vertebræ are situated the bones which support the dorsal (back) and the anal (below the tail) fins, which are connected with the processes by a ligament. At the breast are the sternum, or breastbone, clavicles, or collar-bones, and the scapulæ, or shoulder-blades, on which the pectoral, or breast, fins are placed. The bones which support the ventral or belly fins are called the *ossa pelvis*. Besides these principal bones, there are often other smaller ones, placed between the muscles, which assist their motion.

406.—***The Organs of Sense in Fishes.***—Some are supposed to be possessed by them in a high degree, and others much less perfectly. Of the latter kind are the senses of touch and taste, which are believed to be very slightly developed. On the other hand, those of hearing, seeing and smelling are ascertained to be acute; but the first in a lesser degree than both the second and third. Their possession of an auditory organ was long doubted, and even denied by some physiologists; but it has been found placed on the sides of the skull, or in the cavity which contains the brain. It occupies a position entirely distinct and detached from the skull, and, in this respect, differs in the local disposition of the same sense in birds and quadrupeds. In some fishes, as in those of the ray kind, the organ is wholly encompassed by those parts which contain the cavity of the skull; whilst in the cod and salmon kind it is in the part within the skull. Its structure, is, in every way, much more simple than that of the same sense in those animals which live entirely in the air. In some genera, as in the rays, the external orifice, or ear, is very small, and is placed in the upper surface of the head; whilst in others there is no visible external orifice whatever.

However perfect the *sight* of fishes may be, experience has shown that this sense is of much less use to them than that of smelling, in searching for their food. The optic nerves in fishes have this peculiarity—that they are not confounded with one another in their middle progress between their origin and their orbit. The one passes over the other without any communication; so that the nerve which comes from the left side of the brain goes distinctly to the right eye, and that which comes from the right goes distinctly to the left. In the greater part of them, the eye is covered with the same transparent skin that covers the rest of the head. This arrangement defends it from the action of the water, as there are no eyelids. The globe in front is somewhat depressed, and is furnished behind with a muscle, which serves to lengthen or flatten it, according to the necessities of the animal. The crystalline humour, which in quadrupeds is flattened, is in fishes, nearly globular. The organ of *smelling* in fishes is large, and is endued at its entry, with a dilating and contracting power, which is employed as the wants of the animal may require. It is mostly by the acuteness of their smell that fishes are enabled to discover their food; for their tongue is not designed for nice sensation, being of too firm a cartilaginous substance for this purpose.

407.—***The Food of Fishes.***—This is almost universally found in their own element. They are mostly carnivorous, though they seize upon almost anything that comes in their way; they even devour their own offspring, and manifest a particular predilection for living creatures. Those to which nature has meted out mouths of the greatest capacity would seem to pursue everything with life, and frequently engage in fierce conflicts with their prey. The animal with the largest mouth is usually the victor; and he has no sooner conquered his foe than he devours him. Innumerable shoals of one species pursue those of another, with a ferocity which draws them from the pole to the equator, through all the varying temperatures and depths of their boundless domain. In these pursuits a scene of universal violence is the result; and many species must have become extinct, were not the means of escape, the production and the numbers greater than the dangers to which they are exposed. The smaller species are not only more numerous, but more productive than the larger, whilst their instinct leads them in search of food and safety near the shores, where, from the shallowness of the waters, many of their foes are unable to follow them.

408.—***The Fecundity of Fishes*** has been the wonder of every natural philosopher whose attention has been attracted to the subject. They are in general oviparous, or egg-producing; but there are a few, such as the eel and the blenny, which are viviparous, or produce their young alive. The males have the *milt* and the females the *roe*. The greater number deposit their spawn in the sand or gravel; but some of those which dwell in the depths of the ocean attach their eggs to sea-weeds. In every instance, however, their fruitfulness far surpasses that of any other race of animals. According to Leuwenhoeck, the cod annually spawns upwards of nine millions of eggs, contained in a single roe. The flounder produces one million; the mackerel above five hundred thousand; a herring of a moderate size at least ten thousand; a carp fourteen inches in length, according to Petit, contained two hundred and sixty-two thousand two hundred and twenty-four; a perch deposited three hundred and eighty thousand six hundred and forty; and a female sturgeon seven millions six hundred and fifty-three thousand two hundred. The viviparous species are by no means so prolific; yet the blenny brings forth two or three hundred at a time, which commence sporting together round their parent the moment they come into existence.

409.—***The Longevity of Fishes*** is said to surpass that of animals. The age of fishes has not been properly ascertained, although it is believed that the most minute of the species has a longer lease of life than man. The mode in which they die has been noted by the Rev. Mr. White, the eminent naturalist of Selborne. As soon as the fish sickens, the head sinks lower and lower, till the animal, as it were, stands upon it. After this, as it becomes weaker, it loses its poise, till the tail turns over, when it comes to the surface, and floats with its belly upwards. The reason for its floating in this manner is on account of the body being no longer balanced by the fins of the belly, and the broad muscular back preponderating, by its own gravity, over the belly, from this latter being a cavity, and consequently lighter. Fishes are either solitary or gregarious, and some of them migrate to great distances, and into certain rivers, to deposit their spawn. Of sea-fish, the cod, herring, mackerel, and many others, assemble in immense shoals, and migrate through different tracts of the ocean.

FISH AS AN ARTICLE OF HUMAN FOOD.

410. ***The Supply of Fish in the Ocean*** may be considered as practically inexhaustible. In some places fish constitutes the chief or sole animal food of a people, and it is consumed more or less frequently in all countries. Yet many prejudices have existed with regard to its use. Among the Jews of old it was very little used, although it seems not to have been entirely interdicted, as Moses prohibited only the use of such as had neither scales nor fins. There seems some ground for the belief that the fish without scales are all apt to be unwholesome, such as the lamprey, from a surfeit of which Henry I. died, the eel, the conger, the mackerel. The Egyptians made fish an article of diet, notwithstanding that it was rejected by their priests. Egypt, however, is not a country favourable to the production of fish, although we read of the people, when hungry, eating it raw; of epicures among them having dried it in the sun; and of its being salted and preserved, to serve as a repast on days of great solemnity.

The modern Egyptians are, in general, extremely temperate in regard to food. Even the richest among them take little pride, and, perhaps, experience as little delight, in the luxuries of the table. Their dishes mostly consist of pilaus, soups and stews prepared principally of onions, cucumbers and other cold vegetables, mixed with a little meat cut into small pieces. On special occasions, however, a whole sheep is placed on the festive board; but during several of the hottest months of the year, the richest restrict themselves entirely to a vegetable diet. The poor are contented with a little oil or sour milk, in which they may dip their bread.

411.—***Fish as used by the Ancients.***—Passing from Africa to Europe, we come amongst a people who have, almost from time immemorial, occupied a a high place in the estimation of every civilised country; yet the Greeks, in their earlier ages, made very little use of fish as an article of diet. In the eyes of the heroes of Homer it had little favour; for Menelaus complained that "hunger pressed their digestive organs," and they had been obliged to live on fish. Subsequently, however, fish became one of the principal articles of diet amongst the Hellenes; and both Aristophanes and Athenæus allude to it, and even satirize their countrymen for their excessive partiality to the turbot and mullet.

So infatuated were many of the Greek gastronomes with the love of fish, that some of them would have preferred death from indigestion to the relinquishment of the precious dainties with which a few of the species supplied them. Philoxenes, of Cythera, was one of these. On being informed by his physician that he was going to die of indigestion, on account of the quantity he was consuming of a delicious fish, "Be it so," he calmly observed, "but before I die, let me finish the remainder."

The Geographical situation of Greece, like that of the British Isles, was highly favourable for the development of a taste for the piscatory tribes! and the skill of the Greek cooks was so great that they could impart any

variety of relish to the dish they were called upon to prepare. Athenæus has transmitted to posterity some very important precepts upon their ingenuity in seasoning with salt, oil and aromatics.

At the present day the food of the Greeks, through the combined influence of poverty and the long fasts which their religion imposes upon them, is, to a large extent, composed of fish, accompanied with vegetables and fruit. Caviare, prepared from the roes of sturgeons, is the national ragout, which, like all other fish dishes, they season with aromatic herbs. Snails dressed in garlic are also a favourite fish.

412.—***Love for Fish amongst the Romans.***—As the Romans, in a great measure, took their taste in the Fine Arts from the Greeks, so did they, in some measure, their piscine appetites. The eel-pout and the lotas's liver were the favourite fish dishes of the Roman epicures; whilst the red mullet was esteemed as one of the most delicate fishes that could be brought to the table.

With all the elegance, taste and refinement of Roman luxury, it was sometimes promoted of accompanied by acts of great barbarity. In proof of this, the mention of the red mullet suggests the mode in which it was sometimes treated for the horrible entertainment of the fashionable in Roman circles. It may be premised, that as England has, Rome, in her palmy days had her fops who had, no doubt, through the medium of their cooks, discovered that when the scales of the red mullet were removed, the flesh presented a fine pink colour. Having discovered this, it was further observed that at the death of the animal, this colour passed through a succession of beautiful shades, and, in order that these might be witnessed and enjoyed in their fullest perfection, the poor mullet was served alive in a glass vessel.

The love of fish among the ancient Romans rose to a real mania. Apicius offered a prize to anyone who could invent a new brine (marinade) compounded of the liver of red mullets; and Lucullus had a canal cut through a mountain, in the neighbourhood of Naples, that fish might be the more easily transported to the gardens of his villa. Hortensius, the orator, wept over the death of a turbot which he had fed with his own hands; and the daughter of Drusus adorned one that she had with rings of gold. These were, surely, instances of misplaced affection, but there is no accounting for tastes.

413. ***From Rome to Gaul*** is, considering the means of modern locomotion, no great way; but the ancient sumptuary laws of that kingdom give us little information regarding the ichthyophagous propensities of its inhabitants. In the days of the Troubadours, whales were fished for and caught in the Mediterranean Sea, for the purpose of being used as human food. Louis XII. engaged six fishmongers to furnish his board with fresh-water animals, and Francis I. had twenty-two, whilst Henry the Great extended his requirements a little further and had twenty-four. In the time of Louis XIV. the cooks had attained to such a degree of perfection in their art that they could convert the form and flesh of the trout, pike, or carp, into the very shape and flavour of the most delicious game.

The French have long enjoyed the highest reputation for their skill and refinement in the preparing of food. In place of plain joints, French cookery delights in the marvels of made-dishes, ragouts, stews, and fricassees, in which the original materials are manipulated with a carefulness and scientific accuracy which result in transcendent success.

414. ***From Gaul to Briton,*** where it has been asserted, by at least one authority, that the ancient inhabitants eat no fish. However this may be, we know that the British shores, particularly those of the North Sea, have always been well supplied with the best kinds of fish, which we may reasonably infer was not unknown to the inhabitants, or likely to be lost upon them for the lack of knowledge as to how they tasted. By the time of Edward II. fish had, in England, become a dainty, especially the sturgeon, which was permitted to appear on no table but that of the king. In the fourteenth century, a decree of King John informs us that the people eat both seals and porpoises.

Whatever checks the ancient British may have had upon their piscatory appetites, there are happily none of any great consequence upon the modern, who delight in wholesome food of every

kind. Their taste is, perhaps, too much inclined to that which is accounted solid and substantial; but they really eat more moderately, even of animal food, than either the French or the Germans. Roast beef or other viands, cooked in the plainest manner, are, with them a sufficient luxury; yet they delight in living *well*, whilst it is easy to prove how largely their affections are developed by even the prospect of a substantial cheer. In proof of this we will just observe that if a great dinner is to be celebrated, it is not uncommon for the appointed stewards and committee to meet and have a preliminary dinner among themselves, in order to arrange the great one, and after that, to have another dinner to discharge the bill which the great one cost.

FISH AS AN ARTICLE OF DIET.

415. ***Fish as Food.***—As an article of nourishment fish is less satisfying and less stimulating than butchers' meat. Hence it is often valuable in the sick room, when the stronger kinds of animal food cannot be borne. At the same time, it is a matter of common experience that in fishing-towns where little or no other animal food is taken, the health and vigour of the inhabitants is excellent.

The amount of nourishment contained in fish varies with the species. Some of the red-fleshed fish nearly approach butchers' meat. Chief amongst these is salmon, once a principal article of food in this country. Everyone has heard the tale of the Scotch apprentices, in whose indentures it was customary to insert a clause to the effect that salmon should not be given them more than twice a week. In point of fact, the richness and peculiar flavour of this fish make it ill adapted for daily food

The white-fleshed fish, such as whiting, sole, haddock, hake, cod and skate are less nourishing, but more digestible; and it is said that they do not so soon pall upon the appetite of those who live on fish. The whiting is best suited for the invalid, and next, perhaps, comes the haddock, plaice and sole. Cod, hake and skate are remarkably firm-fleshed and fibrous, and even when in good condition, are somewhat difficult of digestion. The flesh of all these fish contains little fat, but in the liver, especially that of the cod-fish, oil accumulates in great quantity. Fish oil is said to be more easy of digestion than any other kind of fat, and cod-liver oil is therefore commonly given to invalids.

In other fish, with flesh more or less white, there is much fat in the tissues. Herrings, pilchards, sprats, eels, lampreys, mackerel are rich and likely to disagree with delicate persons. But they are nourishing, and supplying as they do, both fat and flavour at a small cost, they are very largely consumed by the poor. Herring is said to contain more nourishment at a smaller price than any other kind of animal food.

416. ***Crimping*** is employed to increase the firmness of the flesh by contraction of the muscles, in the case of cod, skate, salmon, and some other species. The popular notion that fish must be crimped while it is alive is erroneous, but it must be done immediately after death, before *rigor mortis* has set in. It is said that crimped fish keeps longer than fish in its natural state.

417. ***To Choose Fish.***—The first necessity for fish is that it should be fresh. Stiffness and rigidity of the flesh is a sure guide, for *rigor mortis* passes off in the course of time, and the flesh then becomes flabby.

The smell is not a sure guide if the fish has been kept on ice, for it may smell fresh, and yet change directly it is taken from the ice, even within an hour or two.

The redness of the gills is a good indication, and the brightness of the eyes, which should not be sunken in the head.

A proof of freshness and goodness in most fish is their being covered with scales; if the scales are deficient they may be stale or they may have been knocked about, and then they will not keep.

In flat fish the skin should be smooth and moist, and closely adherent to the flesh. It is a bad sign if the skin is blistered.

Salmon, cod and the large white fish generally should have a bronze tint when freshly cut. Turbot and brill should have yellowish flesh.

Very large fish are not to be preferred, as they are probably old and tough. A flat fish should be thick in proportion to its size; all fish should have large girth rather than great length. In buying a slice of fish, it is better to choose a thick slice from a small fish than a thin slice from a large one.

The red-fleshed and oily fish cannot be eaten too soon after they are out of the water. If kept they should be cleaned and wiped very dry and laid on stones in a current of air, unless any ice can be obtained. A larger fish can be hung up by the gills. They can be parboiled and so kept for a day or two.

Turbot, brill, dory and some other cartilaginous white-fleshed fish can be kept for a day or two with advantage. A turbot must always be hung up by the tail until it is cooked. White fish can be rubbed over with salt and so kept for a day or two; but it loses nourishment and quality in the process, which should not be resorted to unless by compulsion.

Fish that is not quite fresh can be improved by thorough washing in vinegar and water, or permanganate of potash and water. It is afterwards better fried than boiled, but no dressing will entirely conceal its quality.

418. ***Fish in Season.***—Fish should be not only fresh but of good quality, and in season. Dr. Pavy says: "The quality of fish as an article of food is influenced by the act of spawning, and presents considerable variations at different periods. It is just previous to spawning that the animal is in its highest state of perfection. Its condition altogether is then at its best point. The animal is fatter than at any other period, and of a richer flavour for eating. During the process of spawning its store of fatty matter is drawn upon and it becomes poor, thin, watery and flabby. It is now said to be 'out of season,' and requires time to arrive in condition again. In fish like the cod, where the fatty matter accumulates specially in the liver, this organ presents a most striking difference in volume and condition before and after spawning; whilst in such as the salmon, herring, &c., where the fat is dispersed amongst the flesh, it is the body which affords the chief evidence of change. As salmon enters the rivers from the sea for the purpose of depositing its spawn, it is plump and well provided with fat. On its return the contrast in its condition is very great. It is now so exhausted and thin as to be looked upon as unfit for food." When fish is out of season the flesh is bluish in colour and wants firmness in texture. It does not become flaky and opaque in boiling, and there is none of the coagulated albumen, or curdy matter, between the flakes. The boiling has something to do with this appearance as well as the season.

Fish out of season can often be bought at a low price, but it is never cheap. Some few fish are sold all the year round; but for many there is a close time during which they may not be killed or sold under penalty. Anyone who sells fresh salmon between the 3rd of September and the 1st of February is bound to prove that it was caught out of the United Kingdom; and failing that, is liable to a fine of £2. A good deal of Norwegian salmon is brought to London. Even salted and dried salmon must have been cured out of the country or before the close season began. Trout is out of season for four months from October or November. Other freshwater fish are protected from the 15th of March to the 15th of June, by a law passed in 1876, but they form so small a part of the national food supply that few persons notice their absence from the stalls of the fishmonger. Eels are by far the commonest of freshwater fish. Large quantities are caught in the Lincolnshire and Norfolk broads and fens, and eight hundred tons are said to be imported annually from Holland. In the

Middle Ages, when sea fishermen were less skilful than they are at present, stews, or ponds, were attached to every monastery and every house of pretension; and it is said that to the care and skill of the monks we owe the acclimatisation of many freshwater fish now common in England. The quality of fish also depends very much on the nature of the food. It is said that in Norway the sturgeon is distinguished by its having followed a shoal of mackerel or of herring. Everyone knows the herring of Loch Fyne, and the haddock of Dublin Bay. As a rule all fish is better if it is caught in an open sea, off rocky headlands, than if it has lived in an inland sea, with slow current and shallow water. Cod is not only better in the coldest weather, but it is never so good as when it is caught in extreme northern latitudes. A cheap fish, good of its kind, is always very much to be preferred to expensive fish of inferior quality.

Freshwater fish vary immensely according to the nature of the water in which they have lived. In a muddy stream, or in any stagnant water, they are often scarcely eatable; while those of the same species from deep, clear streams, with gravelly bottom, have an excellent flavour. This is noticeably true of eels. All such fish are greatly improved by being kept in fresh water and carefully fed for a few days before they come to table.

419. ***Preserved Fish.***—Various methods are resorted to for preserving fish. It is dried, smoked, salted, put up in oil, or a combination of these methods is used, the object being always to remove moisture or to exclude air. Of tinned fish we have spoken in another chapter.

The fish that are most easily preserved are those rich in oil, and of firm fibre, but all fish could be preserved; and in point of fact those only are so that are caught in greater quantities than can be consumed at the time. Here, as elsewhere, custom has much to do in influencing the market. Pilchards are exported to the Mediterranean, whence we import annually many tons of sardines; yet the two fish are so much alike that they are readily distinguished only by the size. We import also caviare (the dried roe of the sturgeon), though to relish it requires a cultivated taste: and much of that eaten in this country is partly decomposed. "Bombay ducks," the dried bummeloh fish, are thought highly of in India. Dried haddocks and herrings form a staple food of the labouring classes.

All fish lose nourishing power by being salted. It is said that salt cod is the least nourishing of all foods commonly eaten, whence (it may be) comes its use as a diet for fast days.

420. ***Shell-fish.***—Shell-fish must not be left out of account, since among those commonly eaten, we find both the delicacies of the rich and some staple foods of the poor. They are all difficult of digestion, owing to the toughness and hardness of the flesh resisting mastication, or perhaps because of the poisonous nature of their food. The crustacea commonly eaten are the lobster, crab, crayfish, shrimp and prawn. Of these, shrimps and crabs are least esteemed and are sold at a low price. Prawns are sought after for garnishing, and, generally speaking, are the dearest of all fish. The crayfish is less common in this country than in France, where it is employed to make the celebrated Bisque soup, and also largely for garnish.

Of the molluscæ, oysters have the best reputation both for flavour and digestibility, and are commonly given to invalids. Cooking, especially at a great heat, hardens them and so renders them less digestible. The old saying is that oysters are in season when there is an "r" in the month; *i.e.*, from September to April; but so many foreign oysters are now in the market that they are sold all the year round.

Mussels have been known to produce poisonous symptoms; but it is not clearly known to what that is due; possibly to the nature of their food.

Scallops are a cheap and not unpalatable food. Whelks, periwinkles, cockles, and limpets are eaten in enormous numbers by the poorer classes, but are seldom cooked otherwise than by boiling.

421. ***Reptiles as Food.***—The green turtle is the only reptile that we appreciate as a food, though many reptiles are eaten in different parts of the world. Turtles sometimes weigh six or seven hundred pounds and are imported into and kept in this country alive. Sun-dried turtle, sold in pieces, is much cheaper than, and a good substitute for, fresh turtle. Tinned turtle is also sold, and extract of turtle, recommended for invalids. These preparations can be bought in small quantities, and are within the reach of many who could not procure fresh turtle soup.

The edible frog (*rana esculenta*) is thought much of in many parts of Europe, but has never been appreciated by English people. Only the hind legs are eaten.

American terrapin soup is made of a small land turtle.

GENERAL DIRECTIONS FOR DRESSING FISH.

422. ***In Dressing Fish*** of any kind, the first point to be attended to is to see that it be perfectly clean. It is a common error to wash it too much; as by doing so the flavour is diminished. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. In consequence of the amount of oil they contain, the liver and roes of fish take longer to cook than the flesh, and if they are not cooked separately they should be put into the saucepan before the fish.

Fish should be put into warm water, and set on the fire to cook very gently, or the outside will break before the inner part is done. Hot water should not be poured *on* to the fish, as it is liable to break the skin; if it should be necessary to add a little water whilst the fish is cooking, it ought to be poured in gently at the side of the vessel. The fish-plate may be drawn up, to see if the fish be ready, which may be known by its easily separating from the bone. It should then be immediately taken out of the water, or it will become woolly. The fish-plate should be set crossways over the kettle, to keep hot for serving, and a cloth laid over the fish, to prevent its losing its colour. The exact temperature of the water depends on the sort of fish; if it is too hot the skin breaks; and if it is cold much of the flavour is lost. Fish can scarcely cook too slowly; steaming is often better than boiling.

Fish to be fried or broiled must be dried in a nice soft cloth, after it is well cleaned and washed. If for frying, rub it with flour, brush it over with egg, and sprinkle it with some fine crumbs of bread. If done a second time with the eggs and bread, the fish will look so much the better. A sheet of white paper must be placed to receive it, that it may be free from all grease. It must also be of a beautiful colour, and all the crumbs appear distinct. Butter gives a bad colour; lard and clarified dripping are most frequently used; but oil is the best and cheapest. The fish should be put into the fat or oil when as hot as possible without burning, and there should be a sufficiency of this to cover it.

When fish is broiled, it must be seasoned, floured, and laid on a very clean gridiron, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled over or before a very clear fire, that it may not taste smoky; and not too near, that it may not be scorched. Fish may also be baked, stewed and made into soups.

In choosing fish it is well to remember that it is possible it may be *fresh* and yet not *good*. In this work, rules are given for the choice of each particular

fish and the months when it is in season. Nothing can be of greater consequence to a cook than to have the fish good; as if this important course in a dinner does not give satisfaction, it is rarely that the repast goes off well.

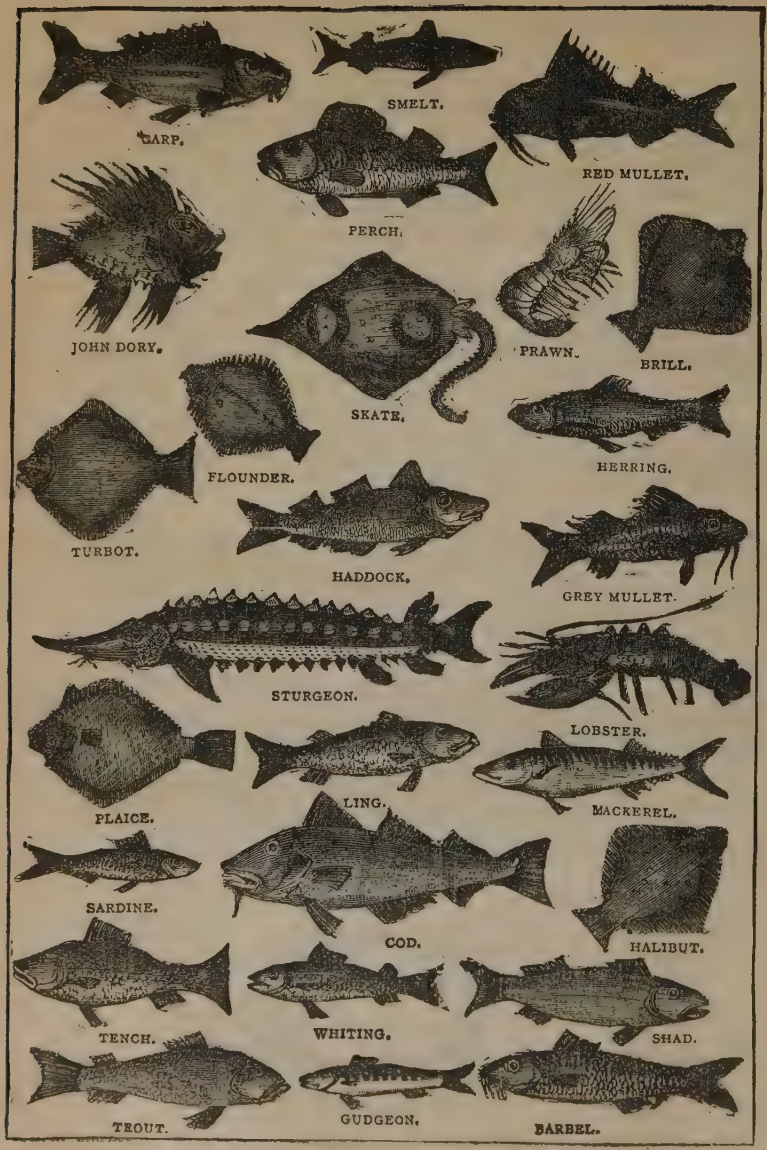
423. ***Keeping Fish.***—When fish is cheap and plentiful, and a larger quantity is purchased than is immediately wanted, the overplus of such as will bear it should be potted, or pickled or salted, and hung up; or it may be fried, that it may serve for stewing the next day. Fresh-water fish having frequently a muddy smell and taste, should be soaked in strong salt and water, after it has been well cleaned. If of a sufficient size, it may be scalded in salt and water, and afterwards dried and dressed. Cod-fish, whiting and haddock, are none the worse for being a little salted, and kept a day; and if the weather be not very hot, they will be good for two days.

424. ***Garnishing Fish*** requires great nicety. Plenty of parsley, horse-radish, lobster coral and lemon should be used. If fried parsley be used, it must be washed and picked, and thrown into fresh water. When the lard or dripping is hot enough, squeeze the parsley dry in a cloth, and throw it into the saucepan. It is sure to bubble a good deal, and, therefore, it is better to lift the pan from the fire. In a few seconds it will be green and crisp, and must be taken up with a slice, if there is no frying-basket. Well dressed, and with very good sauce, fish is more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of serving; but to each recipe is appended the proper mode of serving and garnishing.

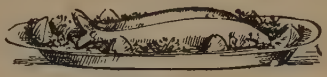
In Brillat Savarin's* clever and amusing volume, "The Physiology of Taste," he says that, towards the end of the eighteenth century, it was a most common thing for a well-arranged entertainment in Paris to commence with oysters, and that many guests were not contented without swallowing twelve dozen. Being anxious to know the weight of this advanced-guard, he ascertained that a dozen oysters, fluid included, weighed four ounces—thus, the twelve dozen would weigh about 3 lbs.; and there can be no doubt, that the same persons who made no worse a dinner on account of having partaken of the oysters, would have been completely satisfied if they had eaten the same weight of chicken or mutton. An anecdote, perfectly well authenticated, is narrated of a French gentleman (M. Laperte), residing at Versailles, who was extravagantly fond of oysters, declaring he never had enough. Savarin resolved to procure him the satisfaction, and gave him an invitation to dinner, which was duly accepted. The guest arrived, and his host kept company with him in swallowing the delicious bivalves up to the tenth dozen, when, exhausted, he gave up, and let M. Laperte go on alone. This gentleman managed to eat thirty-two dozen within an hour, and would doubtless have got through more, but the person who opened them is described as not being very skilful. In the interim Savarin was idle, and at length, tired with his painful state of inaction, he said to Laperte, whilst the latter was in full career, "Mon cher, you will not eat as many oysters to-day as you meant; let us dine." They dined, and the insatiable oyster-eater acted at the repast as if he had fasted for a week.

* Brillat Savarin was a French lawyer and judge of considerable eminence and great talent, and wrote, under the above title, a book on gastronomy, full of instructive information, enlivened with a fund of pleasantly-told anecdote.

FISH KETTLE.


CARP.
SMELT.
RED MULLET.
PERCH.
JOHN DORY.
PRAWN.
BRILL.
SKATE.
FLOUNDER.
HERRING.
TURBOT.
HADDOCK.
GREY MULLET.
STURGEON.
LOBSTER.
PLAICE.
LING.
MACKEREL.
SARDINE.
COD.
HALIBUT.
TENCH.
WHITING.
SHAD.
TROUT.
GUDGEON.
BARBEL.

Grilled Bloaters.



Trout.

Dried Haddock.

Soused Mackerel.

Fresh Herrings.

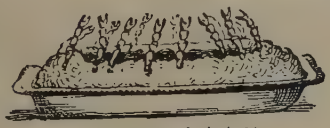
Fish Balls.

Scalloped Oysters.

Herring's Roe, Devilled.

Fish Pie.

Lemon stuck with Prawns.



Curried Lobster.

Sardines on Toast.

Scalloped Scallops.

Salmon Cutlets.

Dressed Crab

Salmon Tail, Boiled.

Fresh Haddock, Stuffed and Baked.

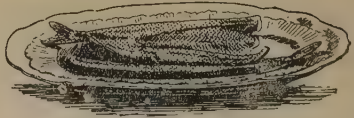
Filleted Anchovies on Toast.

FISH COOKED IN VARIOUS WAYS.

SPRATS.

SARDINE EGGS.

FISH JELLY.



KIPPERS.

COD CUTLETS.

FILLETED SOLES.

BROILED MACKERELL.

LOBSTER SALAD.

FISH SALAD.

FLOUNDERS.

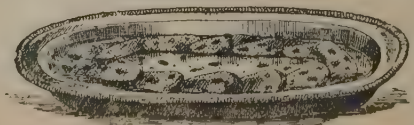
FISH FRIED IN BATTER.

ANCHOVY TOAST.

BRILL.

FISH CROQUETTES.

FISH PUDDING.



FILLETED TURBOT.

VARIOUS DISHES OF FISH.

TABLE OF RELATIVE PRICES OF FISH.

Giving the real cost of Fish per lb. after deducting Bone, Waste and Loss of Weight by different modes of Cooking.

Practical tests have been made of each fish in the following table, and very great care and trouble has been taken to render them reliable and accurate, so that they may be really useful in estimating the actual relative value of the various kinds of fish.

Many would fail to realise the great loss by bone and uneatable matter there is in most fish and how much they pay for actual food obtained.

By consulting these tables it will be seen that such fish as soles and smelts are very expensive ones, also that some of the highest priced fish or parts of fish are not always the dearest. Thus, for example, a pound of flounders can be bought for 5*d*., but, by reason of the large amount of bone they contain they cost more than a pound of eels at 10*d*., while the so-called cheaper parts of salmon, yielding so much less actual eatable matter, are in reality not so economical as the best.

Name of Fish.	How usually Cooked.	Weight before Cooking.	Weight after Cooking without bone and waste.	Loss per lb. by Cooking, bone and waste.	Average price per lb.	Actual cost per lb. after Cooking & without bone and waste.
		lbs. oz.	lbs. oz.	oz.	*s. d.*	*s. d.*
Brill	Boiled	7 0	3 8	8	0 10	1 8
Cod	Boiled	5 12	3 9½	6	0 7	0 11
,, Head and Shoulders	Boiled	4 8	2 4	8	0 7	1 2
,, Steaks	Broiled	3 9	3 0	2½	0 9	0 11½
Dory	Filleted	4 4	1 15½	8½	1 0	2 2
Eels	Fried	3 12	3 1	3	0 10	1 0½
,,	Stewed	1 7½	1 4½	2	0 10	0 11½
Flounders	Fried	2 4	1 1	8½	0 5	0 10¾
Mackerel	Boiled	1 0	0 12	4	0 4	0 5½
,,	Broiled	0 10	0 7	5	0 4	0 5¾
Mullet (red)	Fried	0 8	0 6	4	1 0	1 4
,, (grey)	Fried	1 0	0 12	4	0 9	1 0
Plaice	Boiled	3 2	2 ½	5½	0 5	0 7½
,,	Filleted	2 6	1 5	7	0 5	0 9
Salmon (head	Boiled	3 8	1 10	8½	1 6	3 1
,, (middle)	Fried	2 9	2 1½	3	2 0	2 5½
,, (tail)	Boiled	2 8	1 14	4	1 9	2 4
Shad	Boiled	2 4	1 8½	5	1 0	1 5½
Skate	Boiled	4 3	3 ½	4½	0 6	0 8¾
Smelts	Fried	1 0	0 6	10	2 0	5 4
Soles	Boiled	1 11	1 1½	5½	1 3	2 0
,,	Filleted	1 7	0 11½	8	1 3	2 6
,,	Fried	1 8	0 13½	6½	1 3	2 4¾
Trout	Boiled	1 4	1 0	3½	1 0	1 4
Turbot	Boiled	6 3	3 11	6½	1 4	2 4
Whiting	Fried	1 10	1 2	5	0 8	0 11½

Note.—The prices quoted as average ones are not those for fish when it is scarce or out of season; but, at the same time, they are a little above those when the fish is in full season. The relative loss per lb. will be the same whatever may have been the price given.

RECIPES FOR COOKING FISH.

CHAPTER IX.

FISH. (*Fr.*—Poissons.)

[Nothing is more difficult than to give the average prices of Fish, inasmuch as a few hours of bad weather at sea will, in the space of one day, cause such a difference in its supply, that the same fish—a turbot for instance—which may be bought to-day for six or seven shillings, will, to-morrow, be, in the London markets, worth, perhaps, almost as many pounds. The average costs, therefore, which will be found appended to each recipe, must be understood as about the average price for the different kinds of fish when the market is supplied upon an average, and when the various sorts are of an average size and quality. The seasons for fish also slightly vary with the year, it sometimes happening, for instance, that salmon is at its cheapest and best a little earlier or later than usual. Oysters, however, always come in and go out at the same time, for from April and May to the end of July oysters are said to be sick; but by the end of August they become healthy, having recovered from the effects of spawning. When they are not in season the males have a black and the female a milky substance in the gill.]

426.—FRIED ANCHOVIES. (*Fr.*—Anchois Frits.)

Ingredients.—1 tablespoonful of oil, ½ a glass of white wine, sufficient flour to thicken; 12 anchovies.

Mode.—Mix the oil and wine together, with sufficient flour to make them into a thickish paste; cleanse the anchovies, wipe them, dip them in the paste, and fry of a nice brown colour. Sardines can be cooked in the same way.

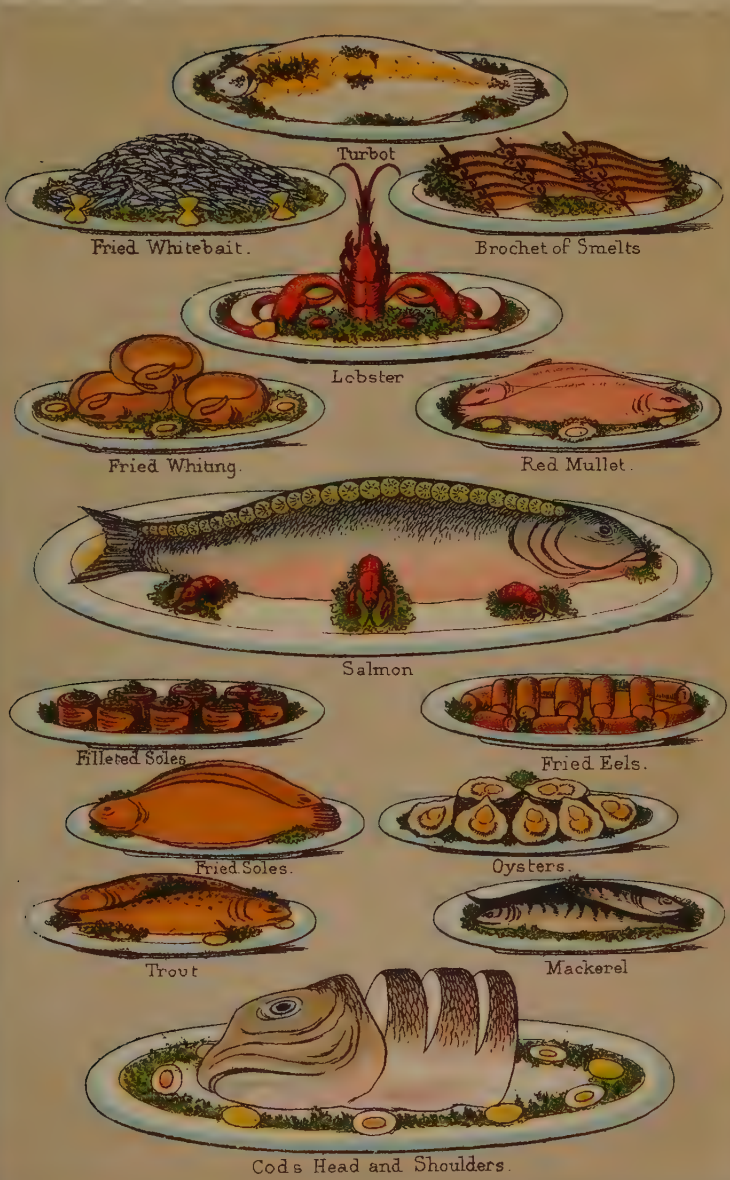
Time.—Half an hour. **Average Cost** for this quantity, 9*d.*

Seasonable all the year.

Sufficient for 2 persons.

THE ANCHOVY.

The Anchovy.—In his book of "British Fishes," Mr. Yarrell states that "the anchovy is a common fish in the Mediterranean, from Greece to Gibraltar, and was well known to the Greeks and Romans, by whom the liquor prepared from it, called *garum*, was in great estimation. Its extreme range is extended into the Black Sea. The fishing for them is carried on during the night, and lights are used with the nets. The anchovy is common on the coasts of Portugal, Spain and France. It occurs, I have no doubt, at the Channel Islands, and has been taken on the Hampshire coast, and in the Bristol Channel." Other fish, of inferior quality, but resembling the real Gorgona anchovy, are frequently sold for it, and passed off as genuine. Sprats are said to be so used.


Turbot
Fried Whitebait.
Brochet of Smelts
Lobster
Fried Whiting.
Red Mullet.
Salmon
Filleted Soles.
Fried Eels.
Fried Soles.
Oysters.
Trout
Mackerel
Cod's Head and Shoulders.

FISH.

427.—ANCHOVY BUTTER. (*Fr.*—Beurre d'Anchois.)

Ingredients.—2 dozen anchovies, ½ lb. of fresh butter.

Mode.—Wash the anchovies thoroughly; bone and dry them, and pound them in a mortar to a paste. Mix the butter gradually with them, and rub the whole through a sieve. Put it by in small pots for use, and carefully exclude the air with a bladder, as it soon changes the colour of anchovies, besides spoiling them.

Average Cost for this quantity, *1s. 6d.*

Potted Anchovies are made in the same way, by adding pounded mace, cayenne and nutmeg to taste.

428.—BARBEL. (*Fr.*—Barbeau.)

Ingredients.—½ pint of port wine, a saltspoonful of salt, 2 tablespoonfuls of vinegar, 2 sliced onions, a fagot of sweet herbs, nutmeg and mace to taste, the juice of a lemon, 2 anchovies, 1 or 2 barbel, according to size.

Mode.—Boil the barbel in salt and water till done; pour off some of the water, and, to the remainder, put the ingredients mentioned above. Simmer gently for ½ hour, or rather more, and strain. Put in the fish; heat it gradually; but do not let it boil, or it will be woolly.

Time.—Altogether 1 hour. **Sufficient** for 4 persons.

Seasonable from September to November.

The Barbel.—This fish takes its name from the barbs or wattels at its mouth; and, in England, is esteemed as one of the worst of the fresh-water fish. It was, however, formerly, if not now, a favourite with the Jews, excellent cookers of fish. Some are used to boil with it a piece of bacon, that it may have a relish. It is to be met with from two to three or four feet long, and is said to live to a great age. From Putney upwards, in the Thames, they are found of large size; but are valued chiefly as affording sport to the brethren of the angle.

THE BARBEL.

429.—BRILL À LA CONTI. (*Fr.*—Barbue à la Conti.)

Ingredients.—A brill weighing about 2½ lbs., 1½ pint of stock, 2 glasses of Burgundy, a little chopped parsley, pepper and salt.

Mode.—Skin and clean the fish, cut some slits down the back, and simmer it over a slow fire in the oil, wine, and a teacupfull of stock, salt and pepper. Reduce the rest of the stock to half the quantity, put in the parsley, and pour over the fish.

Average Cost, *2s. 6d.*

Seasonable from August to April.

Sufficient for 6 persons.

430.—BRILL. (*Fr.*—Barbue.)

Ingredients.—¼ lb. of salt to each gallon of water; a little vinegar.

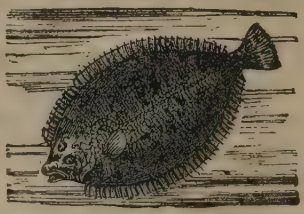
Mode.—Clean the brill, cut off the fins, and rub it over with a little lemon-juice, to preserve its whiteness. Set the fish in sufficient warm water to cover it; throw in salt, in the above proportions, and a little vinegar, and bring it gradually to boil; simmer very gently at the side of the fire till the fish is done, which will be in about 10 minutes; but the time for boiling, of course, depends entirely on the size of the fish. Serve it on a hot napkin, and garnish with cut lemon, parsley, horse-radish, and a little lobster coral sprinkled over the fish. Send lobster or shrimp sauce, or Dutch sauce and plain melted butter, to table with it.

Time.—After the water boils, a small brill, 10 minutes; a large brill, 15 to 20 minutes.

Average Cost, from 2*s.* to 4*s.*; but when the market is plentifully supplied may be had from 2*s.* each, of good size.

Good all the year round.

Best from August to April.



THE BRILL.

The Brill.—This fish resembles the sole, but is broader, and, when large, is esteemed by many in a scarcely less degree than the turbot, whilst it is much cheaper. It is a fine fish, and is abundant in the London market.

To Choose Brill.—The flesh of this fish, like that of turbot, should be of a yellowish tint, and should be chosen on account of its thickness. If the flesh has a bluish tint, it is not good.

431.—STEWED CARP. (*Fr.*—Carpe à l'Elevée.)

Ingredients.—1 large carp, 3 oz. butter, 1 teaspoonful of flour, half a teacup of stock, a glass of claret, a few mushrooms and small onions, some chives, thyme and parsley, a little grated nutmeg, pepper and salt.

Mode.—Put into a stewpan the butter and onions; when brown, add the carp cut in thick slices, the stock, wine and seasoning. Stew till thoroughly done, and serve garnished with fried bread.

Average Cost, 2*s.* 3*d.*

Seasonable from November to March.

Sufficient for 5 or 6 persons.

432.—FRIED CARP. (*Fr.*—Carpe Frite.)

Ingredients.—1 good-sized carp, lard or oil for frying, a little vinegar, parsley, thyme and laurel leaves, a grate of nutmeg, pepper and salt.

Mode.—After cleaning, set aside the roe, split the fish down the back, and soak a little while in the vinegar, with the herbs and seasoning in it.

Then flour it well, and fry, also the roe, till a nice bright brown. N.B.—It is one that requires care to keep it a good colour and firm. Serve garnished with fried parsley.

Average Cost.—1*s.* 6*d.*

Seasonable from November to March.

Sufficient for 6 persons.

433.—BAKED CARP. (*Fr.*—Carpe Farcie.)

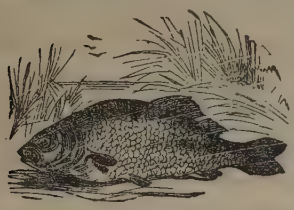
Ingredients.—1 carp, forcemeat, bread-crumbs, 1½ oz. butter, ½ pint of stock, No. 273, ½ pint port wine, 6 anchovies, 2 onions sliced, 1 bay leaf, a fagot of sweet herbs, flour to thicken, the juice of 1 lemon; cayenne and salt to taste; ½ teaspoonful of powdered sugar.

Mode.—Stuff the carp with a delicate forcemeat, after thoroughly cleansing it, and sew it up, to prevent the stuffing from falling out. Rub it over with an egg, and sprinkle it with bread-crumbs, lay it in a deep earthen dish, and drop the butter, oiled, over the bread-crumbs. Add the stock, onions, bay leaf, herbs, wine and anchovies, and bake for 1 hour. Put 1 oz. of butter into a stewpan, melt it, and dredge in sufficient flour to dry it up; put in the strained liquor from the carp, stir frequently, and when it has boiled, add the lemon-juice and seasoning. Serve the carp on a dish garnished with parsley and cut lemon, and the sauce in a boat. Some cooks add the anchovies to the forcemeat.

Time.—1¼ hour. **Average Cost.**, 2*s.* 3*d.*

Seasonable from November to March.

Sufficient for 2 persons.



THE CARP.

The Carp.—This species of fish inhabits the fresh waters, where they feed on worms, insects, aquatic plants, small fish, clay, or mould. Some of them are migratory. They have very small mouths, and no teeth, and the gill-membrane has three rays. The body is smooth, and generally whitish. The carp both grows and increases very fast, and is accounted the most valuable of all fish for the stocking of ponds. It has been pronounced the queen of river-fish, and was first introduced to this country about three hundred years ago. Of its sound, or air-bladder, a kind of glue is made, and a green paint of its gall. The French employ the carp for table very much more than we in this country. Its quality depends very much upon its habitat. In stagnant water it tastes strongly of mud.

434.—STEWED CARP (*Fr.*—Carpe au Vin Rouge.)

Ingredients.—1 carp, salt, stock No. 274, 2 onions, 6 cloves, 12 peppercorns, 1 blade of mace, ¼ pint of port wine, the juice of half lemon, cayenne and salt to taste, a fagot of savoury herbs.

Mode.—Scale the fish, clean it nicely, and, if very large, divide it; lay it in the stewpan, after having rubbed a little salt on it, and put in sufficient stock to cover it; add the herbs, onions and spices, and stew

gently for 1 hour, or rather more, should it be very arge. Dish up the fish with great care, strain the liquor, and add to it the port wine, lemon-juice, and cayenne; give one boil, pour it over the fish, and serve.

Time.—1¼ hours. **Average Cost,** 1*s.* 9*d.*

Seasonable from November to March.

Sufficient for 2 persons.

Note.—This fish can be boiled plain, and served with parsley and butter, Chub and Char may be cooked in the same manner as the above, as also Dace and Roach.

The Age of Carp.—This fish has been found to live 150 years. The pond in the garden of Emmanuel College, Cambridge, contained one that had lived there 70 years, and Gesner mentions an instance of one 100 years old. They are, besides, capable of being tamed. Dr. Smith, in his "Tour on the Continent," says, in reference to the Prince de Condé's seat at Chantilly, "The most pleasing things about it were the immense shoals of very large carp, silvered over with age, like silver-fish, and perfectly tame; so that, when any passengers approached their watery habitation, they used to come to the shore in such numbers as to heave each other out of the water, begging for bread, of which a quantity was always kept at hand on purpose to feed them. They would even allow themselves to be handled."

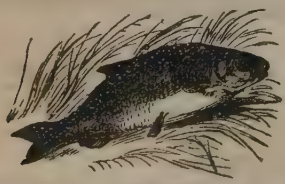
THE CHUB.

THE CHAR.

The Chub (Fr. **Meunier.**)—This fish takes its name from its head, not only in England, but in other countries. It is a river-fish, and resembles the carp, but is somewhat longer. Its flesh is not in much esteem, being coarse, and, when out of season, full of small hairy bones. The head and throat are the best parts. The roe is also good.

The Char (Fr. **Umble**).—This is one of the most delicious of fish, being esteemed by some superior to the salmon. It is an inhabitant of the deep lakes of mountainous countries. Its flesh is rich and red, and full of fat. The largest and best kind is found in the lakes of Westmorland, and, as it is considered a rarity, it is often potted and preserved.

The Dace, or Dare (Fr. **Landosie**).—This fish is gregarious, and is seldom above ten inches long; although, according to Linnæus, it grows a foot and a half in length. Its haunts are in deep water, near piles of bridges, where the stream is gentle, over gravelly, sandy, or clayey bottoms; deep holes that are shaded, water-lily leaves, and under the foam caused by an eddy. In the warm months they are to be found in shoals on the shallows near to streams. They are in season about the end of April, and gradually improve till February, when they attain their highest condition. In that month, when just taken, scotched (crimped), and broiled, they are said to be more palatable than a fresh herring.



THE DACE.

THE ROACH.

The Roach (Fr. **Gardon**).—This fish is found throughout Europe and the Western parts of Asia, in deep still rivers, of which it is an inhabitant. It is rarely more than a pound and a half in weight, and is in season from September till March. It is plentiful in England, and the finest are caught in the Thames.

435.—COD. (*Fr.*—Cabillaud.)

Cod may be boiled whole; but a large head and shoulders are quite sufficient for a dish, and contain all that is usually helped, because, when the thick part is done, the tail is insipid and overdone. The latter, cut in slices, makes a very good dish for frying; or it may be salted down and served with egg sauce and parsnips. Cod, when boiled quite fresh, is watery; salted a little, it is rendered firmer. The liver is considered a delicacy, and a piece should, if possible, be bought with the fish.

THE COD.

The Cod Tribe.—The Jugular, characterized by bony gills, and ventral fins before the pectoral ones, commences the second of the Linnæn orders of fishes, and is a numerous tribe, inhabiting only the depths of the ocean, and seldom visiting the fresh waters. They have a smooth head, and the gill membrane has seven rays. The body is oblong, and covered with deciduous scales. The fins are all enclosed in skin, whilst their rays are unarmed. The ventral fins are slender, and terminate in a point. Their habits are gregarious, and they feed on smaller fish and other marine animals.

436.—COD'S HEAD AND SHOULDERS. (*Fr.*—Cabillaud.)

Ingredients.—Sufficient water to cover the fish; 5 oz. of salt to each gallon of water.

Mode.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside of the fish one or two hours before dressing it, as this very much improves the flavour. Lay it in the fish-kettle, in sufficient hot water to cover it. Be very particular not to pour the water on the fish, as it is liable to break, and only keep it just simmering. If the water should boil away, add a little by pouring it in at the side of the kettle, and not on the fish. Add salt in the above proportion, and bring it gradually to a boil. Skim very carefully, draw it to the side of the fire, and let it gently simmer till done. Take it out and drain it; serve on a hot napkin, and garnish with cut lemon, and horse-radish. It may also be steamed.

Time.—According to size, ½ an hour, more or less. **Average Cost,** from 4*d.* to 1*s.* per lb.

Sufficient.—Allow about ½ lb. for each person with head and shoulders, but rather less when the middle of the fish is chosen instead.

Seasonable from November to March.

Note.—Oyster sauce should be served with this.

To Choose Cod.—The Cod should be chosen for the table when it is plump

and round near the tail, when the hollow behind the head is deep, and when the sides are undulated as if they were ribbed. The glutinous parts about the head lose their delicate flavour after the fish has been twenty-four hours out of the water. The great point by which the cod should be judged is the firmuess of its flesh; and although the cod is not firm when it is alive, its quality may be arrived at by pressing the finger into the flesh. If this rises immediately the fish is good, if not, it is stale. Another sign of its goodness is, if the fish, when it is cut, exhibits a bronze appearance, like the silver-side of a round of beef. When this is the case, the flesh will be firm when cooked. Stiffness in a cod, or in any other fish, is a sure sign of freshness, though not always of quality. Sometimes, codfish, though exhibiting signs of rough usage, will eat much better than those with red gills, so strongly recommended by many cookery-books. This appearance is generally caused by the fish having been knocked about at sea, in the well-boats in which they are conveyed from the fishing-grounds to market.

437.—SALT FISH IN CREAM. (*Fr.*—Morue â la Crême.)

Ingredients.—Salt fish, 1 quart of water, 1 pint of new milk or cream, 1 spoonful of flour, butter the size of a large walnut, and pepper to taste.

Mode.—Tear the fish into small strips wash clean and put into a pan with the water. Let it simmer ½ hour, pour off the water, and add the milk or cream; when this comes to a boil thicken with the flour. Let it boil 5 minutes; add a good-sized piece of butter and a little pepper.

Time.—40 minutes. **Average Cost,** with cream, 2*s.* 6*d.*

Seasonable in Lent.

Sufficient for 6 persons.

438.—SALT FISH & PARSNIPS. (*Fr.*—Morue aux Panais.)

Ingredients.—Take one dozen tender young parsnips, 2 lbs. of salt cod-fish, 2 oz. of butter, 3 oz. of flour, 2 eggs, 1 wineglass of vinegar, pepper and salt to taste.

Mode.—Soak the fish overnight, and boil it until tender, putting it over the fire, in *cold* water. Boil the parsnips till tender. Boil the eggs very hard. When cooked, split the parsnips in halves, and put round the edge of a flat dish. Drain the fish and remove the skin and large bones. Put it in the middle of the dish, and place it where it will keep hot while the sauce is being prepared. Mix the butter and flour to a perfectly smooth paste, and stir in gradually ½ pint of water and the vinegar, boiling hot. Stir over the fire about 10 minutes. Chop the eggs and add to the sauce. Pour all over the fish and parsnips, and serve very hot. The same dish may be prepared with carrots or potatoes, or all three of the vegetables in the same dish.

Time.—45 minutes. **Average Cost,** 2*s.*

Seasonable in Lent.

439.—SALT COD. (*Fr.*—Morue.)

(*Commonly called "Salt Fish."*)

Ingredients.—Sufficient water to cover the fish, vinegar, eggs.

Mode.—Wash the fish, and lay it all night in water, with a quarter of of a pint of vinegar. When thoroughly soaked, take it out, see that it is perfectly clean, and put it in the fish-kettle with sufficient cold water to cover it. Heat it gradually, but do not let it boil fast, or the fish will be hard. Skim well, and when done, drain the fish and put it on a napkin. Garnish with hard-boiled eggs cut in rings.

Time.—About 1 hour. **Average Cost,** 6*d.* per lb.

Seasonable in the Spring.

Sufficient for each person, ¼ lb.

Note.—Serve with egg-sauce and parsnips. This is an especial dish on Ash-Wednesday.

Preserving Cod.—Immediately the cod are caught, their heads are cut off. They are then opened, cleaned and salted, when they are stowed away in the hold of the vessel, in beds of five or six yards square, head to tail, with a layer of salt to each layer of fish. When they have lain in this state three or four days, in order that the water may drain from them, they are shifted into a different part of the vessel, and again salted. Here they remain till the vessel is loaded, when they are sometimes cut into thick pieces and packed in barrels for the greater convenience of carriage.

440.—COD ROE. (*Fr.*—Laitances.)

Mode.—Wash it well, and boil for 10 minutes in water with a little salt and vinegar. Cut it into dice, and put it into some melted butter made with cream. Butter a scallop tin, put in the roe, cover with brown bread-crumbs, and brown in the oven; or serve it on hot buttered toast. It is often used as garnish to other fish.

Time.—½ hour. **Average Cost,** 1*s.*

Seasonable in the Winter.

Sufficient for 4 persons.

441.—COD PIE. (*Fr.*—Cabillaud aux Huîtres et aux Pommes de Terre.)

(*Economical.*)

Ingredients.—Any remains of cold cod, ½ a tin of oysters, sufficient melted butter to moisten, mashed potatoes enough to fill up the dish.

Mode.—Flake the fish from the bone, and carefully take away all the skin. Lay it in a pie-dish, pour over the melted butter and oysters (or oyster sauce, if there is any left), and cover with mashed potatoes. Bake for half an hour, and send to table of a nice brown colour.

Time.—½ hour. **Average Cost** (exclusive of the fish, which should about half fill a medium-sized pie-dish), 6*d.*

Seasonable from November to March.

Sufficient for 4 persons.

442.—COD PIE. (*Fr.*—Pâté de Cabillaud.)

(*Another Mode.*)

Ingredients.—2 slices of cod; pepper and salt to taste; ½ a teaspoonful of grated nutmeg, 1 large blade of pounded mace, 2 oz. of butter, ½ pint of stock No, 273, a paste crust (*see* Pastry). For sauce, 1 tablespoonful of stock, ¼ pint of milk, thickening of flour or butter; lemon peel chopped very fine to taste; 12 oysters.

Mode.—Lay the cod in salt for 4 hours, then wash it and place it in a dish; season, and add the butter and stock; cover with the crust, and bake for one hour, or rather more. Now make the sauce, by mixing the ingredients named above; give it one boil, and pour it into the pie by a hole made at the top of the crust, which can easily be covered by a small piece of pastry cut and baked in any fanciful shape—such as a leaf, or otherwise.

Time.—1½ hour. **Average Cost,** with fresh fish, 3*s.*

Seasonable from November to March.

Sufficient for 6 persons.

Note.—The remains of cold fish may be used for this pie.

443.—CURRIED COD. (*Fr.*—Cabillaud au Kari.)

Ingredients.—2 slices of large cod, or the remains of any cold fish; 3 oz. of butter, 1 onion sliced, a teacupful of white stock, thickening of butter and flour, 1 *small* teaspoonful of curry-powder, ¼ pint of cream, salt and cayenne to taste, lemon juice or any acid fruit.

Mode.—Flake the fish, and fry it of a nice brown colour with the butter and onions; put this in a stewpan, add the stock, prepared as below, and thickening, and simmer for 10 minutes. Stir in the cream; put it, with the seasoning, to the other ingredients; give one boil and serve. Whenever curry-powder is used, it should be slowly simmered with the stock or gravy for 1 hour before it is served.

Time.—¾ hour. **Average Cost,** with fresh fish, 2*s.*

Seasonable from November to March.

Sufficient for 6 persons.

The Food of the Cod.—This chiefly consists of the smaller species of the scaly tribes, shellfish, crabs and worms. Their voracity is very great, and they will bite at any small body they see moved by the water, even stones and pebbles, which are frequently found in their stomachs. They sometimes attain a great size, but their usual weight is from 14 to 40 pounds.

444.—COD WITH CREAM. (*Fr.*—Cabillaud a la Crême.)

Ingredients.—1 large slice of cod, 1 oz. of butter, 1 chopped shalot, a little minced parsley, ¼ teacupful of white stock, ¼ pint of milk or cream, flour to thicken, cayenne and lemon-juice to taste, ¼ teaspoonful of powdered sugar.

Mode.—Boil the cod, and while hot, break it into flakes; put the

butter into a stewpan, stir in 1 tablespoonful of flour to thicken, add the stock gradually and the chopped shalot; boil for 5 minutes. Pour to it the milk or cream. Simmer for 10 minutes, add the cayenne and sugar, and the chopped parsley, and, when liked, a little lemon-juice. Put the fish in the sauce to warm gradually, but do not let it boil. Serve in a dish garnished with sippets of fried bread.

Time.—Rather more than ½ hour. **Average Cost,** with cream, 1*s.* 6*d.*

Seasonable from November to March.

Sufficient for 3 persons.

Note.—The remains of fish from the preceding day answer very well for this dish.

445.—COD WITH BECHAMEL SAUCE. (*Fr.*—Cabillaud a la Béchamel.)

Ingredients.—Any remains of cold cod, 4 tablespoonfuls of béchamel (*see* Sauces), 2 oz. of butter; seasoning to taste of pepper and salt; fried bread, a few bread crumbs baked a light brown in the oven.

Mode.—Flake the cod carefully, leaving out all skin and bone; put the béchamel in a stewpan with the butter, and stir it over the fire till the latter is melted; add seasoning, put in the fish, and mix it well with the sauce. Make a border of fried bread round the dish, lay in the fish, sprinkle over with bread-crumbs, and baste with butter. Brown either before the fire or with a salamander, and garnish with toasted bread cut in fanciful shapes.

Time.—½ hour. **Average Cost,** exclusive of the fish, 4*d.*

The Habitat of the Cod.—This fish is found only in the seas of the northern parts of the world, between the latitudes of 45° and 66°. Its great rendezvous are the sandbanks of Newfoundland, Nova Scotia, Cape Breton and New England. These places are its favourite resorts; for there it is able to obtain great quantities of worms, a food peculiarly grateful to it. Another cause of its attachment to these places has been said to be on account of the vicinity to the Polar Seas, where it returns to spawn. Few are taken north of Iceland, and the shoals never reach so far south as the Straits of Gibraltar. Many are taken on the coasts of Norway, in the Baltic, and off the Orkneys, which, prior to the discovery of Newfoundland, formed one of the principal fisheries. The London market is supplied by those taken between the Dogger Bank, the Well Bank, and Cromer, on the east coast of England.

446.—COD WITH MAITRE D'HÔTEL BUTTER. (*Fr.*—Cabillaud â la Maitre d'Hôtel.)

Ingredients.—2 slices of cod, ¼ lb. of butter, a little chopped shalot and parsley; pepper to taste, ¼ teaspoonful of grated nutmeg, or rather less when the flavour is not liked; the juice of ½ lemon.

Mode.—Boil the cod, and either leave it whole, or, what is still better, flake it from the bone, and take off the skin. Put it into a stewpan with the butter, parsley, shalot, pepper and nutmeg. Melt the butter gradually, and be very careful that it does not become like oil. When all is well mixed and thoroughly hot, add the lemon-juice and serve.

Time.—½ hour. **Average Cost,** 1*s.* 6*d.*
Seasonable from November to March.
Sufficient for 4 persons.

Note.—The remains of cold fish will do for this.

The Season for Catching Cod.—The best season for catching cod is from the beginning of February to the end of April, and although each fisherman engaged in taking them catches no more than one at a time, an expert hand will sometimes take four hundred in a day. The employment is excessively fatiguing, from the weight of the fish as well as from the coldness of the climate.

447.—COD WITH ITALIAN SAUCE. (*Fr.*—Cabillaud a l'Italienne.)

Ingredients.—2 slices of crimped cod, 1 shalot, 1 slice of ham, minced very fine, ½ pint of white stock, No. 278: when liked, ½ teacupful of cream; salt to taste; a few drops of garlic vinegar, a little lemon-juice, ½ teaspoonful of powdered sugar.

Mode.—Chop the shalot, mince the ham very fine, pour on the stock, and simmer for 15 minutes. If the colour should not be good, add cream in the above proportion, and strain it through a fine sieve; season it, and put in the vinegar, lemon-juice and sugar. Now boil the cod, take out the middle bone, and skin it; put it on the dish without breaking, and pour the sauce over it.

Time.—¾ hour. **Average Cost,** 2*s.* 6*d.*, with fresh fish.
Seasonable from November to March.
Sufficient for 6 persons.

The Fecundity of the Cod.—In our preceding remarks on the natural history of fishes, we have spoken of the amazing fruitfulness of this fish! but in this we see one more instance of the wise provision which Nature has made for supplying the wants of man. So extensive has been the consumption of this fish, that it is surprising that it has not long ago become extinct; which would certainly have been the case, had it not been for its wonderful powers of reproduction. "So early as 1368," says Dr. Cloquet, "the inhabitants of Amsterdam had dispatched fishermen to the coast of Sweden; and in the first quarter of 1792, from the port of France only, 210 vessels went out to the cod-fisheries. Every year, however, upwards of 10,000 vessels, of all nations, are employed in this trade, and bring into the commercial world more than 40,000,000 of salted and dried cod. If we add to this immense number, the havoc made among the legions of cod by the larger scaly tribes of the great deep, and take into account the destruction to which the young are exposed by sea-fowl and other inhabitants of the seas, besides the myriads of their eggs destroyed by accident, it becomes a miracle to find that such mighty multitudes of them are still in existence, and ready to continue the exhaustless supply. Yet it ceases to excite our wonder when we remember that the female can every year give birth to more than 9,000,000 at a time."

448.—COD SOUNDS. (*Fr.*—Nau de Morue.)

Mode.—These salted, as they are generally bought, should be soaked in milk and water for several hours, and then boiled in fresh milk and water until tender, when they should be drained and served with egg sauce; but more elaborately dressed they form entrées or nice little dishes for hot suppers.

Average Cost, 6*d.*
Seasonable from November to March.

449.—COD SOUNDS WITH FRENCH SAUCE.
(*Fr.*—Nau de Morue Sauce Française.)

Ingredients.—2 lbs. of the sounds, 1 pint milk, batter made with 1 egg and a little milk and flour; one tablespoonful of salad oil, the same of vinegar, a little eschalot and parsley; pepper.

Mode.—Soak and boil the sounds as directed above and cut them into pieces about 2 inches square; steep them in the oil and vinegar in which are the eschalot and parsley finely minced.

They should remain in this mixture for 2 or 3 hours, then taken out, dipped in the batter and fried a light brown.

The sauce (for recipe *see* Sauces) must be first poured into the dish, and not over the fish, which should be arranged in a ring.

Average Cost, exclusive of the sauce, 1*s.* 6*d.*

Seasonable from November to March.

Sufficient for 6 persons.

450.—COD SOUNDS A LA MAITRE D'HÔTEL.
(*Fr.*—Nau de Morue a la Maitre d'Hôtel.)

Ingredients.—2 lbs. of sounds, ½ pint good white stock, ¼ lb. fresh butter, potatoes boiled and mashed, a little parsley, lemon-juice, pepper.

Mode.—Boil the sounds in milk and water until tender; put into a stewpan the stock, let it boil, and then add the other ingredients, the parsley minced, lastly the sounds, cut in small pieces, and toss them over the fire till thoroughly hot. Have ready a wall of mashed potato, into which pour the sounds and sauce, and serve at once.

Average Cost, 2*s.*

Seasonable from November to March.

Sufficient for 6 persons.

451.—COD SOUNDS WITH PIQUANTE SAUCE.
(*Fr.*—Nau de Morue Sauce Piquante.)

Ingredients.—2 lbs. cod sounds, some mashed potato, a little lard to fry it in; ¾ pint of piquante sauce (*see* Sauces.)

Mode.—Prepare the sounds as in above recipe and warm in the sauce, and garnish with little balls of the mashed potato fried a nice brown.

Average Cost, exclusive of sauce, 1*s.* 3*d.*

Seasonable from November to March.

Sufficient for 6 persons.

452.—COD'S ROE FRIED.

Ingredients.—1 lb. of cod's roe, 1 egg, bread crumbs, and fat for frying.

Mode.—Boil the roe for 15 minutes, then slice it. When cold, dry it, dip it in beaten egg, then in crumbs, and fry a nice brown.

Time.—20 minutes.

Average Cost, 10*d.*

Seasonable from November to March.

Sufficient for 4 persons.

The Sounds in Codfish. (*Fr.*—Nau de Morue.)—These are the air or swimming bladders, by means of which the fishes are enabled to ascend or descend in the water. In the Newfoundland fishery they are taken out previous to incipient putrefaction, washed from their slime, and salted for exportation. The tongues are also cured and packed up in barrels; whilst, from the livers, considerable quantities of oil are extracted, this oil having been found possessed of the most nourishing properties, and particularly beneficial in cases of pulmonary affections.

453.—TO DRESS CRAB. (*Fr.*—Crabe; Ecrévisse de Mer.)

Ingredients.—1 crab, 2 tablespoonfuls of vinegar, 2 ditto of oil; salt, white pepper and cayenne, to taste.

Mode.—Empty the shells, and thoroughly mix the meat with the above ingredients, and put it in the large shell. Garnish with slices of cut lemon and parsley. The quantity of oil may be increased when it is much liked.

Average Cost, from 10*d.* to 2*s.*

Seasonable all the year; but not so good in May, June and July.

Sufficient for 3 persons.

To Choose Crab.—The middle-sized crab is the best; and the crab, like the lobster, should be judged by its weight: for if light, it is watery.

454.—CRAB DRESSED.

(*Another Mode.*)

Ingredients.—1 large crab, 3 tablespoonfuls of oil, 2 of vinegar, bread crumbs, pepper and salt.

Mode.—Pick the meat from the shell and flake it into small shreds, and add to it the same proportion of finely-grated bread-crumbs; season to taste with pepper and salt, then mix well with the oil, and lastly the vinegar. Carefully wash and dry the shell and put in the mixture, garnishing with lobster coral or butter.

Average Cost, 2*s.*

Seasonable all the year.

Sufficient for 4 persons.

455.—CRAB SALAD.

Ingredients.—2 small crabs, 1 large lettuce, 1 bunch watercress, 2½ tablespoonfuls of oil, 1 of vinegar, 1 hard-boiled egg, a few slices of beetroot or a tomato, pepper and salt.

Mode.—Pick all the meat from the shells and shred it finely. Wash and dry the lettuce and cress and cut it up in a bowl, and mix first with the oil, next the pepper and salt, and lastly the vinegar. Stir all well together, then add the crab, mixing it well with the salad. Pile on a flat dish and garnish with the egg cut in slices and the beetroot or tomato.

456.—HOT CRAB. (*Fr.*—Crabe au Gratin.)

Ingredients.—1 crab, nutmeg, salt and pepper to taste, 3 oz. of butter, ¼ lb. of bread-crumbs, 3 tablespoonfuls of vinegar.

Mode.—After having boiled the crab, pick the meat out from the shells, and mix with it the nutmeg and seasoning. Cut up the butter in small pieces, and add the bread-crumbs and vinegar. Mix altogether, put the whole in the large shell, and brown before the fire or with a salamander. It is better to use browned bread-crumbs.

Time.—1 hour. **Average Cost,** from 1*s.* to 2*s.*

Seasonable all the year; but not so good in May, June and July.

Sufficient for 3 persons.

The Crab Tribe.—The whole of this tribe of animals have the body covered with a hard and strong shell, and live chiefly in the sea. Some, however, inhabit fresh waters, and few live upon land. They feed variously, on aquatic or marine plants, small fish, molluscæ, or dead bodies. The *black-clawed* species is found on the rocky coasts of both Europe and India, and is the same that is introduced to our tables, being much more highly esteemed as a food than many others of the tribe. The most remarkable feature in their history is the changing of their shells, and the reproduction of their broken claws. The former occurs once a year, usually between Christmas and Easter, when the crabs retire to cavities in the rocks, or conceal themselves under great stones. Fishermen say that they will live confined in a pot or basket for several months together, without any other food than what is collected from the sea-water; and that, even in this situation, they will not decrease in weight. The *hermit* crab is another of the species, and has the peculiarity of taking possession of the deserted shell of some other animal, as it has none of its own. This circumstance was known to the ancients, and is alluded to in the following lines from Oppian:—

THE CRAB.

> "The hermit fish, unarm'd, by nature left
> Helpless and weak, grow strong by harmless theft,
> Fearful they stroll, and look with panting wish
> For the cast crust of some new-cover'd fish;
> Or such as empty lie, and deck the shore,
> Whose first and rightful owners are no more.
> They make glad seizure of the vacant room,
> And count the borrow'd shell their native home;
> Screw their soft limbs to fit the winding case,
> And boldly herd with the crustaceous race."

457.—POTTED CRAB OR LOBSTER.

Ingredients.—Crabs or lobsters, 3 eggs (yolks only), mushrooms or truffles, butter, 1 teacupful of cream; parsley.

Mode.—Boil the fish in salt and water if not already cooked, then pick all meat from the shells and put it into a stewpan with some chopped mushrooms or truffles and a little butter; simmer for 10 minutes over a gentle fire. When almost done add the well beaten yolks of 3 eggs, the cream and some minced parsley. Stew all together till it is of the consistence of thick paste; press into pots and cover with clarified butter, totally excluding the air.

Time.—25 minutes. **Average Cost,** crabs, 10*d.* to 2*s.*; lobsters, 2*s.* 6*d.*

Seasonable at any time.

458.—CRAYFISH. (*Fr.*—Ecrévisse.)

Cray-fish should be thrown into boiling water, to which has been added a good seasoning of salt and a little vinegar. When done, which will be in a quarter of an hour, take them out and drain them. Let them cool, arrange them on a napkin, and garnish with plenty of double parsley.

Average Cost, 1*s.* to 3*s.* per dozen.

Note.—This fish is frequently used for garnishing. It should be oftener employed for the delicious Potage Bisque than it at present is; housewives should excite a demand for it amongst the fishmongers, and a supply would soon be forthcoming.

459.—POTTED CRAYFISH. (*Fr.*—Ecrévisse en Terrine.)

Ingredients.—4 doz. crayfish; pounded mace, pepper and salt to taste, ½ lb. of butter.

Mode.—Boil the fish in salt and water; pick out all the meat and pound it in a mortar to a paste. Whilst pounding, add the butter gradually, and mix it in the spice and seasoning. Put it in small pots, and pour over it clarified butter, carefully excluding the air.

Time.—15 minutes to boil the crayfish. **Average Cost,** 5*s.*

Seasonable all the year.

460.—JOHN DORY. (*Fr.*—Doret.)

Ingredients.—¼ lb. of salt to each gallon of water.

Mode.—This fish, which is esteemed by most people a great delicacy, is dressed in the same way as a turbot, which it resembles in firmness, but not in richness. Cleanse it thoroughly, and cut off the fins but not the head, which is considered a delicacy; lay it in a fish-kettle, cover with warm water, and add salt in the above proportion. Bring it gradually to a boil, and simmer gently for a quarter of an hour, or rather longer should the fish be very large. Serve on a hot napkin, and garnish with cut lemon and parsley. Lobster, anchovy, or shrimp sauce, and plain melted butter, should be sent to table with it.

Time.—After the water boils, ¼ to ½ hour, according to size. **Average Cost,** 1*s.* to 5*s.*

Seasonable all the year, but best from September to January.

Note.—Small John Dories are very good baked.

THE JOHN DORY.

The Duro or John Dory.—This fish is of a yellowish golden colour, and is, in general, rare, although it is sometimes taken in abundance on the Devon and Cornish coasts. It is highly esteemed for the table, and its flesh, when dressed is of a beautifully clear white. When fresh caught, it is tough, and, being a ground fish, it is none the worse for being kept two, or even three days before it is cooked.

461.—BOILED EELS. (*Fr.*—Anguilles.)

Ingredients.—4 small eels, sufficient water to cover them; a large bunch of parsley.

Mode.—Choose small eels for boiling; put them in a stewpan with the parsley, and just sufficient water to cover them; simmer till tender. Take them out, pour a little parsley and butter over them, and serve some in a tureen.

Time.—½ hour. **Average cost,** 6*d.* to 1*s.* per lb.

Seasonable from June to March.

Sufficient for 4 persons.

THE EEL.

The Eel Tribe.—The Apodal, or bony-gilled and ventral-finned fish, of which the eel forms the first Linnæan tribe, in their general aspect and manners approach, in some instances, very nearly to serpents. They have a smooth head and slippery skin, are, in general naked, or covered with such small, soft and distant scales, as are scarcely visible. Their bodies are long and slender, and they are supposed to subsist entirely on animal substances. There are about nine species of them, mostly found in the seas. One of them frequents our fresh waters, and three of the others occasionally pay a visit to our shores.

462.—STEWED EELS. (*Fr.*—Anguilles à la Crême.)

Ingredients.—2 lbs. of eels, 1 pint of rich, strong stock, No. 272; 1 onion, 3 cloves, a piece of lemon-peel, 1 glass of port or Madeira, 3 tablespoonfuls of cream; thickening of flour; cayenne and lemon-juice to taste.

Mode.—Wash and skin the eels, and cut them into pieces about 3 inches long; pepper and salt them, and lay them in a stewpan; pour over the stock, add the onion stuck with cloves, the lemon-peel, and the wine. Stew gently for half an hour, or rather more, and lift them care-

fully on a dish, which keep hot. Strain the gravy, stir to the cream sufficient flour to thicken; mix altogether, boil for 2 minutes, and add the cayenne and lemon-juice; pour over the eels, and serve.

Time.—¾ hour. **Average Cost** for this quantity, *2s. 6d.*

Seasonable from June to March. Sold all the year round.

Sufficient for 5 or 6 persons.

The Common Eel.—This fish is known frequently to quit its native element, and to set off on a wandering expediton in the night, or just about the close of day, over the meadows, in search of snails and other prey. It also, sometimes, betakes itself to isolated ponds, apparently for no other pleasure than that which may be supposed to be found in a change of habitation. This, of course, accounts for eels being found in water which was never suspected to contain them. This rambling disposition in the eel has been long known to naturalists, and, from the following lines, it seems to have been known to the ancients:—

"Thus the mail'd tortoise and the wandering eel,
Oft to the neighbouring beach will silent steal."

463.—STEWED EELS. *Fr.*—(Anguilles au Vin Rouge.)

(Another Mode.)

Ingredients.—2 lbs. of middle-sized eels, 1 pint of medium stock, No. 273, ¼ pint of port wine; salt, cayenne and mace to taste; 1 teaspoonful of essence of anchovy, the juice of ½ a lemon.

Mode.—Skin, wash and clean the eels thoroughly; cut them into pieces 3 inches long, and put them into strong salt and water for 1 hour; dry them well with a cloth, and fry them brown. Put the stock on with the heads and tails of the eels, and simmer for half an hour; strain it, and add all the other ingredients. Put in the eels, and stew gently for half an hour, when serve.

Time.—2 hours. **Average Cost,** *2s. 6d.*

Seasonable from June to March.

Sufficient for 5 or 6 persons.

464.—FRIED EELS. (*Fr.*—Anguilles Frites.)

Ingredients.—1 lb. of eels, 1 egg, a few bread-crumbs, hot lard.

Mode.—Wash the eels, cut them into pieces 3 inches long, trim and wipe them very dry; dredge with flour, rub them over with egg, and cover with bread-crumbs; fry of a nice brown in hot lard.

Time.—20 minutes, or rather less. **Average Cost,** *1s.*

Seasonable from June to March.

Sufficient for 2 persons.

Note.—Garfish may be dressed like eels, and either broiled or baked.

The Productiveness of the Eel.—"Having occasion," says Dr. Anderson, in the *Bee*, "to be once on a visit to a friend's house on Dee-side, in Aberdeenshire, I frequently delighted to walk by the banks of the river. I, one day, observed something like a black string moving along the edge of the water, where it was quite shallow. Upon closer inspection, I discovered that this was a shoal of young eels, so closely joined together as to appear, on a superficial view, one con-

tinued body, moving briskly up against the stream. To avoid the retardment they experienced from the force of the current, they kept close along the water's edge the whole of the way, following all the bendings and sinuosities of the river. When they were embayed, and in still water, the shoal dilated in breadth, so as to be sometimes nearly a foot broad; but when they turned a cape, where the current was strong, they were forced to occupy less space, and press close to the shore, struggling very hard till they passed it. The shoal continued to move on, night and day, without interruption, for several weeks. Their progress might be at the rate of about a mile an hour. It was easy to catch the animals, though they were very active and nimble. They were eels perfectly well-formed in every respect, but not exceeding two inches in length. I conceive that the shoal did not contain, on an average, less than from twelve to twenty in breadth; so that the number that passed on the whole must have been very great. Whence they came, or whither they went, I know not; but the place where I saw this was six miles from the sea."

465.—EEL PIE. (*Fr.*—Paté aux Anguilles.)

Ingredients.—1 lb. of eels, a little chopped parsley, 1 shalot; grated nutmeg; pepper and salt to taste; the juice of ½ a lemon, small quantity of force-meat, ¼ pint of béchamel (*see* Sauces); puff paste.

Mode.—Skin and wash the eels, cut them into pieces 2 inches long, and line the bottom of the pie-dish with force-meat. Put in the eels, and sprinkle them with the parsley, shalot, nutmeg, seasoning and lemon-juice, and cover with puff-paste. Bake for 1 hour, or rather more; make the béchamel hot, and pour it into the pie.

Time.—Rather more than 1 hour. **Average Cost,** 1*s.* 6*d.*

Seasonable all the year.

466.—CONGER EEL. (*Fr.*—Congre, Anguille de Mer.)

This fish is much esteemed by many persons. It forms the basis of the well-known soup of the Channel Islands, and is made into pies in the West of England. It always needs long stewing or cooking, like a tough steak, as the flesh is remarkably firm and hard. It can be cooked like fresh-water eels.

467.—COLLARED EEL. (*Fr.*—Anguille en Galantine.)

Ingredients.—1 large eel; pepper and salt to taste; 2 blades of mace, 2 cloves, a little allspice very finely pounded, 6 leaves of sage, and a small bunch of herbs minced very small.

Mode.—Bone the eel and skin it; split it and sprinkle it over with the ingredients, taking care that the spices are very finely pounded, and the herbs chopped very small. Roll it up, beginning at the head end, and bind with a broad piece of tape, and boil it in water, mixed with a little salt and vinegar, till tender. Put a weight on it till it is cold, and let the join come underneath. When cold take the tape off. Glaze and garnish it. It may either be served whole or cut in slices; and when cold, the eel should be kept in the liquor it was boiled in, but with a little more vinegar put to it. Conger is good served this way.

Time.—2 hours. **Average Cost,** 8*d.* per lb.
Seasonable from June to March.

Haunts of the Eel.—These are usually in mud, among weeds, under roots or stumps of trees, or in holes in the banks or the bottoms of rivers. Here they often grow to an enormous size, sometimes weighing as much as fifteen or sixteen pounds. They seldom come forth from their hiding places except in the night: and, in winter, bury themselves deep in the mud, on account of their great susceptibility of cold.

468.—EELS WITH TARTAR SAUCE. (*Fr.*—Anguilles à la Tartare.)

Ingredients.—2 lbs. of eels, 1 carrot, 1 onion, a little flour, 1 glass of sherry; salt, pepper and nutmeg to taste; bread-crumbs, 1 egg, 2 tablespoonfuls of vinegar.

Mode.—Rub the butter on the bottom of the stewpan; cut up the carrot and onion, and stir them over the fire for five minutes; dredge in a little flour, add the wine and seasoning, and boil for half an hour. Skin and wash the eels, cut them into pieces, put them to the other ingredients, and simmer till tender. When they are done take them out, let them get cold, cover them with egg and bread-crumbs, and fry them of a nice brown. Put them on a dish, pour sauce piquante over, and serve them hot.

Time.—One hour and a half. **Average Cost,** 2*s.*, exclusive of the sauce piquante.
Seasonable from June to March.
Sufficient for 5 or 6 persons.

Voracity of the Eel.—We find in a note upon Isaack Walton, by Sir John Hawkins, that he knew of eels, when kept in ponds, frequently destroying ducks. From a canal near his house at Twickenham he himself missed many young ducks; and on draining, in order to clean it, great numbers of large eels were caught in the mud. When some of these were opened, there were found in their stomachs the undigested heads of the quacking tribe which had become their victims.

469.—MATELOTE OF EELS. (*Fr.*—Anguilles en Matelote.)

Ingredients.—5 or 6 young onions, a few mushrooms, when obtainable; salt, pepper and nutmeg to taste; 1 laurel leaf, ½ pint port wine, ½ pint of medium stock, No. 273; butter and flour to thicken; 2 lbs. of eels.

Mode.—Rub the stewpan with butter, dredge in a little flour, add the onions cut very small, slightly brown them, and put in all the other ingredients. Wash, and cut up the eels into pieces 3 inches long: put them in the stewpan, and simmer for half an hour. Make round the dish a border of croutons, or pieces of toasted bread; arrange the eels in a pyramid in the centre, and pour over the sauce. Serve very hot.

Time.—¾ hour. **Average Cost,** 3*s.* for this quantity.
Seasonable from June to March.
Sufficient for 5 or 6 persons.

Tenacity of Life in the Eel.—There is no fish so tenacious of life as this. After it is skinned and cut in pieces, the parts will continue to move for a considerable time, and no fish will live so long out of water.

THE LAMPREY.

The Lamprey (*Fr.*—**Lamproies.**)—With the Romans, this fish occupied a respectable rank among the piscine tribes, and in Britain it has at various periods stood high in public favour. It was the cause of the death of Henry I. of England, who ate so much of them, that it brought on an attack of indigestion, which carried him off. It is an inhabitant of the sea, ascending rivers, principally about the end of winter, and, after passing a few months in fresh water, returning again to its oceanic residence. It is most in season in March, April and May, but is, by some, regarded as an unwholesome food, although looked on by others as a great delicacy. Lampreys are dressed as eels.

470.—FISH WITH CREAM SAUCE. (*Fr.*—Poisson au Gratin.)

Ingredients.—Take 2 lbs. of some kind of white fish, 1 oz. of flour, 1 teacupful of bread-crumbs, 1 quart of milk, flavouring of nutmeg, 2 onions, 1 teaspoonful of salt, ½ teaspoonful of pepper, ¼ lb. of butter.

Mode.—Boil the fish until exceedingly well cooked, and set it aside to cool. Put the flour into a stewpan, and add by degrees the milk; mix it smoothly. Cut fine the onions, grate in a little nutmeg, add a teaspoonful of salt, half as much pepper; put this mixture on the fire, and stir it till it becomes rather thick, then add the butter. On the dish in which you serve it, put a layer of the mixture, then fish (picked fine), and so on till your dish is full; over the top a layer of bread-crumbs.

Time.—Bake ½ hour. **Average Cost,** without the fish, 9*d.*

Seasonable at any time.

471.—FISH AND OYSTER PIE. *Fr.*—(Pâté de Poisson aux Huîtres.)

Ingredients.—Any remains of cold fish, such as cod or haddock; 2 dozen oysters, pepper and salt to taste, bread-crumbs sufficient for the quantity of fish; ½ teaspoonful of grated nutmeg, 1 teaspoonful of finely-chopped parsley.

Mode.—Clear the fish from the bones, and put a layer of it in a pie-dish, which sprinkle with pepper and salt; then a layer of bread-crumbs, oysters, nutmeg and chopped parsley Repeat this till the dish is quite full. You may form a covering either of bread-crumbs, which should be browned, or puff-paste, which should be cut into long strips, and laid in cross-bars over the fish, with a line of paste first laid round the edge. Before putting on the top, pour in some made melted butter, or a little thin white sauce, and the oyster-liquor; then bake.

Time.—If made of cooked fish, ¼ hour; if made of fresh fish and puff-paste, ¾ hour. **Average Cost,** 2*s.* 6*d.*

Seasonable from September to April.

472.—FISH PIE.

(*Another Mode.*)

Ingredients.—The remains of any cold fish, 2 oz. of butter, some mashed potatoes, 2 teaspoonfuls of anchovy sauce, cayenne to taste.

Mode.—Flake the fish and season with the anchovy and cayenne. Put it in a well-buttered pie-dish, lay a little oiled butter over the top, fill up with the potatoes, and bake for 15 minutes.

Time, ½ hour. **Average Cost,** exclusive of the fish, 4*d.*

Seasonable at any time.

Sufficient for 4 persons.

473.—FISH CAKE. (*Fr.*—Gâteau de Poisson.)

Ingredients.—The remains of any cold fish, 1 onion, 1 faggot of sweet herbs; salt and pepper to taste, 1 pint of water, equal quantities of bread-crumbs and cold potatoes, ½ teaspoonful of parsley, 1 egg.

Mode.—Pick the meat from the bones of the fish, which latter put, with the head and fins, into a stewpan with the water; add pepper and salt, the onion and herbs, and stew slowly for gravy about 2 hours; chop the fish fine, and mix it well with bread-crumbs and cold potatoes, adding the parsley and seasoning; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread-crumbs, and fry of a light brown; strain the gravy, pour it over, and stew gently for a quarter of an hour, stirring it carefully once or twice. Serve hot, and garnish with slices of lemon and parsley.

Time.—½ hour, after the gravy is made. **Average Cost,** exclusive of the fish, 4*d.*

Seasonable at any time.

474.—FISH CAKES, FROM TINNED SALMON.

Ingredients—2 lbs. boiled potatoes, 1 tin salmon, 2 oz. butter or dripping, bread-crumbs, 1 egg, little milk, cayenne, lemon, vinegar, nutmeg to season, fat to fry.

Mode.—The potatoes are best hot. Mash them quite smooth, add the fish, out of which all the bones must be taken, with the butter, milk enough to make it soft, and seasoning. Shape into round, flat cakes, egg and bread-crumb them, and fry them a light brown. Serve hot, with garnish of fried parsley. This makes a large dishful. They can be done with milk and flour instead of egg and bread-crumb.

Time.—¾ hour. **Average Cost,** 1*s.* 6*d.*

Seasonable at any time.

475.—BOILED FLOUNDERS. (*Fr.*—Carrelets Bouillis à la Sauce Blanche.)

Ingredients.—Sufficient water to cover the flounders, salt in the proportion of 6 oz. to each gallon, a little vinegar.

Mode.—Put on a kettle with enough water to cover the flounders, lay in the fish, add salt and vinegar in the above proportions, and when it boils, simmer very gently for 5 minutes. They must not boil fast, or they will break. Serve with plain melted butter, or parsley and butter.

Time.—After the water boils, 5 minutes.

Average Cost, 3*d.* each.

Seasonable, all the year; most plentiful from August to November.

The Flounder.—This comes under the tribe usually denominated Flat-fish, and is generally held in the smallest estimation of any among them. It is an inhabitant of both the seas and the rivers, while it thrives in ponds. On the English coasts it is very abundant, and the London market consumes it in large quantities. It is considered easy of digestion, and the Thames flounder is esteemed a delicate fish.

FLOUNDERS.

476.—FRIED FLOUNDERS. (*Fr.*—Carrelets Frits.)

Ingredients.—Flounders, egg and bread-crumbs, boiling lard.

Mode.—Cleanse the fish, and, two hours before they are wanted, rub them inside and out with salt, to render them firm; wash and wipe them very dry, dip them into egg, and sprinkle over with bread-crumbs; fry them in boiling lard, dish on a hot napkin, and garnish with crisped parsley.

Time.—From 5 to 10 minutes, according to size. **Average Cost,** 3*d.* each.

Seasonable all the year round; most plentiful from August to November.

Sufficient, 1 for each person.

477.—BROILED FLOUNDERS.

These, when sufficiently large, are very nice broiled for breakfast on a gridiron in front of the fire, with a little butter rubbed over. Small plaice are good cooked in the same manner.

478.—GUDGEONS. (*Fr.*—Goujons Panés et Frits.)

Ingredients.—Egg and bread-crumbs sufficient for the quantity of fish; hot lard.

Mode.—Do not scrape off the scales, but take out the gills and inside,

and cleanse thoroughly; wipe them dry, flour and dip them into egg, and sprinkle over with bread-crumbs. Fry of a nice brown.

Time.—3 or 4 minutes. **Average Cost,** 6*d.* per lb.

Seasonable, June to December.

Sufficient, 2 for each person.

THE GUDGEON.

The Gudgeon.—This is a fresh-water fish belonging to the Carp genus, and is found in placid streams and lakes. It was highly esteemed by the Greeks, and was, at the beginning of supper, served fried at Rome. It abounds both in France and Germany; and is both excellent and numerous in some of the rivers of England. Its flesh is firm, well-flavoured, and easily digested.

479.—GURNET, or GURNARD. (*Fr.*—Gournal.)

Ingredients.—1 gurnet, 6 oz. of salt to each gallon of water.

Mode.—Cleanse the fish thoroughly, and cut off the fins; have ready some boiling water, with salt in the above proportion; put the fish in, and simmer very gently for half an hour. Parsley and butter, or anchovy sauce, should be served with it.

Time.—½ hour. **Average Cost,** 6*d.* to 2*s* 6*d.*

Seasonable from October to March, but in perfection in October.

Sufficient, a middling-sized one for 2 persons.

Note.—This fish is frequently stuffed with forcemeat and baked.

THE GURNET.

The Gurnet.—"If I be not ashamed of my soldiers, I am a soused gurnet," says Falstaff; which shows that this fish has been long known in England. It is very common on the British coasts, and is an excellent fish as food.

480.—BAKED HADDOCK. (*Fr.*—Églefin Roti.)

Ingredients.—A nice forcemeat (*See* FORCEMEATS), butter to taste, egg and bread-crumbs.

Mode.—Scale and clean the fish, without cutting it open much; put in a nice delicate forcemeat, and sew up the slit. Brush it over with egg, sprinkle over bread-crumbs, and baste frequently with butter. Bake three quarters of an hour, if large. Garnish with parsley and cut lemon, and serve with a nice brown gravy, plain melted butter, or anchovy sauce. The egg and bread-crumbs can be omitted, and pieces of butter placed over the fish.

Time.—Large haddock, ¾ hour; moderate size, ¼ hour. **Average Cost,** for large haddock dressed in this way, exclusive of sauce, 1*s.*

Sufficient for 3 or 4 persons.

Seasonable from August to February.

Note.—Haddocks may be filleted, rubbed over with egg and bread-crumbs and fried a nice brown; garnish with crisped parsley.

The Haddock.—This fish migrates in immense shoals, and arrives on the Yorkshire coast about the middle of winter. It is an inhabitant of the Northern seas of Europe, but does not enter the Baltic, and is not known in the Mediterranean. On each side of the body, just beyond the gills, it has a dark spot, which superstition asserts to be the impressions of the finger and thumb of St. Peter, when taking the tribute-money out of a fish of this species.

THE HADDOCK.

481.—BOILED HADDOCK. (*Fr.*—Églefin à l'Eau.)

Ingredients.—Sufficient water to cover the fish, ¼ lb. of salt to each gallon of water.

Mode.—Scrape the fish, take out the inside, wash it thoroughly, and lay it in a kettle, with enough water to cover it, and salt in the above proportion. Simmer gently from 15 to 20 minutes, or rather more, should the fish be very large. For small haddocks, fasten the tails in their mouths, and put them into boiling water; 10 to 15 minutes will cook them. Serve with plain melted butter or anchovy sauce.

Time.—Large haddock, ½ hour; small, ¼ hour, or rather less. **Average Cost,** from 4*d.* to 1*s.*

Seasonable from August to February.

Weight of the Haddock.—The haddock seldom grows to any great size. In general, they do not weigh more than two or three pounds, or exceed ten or twelve inches in length. Such are esteemed very delicate eating; but they have been caught three feet long, when their flesh is coarse.

482.—DRIED HADDOCK. (*Fr.*—Merlus.)

Mode.—Dried haddock should be gradually warmed through, either before or over a nice clear fire. Rub a little piece of butter over, just before sending it to table.

483.—DRIED HADDOCK. (*Fr.*—Merlus.)

(*Another Mode.*)

Ingredients.—1 large, thick haddock, 2 bay-leaves, 1 small bunch of savoury herbs, not forgetting parsley; a little butter and pepper, boiling water.

Mode.—Cut up the haddock into square pieces; make a basin hot by means of hot water, which pour out. Lay in the fish with the bay-leaves and herbs; cover with boiling water; put a plate over to keep in the steam, and let it remain for 10 minutes. Take out the slices, put them on a hot dish, rub over with butter and pepper, and serve.

Time.—10 minutes. **Average Cost,** 9*d.*

Seasonable at any time, but best in winter.

The Finnan Haddock.—This is the common haddock cured and dried, and takes its name from the fishing-village of Findhorn, near Aberdeen, in Scotland, where the art has long attained to perfection. The haddocks are there hung up for a day or two in the smoke of peat, when they are ready for cooking, and are esteemed, by the Scotch, a great delicacy. In London, an imitation of them is made by washing the fish over with pyroligneous acid, and hanging it up in a dry place for a few days.

484.—RED HERRINGS, or YARMOUTH BLOATERS. (*Fr.*—Harengs Pecs.)

The best way to cook these is to make incisions in the skin across the fish, because they do not then require to be so long on the fire, and will be far better than when cut open. The hard roe makes a nice relish by pounding it in a mortar, with a little anchovy, and spreading it on toast. If very dry, soak in warm water 1 hour before dressing.

Time.—5 minutes. **Average Cost,** 1½*d.* each.

Seasonable, August to March.

The Red Herring.—*Red* herrings lie twenty-four hours in the brine, when they are taken out and hung up in a smoking-house formed to receive them. A brushwood fire is then kindled beneath them, and when they are sufficiently smoked and dried, they are put into barrels for carriage.

485.—BAKED FRESH HERRINGS. (*Fr.*—Harengs Frais.)

Ingredients.—12 herrings, 4 bay-leaves, 12 cloves, 12 allspice, 2 small blades of mace, cayenne pepper and salt to taste, sufficient vinegar to fill up the dish.

Mode.—Take the herrings, cut off the heads, and gut them. Put them in a pie-dish, heads and tails alternately, and, between each layer, sprinkle over the above ingredients. Cover the fish with the vinegar, and bake for half an hour, but do not use it till quite cold. The herrings may be cut down the front, the back-bone taken out, and closed again. Sprats done in this way are very delicious.

Time.—½ hour. **Average Cost,** 6*d.* per doz.

Seasonable, May to November.

To Choose the Herring.—The more scales this fish has, the surer the sign of its freshness. It should also have a bright and silvery look; but if red about the head, it is a sign that it has been dead for some time.

The Herring.—The herring tribe are found in the greatest abundance in the highest northern latitudes, where they find a quiet retreat, and security from their numerous enemies. Here they multiply beyond expression, and, in shoals, come forth from their icy region to visit other portions of the great deep. In June they are found about Shetland, whence they proceed down to the Orkneys, where they divide, and surround the islands of Great Britain and Ireland. The principal British herring fisheries are off the Scotch and Norfolk coasts; and the fishing is always carried on by means of nets, which are usually laid at night; for, if stretched by day, they are supposed to frighten the fish away. The moment the herring is taken out of the water it dies. Hence the origin of the common saying, "dead as a herring."

THE HERRING.

486.—POTTED HERRINGS.

Ingredients.—1 dozen large herrings, 1 pint white vinegar, pepper, salt, 2 bay-leaves.

Mode.—Remove the heads and tails from the herrings, wash, clean, and dry them, and sprinkle with salt and pepper inside and out. Put them in an earthenware dish, lay the roes beside them and cover them with good white vinegar. Bake for 2 hours in a moderate oven, then take out the bones, pound in a mortar, press into pots, and pour clarified butter on the top.

Time.—2 hours. **Average Cost,** 1*d.* each.

Seasonable from July to March.

487.—KEGEREE. (*Fr.*—Poisson a la Moutarde.)

Ingredients.—Any cold fish, teacupful of boiled rice, 1 oz. butter, 1 teaspoonful of mustard, 2 soft-boiled eggs, salt and cayenne to taste.

Mode.—Pick the fish carefully from the bones, mix with the other ingredients, and serve very hot. The quantities may be varied according to the amount of fish used.

Time.—¼ hour after the rice is boiled.

Average Cost, 5*d.*, exclusive of the fish.

Seasonable at any time.

488.—TO BOIL LOBSTERS. (*Fr.*—Homards.)

Ingredients.—¼ lb. of salt to each gallon of water.

Mode.—Buy the lobsters alive, and choose those that are heavy and full of motion, which is an indication of their freshness. When the shell is encrusted, it is a sign they are old: medium-sized lobsters are the best. Have ready a stewpan of boiling water, salted in the above proportion; put in the lobster, and keep it boiling quickly from 20 minutes to three quarters of an hour, according to its size, and do not forget to skim well. If it boils too long, the meat becomes thready, and if not done enough, the spawn is not red; this must be obviated by great attention. Rub the shell over with a little butter or sweet oil, which wipe off again.

Time.—Small lobster, 20 minutes to ½ hour; large ditto, ½ to ¾ hour.

Average Cost, medium size, 1*s.* to 3*s.* 6*d.*

Seasonable all the year, but best from March to October.

To Choose Lobsters.—This shell-fish, if it has been cooked alive, as it ought to have been, will have a stiffness in the tail, which, if gently raised, will return with a spring. Care, however, must be taken in thus proving it, for if the tail is pulled straight out, it will not return; when the fish might be pronounced inferior, which, in reality, may not be the case. In order to be good, lobsters should be weighty for their bulk; if light, they will be watery; and those of the

medium size are always the best. They should be broad across the tail. The coral is red. The spawn is sometimes sold uncooked at per ounce, and is then dark green, but it becomes red on cooking. It should be rubbed through a sieve with a little butter. It is only used to colour cutlets, &c. Small-sized lobsters are cheapest, and answer very well for sauce. In boiling lobsters, the appearance of the shell will be much improved by rubbing over it a little butter or salad-oil on being immediately taken from the pot.

THE LOBSTER.

The Lobster.—This is one of the crab tribe, and is found on most of the rocky coasts of Great Britain. Some are caught with the hand, but the larger number in pots, which serve all the purposes of a trap, being made of osiers and baited with garbage. They are shaped like a wire mousetrap; so that when the lobsters once enter them they cannot get out again. They are fastened to a cord, and sunk in the sea, and their place marked by a buoy. The fish is very prolific, and deposits its eggs in the sand, where they are soon hatched. On the coast of Norway they are very abundant, and it is from there that the English metropolis is mostly supplied. They are rather indigestible, and, as a food, not so nutritive as they are generally supposed to be.

489.—HOT LOBSTER. (*Fr.*—Homard au Gratin.)

Ingredients.—1 lobster, 2 oz. of butter, grated nutmeg, salt, pepper and pounded mace to taste, bread-crumbs, 2 eggs.

Mode.—Pound the meat of the lobster to a smooth paste with the butter and seasoning, and add a few bread-crumbs. Beat the eggs, and make the whole mixture into the form of a lobster; pound the spawn and sprinkle over it. Bake a quarter of an hour, and just before serving, lay over it the tail and body shell, with the small claws underneath, to resemble a lobster.

Time.—½ hour. **Average Cost,** 2*s.* 6*d.*

Seasonable at any time.

Sufficient for 4 or 5 persons.

490.—LOBSTER SALAD. (*Fr.*—Salade de Homard.)

Ingredients.—1 hen lobster, lettuces, endive, small salad (whatever is in season); a little chopped beetroot, 2 hard-boiled eggs, a few slices of cucumber. For dressing, 4 tablespoonfuls of oil, 2 do. of vinegar, 1 teaspoonful of made mustard, the yolks of two eggs, cayenne and salt to taste, ¼ teaspoonful of anchovy sauce. These ingredients should be mixed perfectly smooth, and form a creamy-looking sauce.

Mode.—Wash the salad, and thoroughly dry it by shaking it in a cloth. Cut up the lettuces and endive, pour the dressing on them, and lightly throw in the small salad. Mix all well together with the pickings from the body of the lobster; pick the meat from the shell, cut it up into nice square pieces, put half in the salad, the other half reserve for garnishing. Separate the yolks from the whites of 2 hard-boiled eggs; chop the whites very fine, and rub the yolks through a sieve, and afterwards the coral from the inside. Arrange the salad lightly on a glass dish, and garnish. first with a row of sliced cucumber, then

with the pieces of lobster, the yolks and whites of the eggs, coral and beetroot placed alternately, and arrange in small separate bunches, so that the colours contrast nicely. Tinned lobsters may be used for this and many other dishes in place of fresh lobster.

Average Cost, 3*s.* 6*d.*

Sufficient for 6 persons.

Seasonable from April to October; may be had all the year, but salad is scarce and expensive in winter.

Note.—A few crayfish make a pretty garnishing to lobster salad.

The Shell of the Lobster.—Like the others of its tribe, the lobster annually casts its shell. Previously to its throwing off the old one, it appears sick, languid and restless; but in the course of a few days it is entirely invested in its new coat of armour. Whilst it is in a defenceless state, however, it seeks some lonely place where it may lie undisturbed, and escape the horrid fate of being devoured by some of its own species who have the advantage of still being encased in their mail.

491.—LOBSTER (à la Mode Française.) (*Fr.*—Homard au Gratin.)

Ingredients.—1 lobster, 4 tablespoonfuls of white stock, 2 tablespoonfuls of cream, pounded mace and cayenne to taste, bread-crumbs.

Mode.—Pick the meat from the shell, and cut it up into small square pieces; put the stock, cream and seasoning into a stewpan, add the lobster, and let it simmer gently for 6 minutes. Serve it in the shell, which must be nicely cleaned, and have a border of puff-paste; cover it with bread-crumbs, place small pieces of butter over, and brown before the fire, or with a salamander. If tinned lobster is used, a shallow pie-dish replaces the shell.

Time.—¼ hour. **Average Cost,** 2*s.* 6*d.*

Seasonable at any time.

Sufficient for 4 persons.

Celerity of the Lobster.—In its element, the lobster is able to run with great speed upon its legs or small claws, and, if alarmed, to spring, tail foremost, to a considerable distance, "even," it is said, "with the swiftness of a bird flying." Fishermen have seen some of them pass about thirty feet with a wonderful degree of swiftness. When frightened, they will take their spring, and, like a chamoise of the Alps, plant themselves upon the very spot upon which they designed to hold themselves.

492.—TO DRESS LOBSTERS.

When the lobster is boiled, rub it over with a little salad-oil, which wipe off again; separate the body from the tail, break off the great claws, and crack them at the joints, without injuring the meat; split the tail in halves, and arrange all neatly in a dish, with the body upright in the middle, and garnish with parsley.

Ancient Mode of Cooking the Lobster.—When this fish was to be served for the table among the ancients, it was opened lengthwise and filled with a gravy composed of coriander and pepper. It was then put on the gridiron and slowly cooked, whilst it was being basted with the same kind of gravy with which the flesh had become impregnated.

493.—DEVILLED LOBSTER. (*Fr.*—Homard à la Diable.)

Ingredients.—A fine lobster, some salad-dressing, cayenne pepper and bread-crumbs (fine).

Mode.—Cut the meat fine. Make a salad-dressing, using butter the size of an egg for sweet oil, a little cayenne pepper, and 3 tablespoonfuls of crumbs; mix this with the lobster and place it in the lobster-shell, sprinkle bread-crumbs over the top, with bits of butter; bake 20 minutes, or till brown on top. Eaten hot or cold, it is very nice.

Time.—½ hour. **Average Cost,** 2*s.* to 3*s.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

494.—MAYONNAISE OF LOBSTER. (*Fr.*—Homard en Mayonnaise.)

Ingredients.—1 large or 2 small lobsters, 1 pint aspic jelly, 3 hard-boiled eggs, a large lettuce, a few tarragon leaves, capers, olives stoned, and truffles (if the latter are easily procurable); pepper and salt, Mayonnaise sauce (*see* Sauces).

Mode.—Put into a quart border mould enough melted aspic jelly to thinly cover it, and when it begins to set, arrange the flesh of the body and claws of the lobster, which should be cut into neat pieces, in it with a few tarragon leaves and capers, filling up the mould with the jelly. Well wash, dry and shred the lettuce, and mix with it the remainder of the lobster, the oil and vinegar, with pepper and salt. When the mould is firmly set turn it out and pile the salad in the centre, and round it as a border, and mask it smoothly with a thick Mayonnaise sauce. Lastly garnish the whole with the eggs cut up, the coral and little claws of the lobster, the capers and truffles, &c.

Average Cost (exclusive of sauce), 3*s.* 6*d.*

Seasonable at any time. A good supper-dish.

Sufficient for 6 persons.

495.—POTTED LOBSTER. (*Fr.*—Terrine de Homard.)

Ingredients.—2 lobsters, seasoning to taste of nutmeg, pounded mace, white pepper and salt; ¼ lb. of butter, 3 or 4 bay-leaves.

Mode.—Take out the meat carefully from the shell, but do not cut it up. Put some butter at the bottom of a dish, lay in the lobster as evenly as possible, with the bay-leaves and seasoning between. Cover with butter, and bake for three quarters of an hour in a gentle oven. When done, drain the whole on a sieve, and lay the pieces in potting jars, with the seasoning about them. When cold, pour over it clarified butter, and, if very highly seasoned, it will keep some time.

Time.—¼ hour. **Average Cost,** for this quantity, 4*s.* 4*d.*
Seasonable at any time.

Note.—Potted lobster may be used cold, or as a *fricassee* with cream sauce.

How the Lobster Feeds.—The pincers of the lobster's large claws are furnished with nobs, and those of the other are always serrated. With the former, it keeps firm hold of the stalks of submarine plants, and with the latter, it cuts and minces its food with great dexterity. The knobbed, or numb claw, as it is called by fishermen, is sometimes on the right and sometimes on the left, indifferently.

496.—LING. (*Fr.*—Lingne.)

Ingredients.—1 ling, 1 onion, 1 stick of celery, parsley, lemon-peel, flour, salt, mace, pepper-corns, ½ a pint of stock.

Mode.—Cut the fish in pieces, flour them, fry them brown with celery and onion. Add a dessertspoonful of flour, stock, seasoning and flavouring, and simmer for fifteen or twenty minutes. Put the fish on a hot dish and strain the gravy over. Garnish with chopped parsley or hard-boiled egg. Conger takes longer cooking. Most white fish not so long.

497.—BAKED MACKEREL. (*Fr.*—Maquereau Farci à la Maître d'Hôtel.)

Ingredients.—4 middling-sized mackerel, a nice delicate forcemeat (*see* FORCEMEAT); 3 oz. of butter, pepper and salt to taste.

Mode.—Clean the fish, take out the roes, and fill up with forcemeat, and sew up the slit. Flour, and put them in a dish, heads and tails alternately, with the roes; and, between each layer, put some little pieces of butter, and pepper and salt. Bake for half an hour, and either serve with plain melted butter or a *maître d'hôtel* sauce.

Time.—½ hour. **Average Cost,** for this quantity (exclusive of sauce), 2*s.*

Seasonable from April to July.

Sufficient for 8 persons.

Note.—Baked mackerel may be dressed in the same way as baked herrings (*See* No. 485) and may also be stewed in wine.

Weight of the Mackerel.—The greatest weight of this fish seldom exceeds 2 lbs., whilst their ordinary length runs between 14 and 20 inches. They die almost immediately after they are taken from their element, and, for a short time, exhibit a phosphoric light.

498.—BOILED MACKEREL. (*Fr.*—Maquereau aux Groseilles aux Tomates.)

Ingredients.—¼ lb. of salt to each gallon of water.

Mode.—Cleanse the inside of the fish thoroughly, and lay it in the kettle with sufficient water to cover it, with salt as above; do not let it quite boil, as the skin is very liable to split, and that spoils its appearance. By the side of the fire it will be done in 10 minutes, or when the fin bone is loose. Dish them on a hot napkin, heads and tails alternately, and

garnish with fennel or parsley. Fennel sauce and plain melted butter used to be the usual accompaniments to boiled mackerel; but caper, tomato, gooseberry, or anchovy sauce is now more often served with it.

Time.—10 minutes; for large mackerel, allow more time. **Average Cost,** from 3*d.* each.

Seasonable from April to July.

Note.—When variety is desired, fillet the mackerel, boil it, and pour over parsley and butter; send some of this besides, in a tureen.

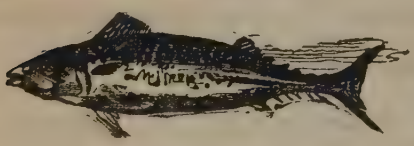
499.—BROILED MACKEREL. (*Fr.*—Maquereau Grillé à la Maître d'Hôtel.)

Ingredients.—Pepper and salt to taste, a small quantity of oil, 1 oz. butter, parsley, lemon juice.

Mode.—Mackerel should never be washed when intended to be broiled, but merely wiped very clean and dry, after taking out the gills and inside. Open the back, and put in a little pepper, salt and oil; broil it over a clear fire, turn it over on both sides, and also on the back. When sufficiently cooked, the flesh can be detached from the bone, which will be in about 10 minutes for a small mackerel. Chop a little parsley, work it up in the butter, with pepper and salt to taste, and a squeeze of lemon-juice, and put it in the back. Serve before the butter is quite melted, with a *maître d'hôtel* sauce in a tureen. A large mackerel should be split down the back and laid flat.

Time.—Small mackerel 10 minutes. **Average Cost,** from 3*d.* each.

Seasonable from April to July.



THE MACKEREL.

The Mackerel.—This is not only one of the most elegantly formed, but one of the most beautifully coloured fishes, when taken out of the sea, that we have. Death in some degree impairs the vivid splendour of its colours: but it does not entirely obliterate them. This fish visits the shores of Great Britain in countless shoals, appearing about March, off the Land's End; in the bays of Devonshire, about April; off Brighton in the beginning of May; and on the coast of Suffolk about the beginning of June. In the Orkneys they are seen till August; but the greatest fishery is on the west coasts of England.

To Choose Mackerel.—In choosing this fish, purchasers should, to a great extent, be regulated by the brightness of its appearance. If it have a transparent, silvery hue, the fish is good; but if it be red about the head, it is stale.

500.—FILLETS OF MACKEREL. (*Fr.*—Fillets de Maquereau au Béchamel.)

Ingredients.—2 large mackerel, 1 oz. butter, 1 small bunch of chopped herbs, 3 tablespoonfuls of medium stock, No. 273; 3 tablespoonfuls of béchamel (*see* SAUCES); salt, cayenne and lemon juice to taste.

Mode.—Clean the fish, and fillet it; scald the herbs, chop them fine, and put them with the butter and stock into a stewpan. Lay in the mackerel, and simmer very gently for 10 minutes; take them out, and put them on a hot dish. Dredge in a little flour, add the other ingredients give one boil, and pour it over the mackerel.

Time.—20 minutes. **Average Cost,** for this quantity, 1*s.* 10*d.*

Seasonable from April to July.

Sufficient for 8 persons.

Note.—Fillets of mackerel may be covered with egg and bread-crumbs, and fried a nice brown. Serve with *maître d'hôtel* sauce and plain melted butter.

The Voracity of the Mackerel.—The voracity of this fish is very great, and, from their immense numbers, they are bold in attacking objects of which they might otherwise be expected to have a wholesome dread. Pontoppidan relates an anecdote of a sailor belonging to a ship lying in one of the harbours on the coast of Norway, who, having gone into the sea to bathe, was suddenly missed by his companions; in the course of a few minutes, however, he was seen on the surface, with great numbers of mackerel clinging to him by their mouths. His comrades hastened in a boat to his assistance, but when they had struck the fishes from him and got him up, they found that he was so severely bitten that he shortly afterwards expired.

501.—PICKLED MACKEREL. (*Fr.*—Maquereau Marinés.)

Ingredients.—12 peppercorns, 2 bay-leaves, ½ a pint of vinegar, 4 mackerel.

Mode.—Boil the mackerel as in recipe No. 498, and lay them in a dish; take half the liquor they were boiled in; add as much vinegar, peppercorns and bay-leaves; boil for 10 minutes, and when cold, pour over the fish. A good way of serving cold fish.

Time.—½ hour. **Average Cost,** 1*s.* 2*d.*

Mackerel Garum.—This brine, so greatly esteemed by the ancients, was manufactured from various kinds of fishes. When mackerel was employed, a few of them were placed in a small vase, with a large quantity of salt, which was well stirred, and then left to settle for some hours. On the following day, this was put into an earthen pot, which was uncovered, and placed in a situation to get the rays of the sun. At the end of two or three months, it was hermetically sealed, after having added to it a quantity of old wine, equal to one-third of the mixture.

502.—GREY MULLET. (*Fr.*—Mulet.)

Ingredients.—¼ lb. of salt to each gallon of water.

Mode.—If the fish be very large, it should be laid in warm water, and gradually brought to a boil; if small, put it in hot water, salted in the above proportion. Serve with anchovy sauce and plain melted butter.

THE GREY MULLET.

Time.—According to size, ¼ to ¾ hour.

Average Cost, 4*d.* to 1*s.*

Seasonable all the year round, but best from July to October.

The Grey Mullet.—This is quite a different fish from the red mullet, is abundant on the sandy coasts of Great Britain, and ascends rivers for miles. On the south coast it is very plentiful, and is considered a fine fish. It improves more than any other salt-water fish when kept in ponds.

503.—RED MULLET GRILLED. (*Fr.*—Rougets Grillé.)

Ingredients.—3 fair-sized fish, 2 oz. of butter, a handful of parsley, pepper, salt and the juice of a lemon.

Mode.—After cleaning the fish replace the livers with some finely chopped parsley and seasoning mixed with butter. Wrap each fish in an oiled paper, sprinkling over them some of the seasoning, and grill them over a red fire, holding a salamander above so as to avoid turning them. When done, squeeze the juice of the lemon over them and serve.

Average Cost, 2*s.* 6*d.*

Seasonable at any time, but most plentiful in summer.

Sufficient for 3 persons.

504.—RED MULLET IN CASES. (*Fr.*—Rougets en Papillotte.)

Ingredients.—Oiled paper, thickening of butter and flour, ½ a teaspoonful of anchovy sauce, 1 glass of sherry, cayenne and salt to taste.

Mode.—Clean the fish, take out the gills, but leave the inside; fold in oiled paper, and bake them gently. When done, take the liquor that flows from the fish, add a thickening of butter kneaded with flour, put in the other ingredients, and let it boil for 2 minutes. Serve the sauce with the fish, either with or without the paper cases. Sometimes a teaspoonful of chopped parsley, herbs, shalot and mushroom powder is put in the paper with the fish, and a little only of the sauce.

Time.—About 25 minutes. **Average Cost,** 1*s.* each, exclusive of sauce.

Seasonable at any time, but more plentiful in summer.

Note.—Red mullet may be broiled, and should be folded in oiled paper, the same as in the preceding recipe, and seasoned with pepper and salt. They may be served without sauce, but if any is required, use melted butter, Italian or anchovy sauce. They should never be plainly boiled.

THE STRIPED RED MULLET.

The Striped Red Mullet.—This fish was very highly esteemed by the ancients, especially by the Romans, who gave the most extravagant prices for it. Those of 2 lbs. weight were valued at about £15 each; those of 4 lbs. at £60, and, in the reign of Tiberius, three of them were sold for £209. To witness the changing loveliness of their colour during their dying agonies, was one of the principal reasons that such a high price was paid for one of these fishes. This mullet frequents our Cornish and Sussex coasts, and is in high request, the flesh being firm, white and well-flavoured.

505.—RED MULLET WITH TARTAR SAUCE. (*Fr.*—Rougets Sauce Tartare.)

Prepare and cook the fish as in recipe No. 503, but without the paper cases, and serve with Tartar sauce (*see* SAUCES).

506.—MUSSELS. (*Fr.*—Moules.)

Ingredients.—1 quart of mussels, parsley, 1 oz. of butter, 1 oz. of flour, 1 or 2 eggs, vinegar.

Mode.—Clean the shells and put the mussels in a pan of boiling water and boil for 20 minutes. Melt the butter in another pan, put with it a little vinegar, parsley chopped, and some seasoning, then add the flour and the strained liquor, and the yolks of eggs. Pour over the mussels, shelled, and serve at once.

Time.—20 minutes. **Average Cost,** 8*d.*

Seasonable all the year round, but most plentiful from June to September.

507.—DEVILLED OYSTERS. (*Fr.*—Huitres à la Diable.)

Ingredients.—3 dozen oysters, salt, cayenne, 6 oz. of butter.

Mode.—Open the oysters, but do not remove them from their shells nor spill the liquor. Under each oyster put salt and cayenne pepper according to taste, and a small knob of butter on top. Put them on the gridiron over a bright, clear fire for 4 minutes. Serve on a napkin, with thin brown bread and butter.

Time.—5 minutes. **Average Cost,** 1*d.* to 3*d.* each.

Seasonable from September to April.

508.—FRIED OYSTERS. (*Fr.*—Huitres Frites.)

Ingredients.—3 dozen oysters, 1 tablespoonful of ketchup, a little chopped lemon-peel, ½ a teaspoonful of chopped parsley, fritter batter, fat or oil to fry.

Mode.—Boil the oysters for 1 minute in their own liquor, dip them in the batter and drain them; fry them, lay them on a dish, and garnish with fried potatoes, toasted sippets and parsley. This is a delicous delicacy, and is a favourite Italian dish.

Time.—5 minutes. **Average Cost** for this quantity, 3*s.* 3*d.*

Seasonable from September to April.

Sufficient for 4 persons.

509.—OYSTER FRITTERS. (*Fr.*—Beignets de Huitres.)

Ingredients.—½ a pint of water, 6 oz. of flour, the whites of 2 eggs, a tablespoonful of oil or oiled butter, 24 large oysters, frying fat or oil.

Mode.—Whisk the whites to a stiff froth, and stir them gradually into the batter. Drop the oysters in the batter, fish them out with a skewer, and drop them into the pan of fat, which must be very hot. The oysters

should not be put in the batter all at once, as that would cool it. Cooked with care, this forms an excellent supper dish. Some persons wrap each two oysters in a thin roll of bacon, skewer it together, and then dip it in batter and fry it. This makes a simple sort of oyster kromeskey. Tinned oysters might be used.

Time.—½ hour. **Average Cost,** without the oysters, 6*d.*

Seasonable, with fresh oysters, September to April.

510.—OYSTER FRITTERS.

(*From Tinned Oysters.*)

Ingredients.—A few rashers of fat bacon, 1 tin of oysters.

Mode.—Cut the rashers very thin and about 3 inches square; to each put 2 oysters, roll them up and run them on a skewer. Cook on a tin in the oven.

Time.—About 10 minutes to cook the fritter. **Average Cost,** 10*d.*

Seasonable at any time.

The Edible Oyster.—This shell-fish is almost universally distributed near the shores of seas in all latitudes, and they especially abound on the coasts of France and Britain. The coasts most celebrated, in England, for them, are those of Essex and Suffolk. Here they are dredged up by means of a net with an iron scraper at the mouth, that is dragged by a rope from a boat over the beds. As soon as taken from their native beds, they are stored in pits, formed for the purpose, furnished with sluices, through which, at the spring tides, the water is suffered to flow. This water, being stagnant, soon becomes green in warm weather; and, in a few days afterwards, the oysters acquire the same tinge, which increases their value in the market. They do not, however, attain their perfection and become fit for sale till the end of six or eight weeks. Oysters are not considered proper for the table till they are about a year and a half old, so that the brood of one spring are not to be taken for sale, till, at least, the September twelvemonth afterwards. These oyster-beds have been so over-fished, that years must elapse before the supply is at all equal to the demand. Hence the present high price of these delicious bivalves.

THE EDIBLE OYSTER.

511.—SCALLOPED OYSTERS. (*Fr.*—Huitres à la Poulette.)

Ingredients.—Oysters 3 doz., 1 oz. butter, flour, 2 tablespoonfuls of white stock, 2 tablespoonfuls of cream, pepper and salt to taste, bread-crumbs, oiled butter.

Mode.—Scald the oysters in their own liquor; take them out, beard them, and strain the liquor free from grit. Put 1 oz. of butter into a stew-pan; when melted, dredge in sufficient flour to dry it up; add the stock, cream and strained liquor, and give one boil. Put in the oysters and seasoning; let them gradually heat through, but not boil. Have ready the scallop-shells buttered; lay in the oysters, and as much of the liquid as they will hold; cover them over with bread-crumbs, over which drop a little oiled butter. Brown them in the oven, or before the fire, and

serve quickly and very hot. Tinned oysters may serve for this and the following dishes where economy is an object.

Time.—Altogether ¼ hour. **Average Cost,** for this quantity, about 4*s.* If with tinned oysters (1½ tins will be needed) 1*s.* 3*d.*

Sufficient for 6 persons.

512.—SCALLOPED OYSTERS.

(Another Mode.)

Prepare the oysters as in the preceding recipe, and put them in a scallop-shell or saucer, and between each layer sprinkle over a few bread-crumbs, pepper, salt and grated nutmeg; place small pieces of butter over, and bake before the fire in a Dutch oven. Put sufficient bread-crumbs on the top to make a smooth surface, as the oysters should not be seen.

Time.—About ¼ hour.

Seasonable from September to April.

513.—EGG AND OYSTER OMELET.

Ingredients.—4 eggs, 6 large oysters, ½ a large cup of flour, ½ a pint of milk, seasoning of pepper and salt.

Mode.—Beat up 4 eggs and season to taste; chop up 6 large oysters; make a batter of half a large cup of flour and half a pint of milk; mix the whole together, stir well, and fry slowly.

Time.—About ¼ hour. **Average Cost,** 1*s.*

Sufficient for 2 persons.

514.—OYSTER SAUSAGES.

Ingredients.—1 lb. of veal, 20 large oysters, ¼ lb. of suet, 1 egg, 1 slice of bread, butter.

Mode.—Cut up the veal and suet, open the oysters, save the liquor, and remove the beards. Pound the meat and oysters into a smooth paste, soak the bread in the oyster liquor and pound it with the meat, &c., adding a pinch of pepper. Beat up the egg and add it to bind the mixture; then roll it into small lengths like sausages and fry in butter, of a pale gold-brown. If wanted to keep for a couple of days, put the mixture into skins.

Time.—10 minutes. **Average Cost,** 3*s.*

Sufficient for 5 or 6 persons.

Seasonable from September to April.

515.—STEWED OYSTERS. (*Fr.*—Huitres à la Crême.)

Ingredients.—1 pint of oysters, 1 oz. of butter, flour, ⅓ of a pint of cream, cayenne and salt to taste, 1 blade of pounded mace.

Mode.—Scald the oysters in their own liquor, take them out, beard them, and strain the liquor; put the butter into a stewpan, dredge in sufficient flour to dry it up, add the oyster-liquor and mace, and stir it over a sharp fire with a wooden spoon; when it comes to a boil, add the cream, oysters and seasoning. Let all simmer for 1 or 2 minutes, but not longer, or the oysters would harden. Serve on a hot dish, and garnish with toasted sippets of bread. A small piece of lemon-peel boiled with the oyster-liquor, and taken out before the cream is added, will be found an improvement.

Time.—Altogether 15 minutes. **Average Cost,** for this quantity, 4*s.* 6*d.*
Seasonable from September to April.
Sufficient for 6 persons.

The Oyster and the Scallop.—The oyster is described as a bivalve shell-fish, having the valves generally unequal. The hinge is without teeth, but furnished with a somewhat oval cavity, and mostly with lateral transverse grooves. From a similarity in the structure of the hinge, oysters and scallops have been classified as one tribe; but they differ very essentially both in their external appearance and their habits. Oysters adhere to rocks, or, as in two or three species, to roots of trees on the shore; while the scallops are always detached, and usually lurk in the sand.

516.—OYSTER PATTIES. (*Fr.*—Petits Patés aux Huitres.)

Ingredients.—2 dozen oysters, 2 oz. butter, 3 tablespoonfuls of cream, a little lemon juice, 1 blade pounded mace, cayenne to taste.

Mode.—Scald the oysters in their own liquor, beard them, and cut each one into three pieces. Put the butter into a stewpan, dredge in sufficient flower to dry it up; add the strained oyster liquor with the other ingredients; put in the oysters, and let them heat gradually, but not boil. Make the patty-cases as directed for small Vol au Vents; fill with the oyster mixture, and replace the covers.

Time.—2 minutes for the oysters to simmer in the mixture.
Average Cost, exclusive of the patty-cases, 2*s.* 4*d.*
Seasonable from September to April.

The Oyster Fishery.—The oyster fishery in Britain is esteemed of so much importance that it is regulated by a Court of Admiralty. In the month of May, the fishermen are allowed to take the oysters, in order to separate the spawn from the cultch, the latter of which is thrown in again, to preserve the bed for the future. After this month, it is felony to carry away the cultch, and otherwise punishable to take any oyster, between the shells of which, when closed, a shilling will rattle.

517.—TO KEEP OYSTERS.

Put them in a tub, and cover them with salt and water. Let them remain for 12 hours, when they are to be taken out, and allowed to stand another 12 hours without water. If left without water every alternate 12

hours, they will be much better than if constantly kept in it. Never put the same water twice to them.

518.—OYSTERS FRIED IN BATTER. (*Fr.*—Beignets d'Huitres.)

Ingredients.—½ a pint of oysters, 2 eggs, ½ a pint of milk, sufficient flour to make the batter, pepper and salt to taste; when liked, a little nutmeg; hot lard.

Mode.—Scald the oysters in their own liquor, beard them, and lay them on a cloth to drain thoroughly. Break the eggs into a basin, mix the flour with them, add the milk gradually, with nutmeg and seasoning and put the oysters in the batter. Make some lard hot in a deep frying-pan, put in the oysters, one at a time; when done, take them up with a sharp-pointed skewer, and dish them on a napkin. Fried oysters are frequently used for garnishing boiled fish, and then a few bread-crumbs should be added to the flour.

Time.—5 or 6 minutes. **Average Cost,** for this quantity, 2*s.*

Seasonable from September to April.

Sufficient for 3 persons.

Excellence of the English Oyster.—The French assert that the English oysters, which are esteemed the best in Europe, were originally procured from Cancalle Bay, near St. Malo; but they assign no proof of this. It is a fact, however, that the oysters eaten in ancient Rome were nourished in the channel which then parted the Isle of Thanet from England, and which has since been filled up and converted into meadows.

519.—BOILED PERCH. (*Fr.*—Perche.)

Ingredients.—¼ lb. of salt to each gallon of water.

Mode.—Scale the fish, take out the gills and clean it thoroughly; lay it in boiling water, salted as above, and simmer gently for 10 minutes. If the fish is very large, longer time must be allowed. Garnish with parsley, and serve with plain melted butter, or Dutch sauce. Perch do not preserve so good a flavour when stewed as when dressed in any other way.

Time.—Middling-sized perch, ¼ hour. **Average Cost,** 6*d.* to 1*s.*

Seasonable from June to February.

Note.—Tench may be boiled the same way, and served with the same sauces.

The Perch.—This is one of the best, as it is one of the most common of our fresh-water fishes, and is found in nearly all the lakes and rivers in Britain and Ireland, as well as through the whole of Europe within the temperate zone. It is extremely voracious, and it has the peculiarity of being gregarious, which is contrary to the nature of all fresh-water fishes of prey. The best season to angle for it is from the beginning of May to the middle of July. Large numbers of this fish are bred in the Hampton Court and Bushey Park ponds, all of which are well supplied with running water and with plenty of food; yet they rarely attain a large size. In Regent's Park they are also very numerous; but are seldom heavier than three-quarters of a pound.

THE PERCH.

520.—FRIED PERCH. (*Fr.*—Perche Frit.)

Ingredients.—Egg and bread-crumbs, hot lard.

Mode.—Scale and clean the fish, brush it over with egg, and cover with bread-crumbs. Have ready some boiling lard; put the fish in, and fry a nice brown. Serve with plain melted butter or anchovy sauce.

Time.—10 minutes. **Average Cost,** 6*d.* to 1*s.* each.

Seasonable from June to February.

Note.—Fry tench in the same way.

521.—PERCH STEWED WITH WINE. (*Fr.*—Perche au Vin Blanc.)

Ingredients.—Equal quantities of stock No. 273 and sherry, 1 bay-leaf, 1 clove of garlic, a small bunch of parsley, 2 cloves, salt to taste, thickening of butter and flour, pepper, grated nutmeg, ½ a teaspoonful of anchovy sauce.

Mode.—Scale the fish and take out the gills, and clean them thoroughly; lay them in a stewpan with sufficient stock and sherry just to cover them. Put in the bay-leaf, garlic, parsley, cloves and salt, and simmer till tender. When done, take out the fish, strain the liquor, add a thickening of butter and flour, the pepper, nutmeg and the anchovy sauce, and stir it over the fire until somewhat reduced, when pour over the fish, and serve.

Time.—About 20 minutes. **Average Cost,** 6*d.* to 1*s.* each.

Seasonable from June to February.

522.—BAKED PIKE. (*Fr.*—Brochet Farci.)

Ingredients.—2 pike, a nice delicate stuffing (*see* FORCEMEATS); 1 egg, bread-crumbs, ¼ lb. of butter.

Mode.—Scale the fish, take out the gills, wash and wipe it thoroughly dry; stuff it with forcemeat, sew it up, and fasten the tail in the mouth by means of a skewer; brush it over with egg, sprinkle with bread-crumbs, and baste with butter before putting it in the oven, which must be well heated. When the pike is of a nice brown colour, cover it with buttered paper, as the outside would become too dry. If two are dressed, a little variety may be made by making one of them green with a little chopped parsley mixed with the bread-crumbs. Serve anchovy or Dutch sauce and plain melted butter with it.

Time.—According to size, 1 hour, more or less.

Average Cost, 1*s.* 8*d.*

Seasonable from September to February.

Sufficient for 4 persons.

Note.—Pike *à la génévese* may be stewed in the same manner as salmon *à la génévese.*

523.—BOILED PIKE. (*Fr.*—Brochet.)

Ingredients.—¼ of lb. of salt to each gallon of water; a little vinegar.

Mode.—Scale and clean the pike, and fasten the tail in its mouth by means of a skewer. Lay it in cold water, and when it boils, throw in the salt and vinegar. The time for boiling depends, of course, on the size of the fish; but a middling-sized pike will take about half an hour. Serve with Dutch or anchovy sauce and plain melted butter.

Time.—According to size, ½ to 1 hour. **Average Cost,** 3*d.* to 6*d.* per lb.

Seasonable from September to February.

The Pike.—This fish is, on account of its voracity, termed the fresh-water shark, and is abundant in most of the European lakes, especially those of the Northern parts. It grows to an immense size, some attaining to the measure of eight feet in Lapland and Russia. The smaller lakes of this country and Ireland, vary in the kinds of fish they produce; some producing trout, others pike, and so on. Where these happen to be together, however, the trout soon becomes extinct. "Within a short distance of Castlebar," says a writer on sports, "there is a small bog-lake called Derreens. Ten years ago it was celebrated for its numerous good-sized trouts. Accidentally pike effected a passage into the lake from the Minola river, and now the trouts are extinct, or, at least, none of them are caught or seen. Previous to the intrusion of the pikes, half-a-dozen trouts would be killed in an evening in the Derreens, whose collective weight often amounted to twenty pounds." As an eating fish, the pike is in general dry.

THE PIKE.

524.—FRIED PLAICE. (*Fr.*—Plie Frite.)

Ingredients.—Hot lard, or clarified dripping; egg and bread-crumbs.

Mode.—This fish is fried in the same manner as soles. Wash and wipe them thoroughly dry, and let them remain in a cloth until it is time to dress them. Brush them over with egg, and cover with bread-crumbs mixed with a little flour. Fry of a nice brown in hot dripping or lard, and garnish with fried parsley and cut lemon. Send them to table with shrimp sauce and plain melted butter. They are often cut in pieces or filleted. Instead of the egg and bread-crumbs a thick batter of flour and water can be used, but they should then be dropped into enough fat or oil to cover them. This is the means employed in the fried fish shops.

Time.—About 5 minutes. **Average Cost,** from 6*d.* to 1*s.* 6*d.* each.

Seasonable from May to November.

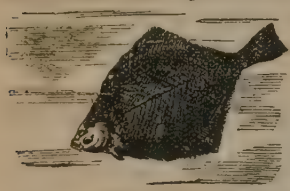
Sufficient, 1 plaice for 4 persons.

Note.—Plaice may be boiled plain and served with melted butter. Garnish with parsley and cut lemon.

525.—STEWED PLAICE. *Fr.*—(Plie à la Poulette.)

Ingredients.—2 or 3 plaice, 2 onions, ½ oz. ground ginger, ½ pint of lemon-juice, ¼ pint water, 6 eggs, cayenne to taste.

Mode.—Cut the fish into pieces about 2 inches wide, salt them, and let them remain a quarter of an hour. Slice and fry the onions a light brown; put them in a stewpan, on the top of which put the fish, without washing, and add the ginger, lemon-juice and water. Cook slowly for half an hour, and do not let the fish boil, or it will break. Take it out, and when the liquor is cool, add 6 well-beaten eggs; simmer till it thickens, when pour over the fish, and serve.



THE PLAICE.

Time.—¾ hour. **Average Cost,** for this quantity, 2*s.* 9*d.*

Seasonable from May to November.

Sufficient for 8 or 10 persons; but according to size. They are often very large.

The Plaice.—This fish is found both in the Baltic and the Mediterranean, and is also abundant on the coast of England. It keeps well, and, like all ground-fish, is very tenacious of life. Its flesh is inferior to that of the sole, and, as it is a low-priced fish, it is generally bought by the poor. The best brought to the London market are called *Dowers plaice*, from their being caught in the Dowers, or flats, between Hastings and Folkestone. Plaice may be filleted and nicely fried with eggs and bread-crumbs, when it is excellent. Dutch sauce should be served with filleted plaice.

526.—TO BOIL PRAWNS or SHRIMPS. (*Fr.*—Crevettes.)

Ingredients.—¼ lb. salt to each gallon of water.

Mode.—Prawns should be very red, and have no spawn when cooked; much depends on their freshness and the way in which they are cooked. Throw them into boiling water, salted as above, and keep them boiling for about 7 or 8 minutes. Shrimps should be done in the same way; but less time must be allowed. It may easily be known when they are done by their changing colour. Care should be taken that they are not overboiled, as they then become tasteless and indigestible.

Time.—Prawns, about 8 minutes; shrimps, about 5 minutes.

Average Cost, prawns, 6*d.* to 1*s.* 6*d.* doz.; shrimps, 3*d.* to 6*d.* pint.

Seasonable all the year.

527.—TO SERVE PRAWNS.

Cover a dish with a large cup reversed, and over that lay a small white napkin. Arrange the prawns on it in the form of a pyramid, and garnish with plenty of parsley.

528.—BOILED SALMON. (*Fr.*—Saumon.)

Ingredients.—6 oz. of salt to each gallon of water; sufficient water to cover the fish.

Mode.—Scale and clean the fish, and be particular that no blood is left inside; lay it in the fish-kettle with sufficient hot water to cover it, adding salt in the above proportion. Bring it quickly to a boil, take off

all the scum, and let it simmer gently till the fish is done, which will be when the meat separates easily from the bone. Experience alone can teach the cook to fix the time for boiling fish; but it is especially to be remembered, that it should never be underdressed, as then nothing is more unwholesome. Neither let it remain in the kettle after it is sufficiently cooked, as that would render it insipid, watery and colourless. Drain it, and if not wanted for a few minutes, keep it warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster or shrimp sauce, and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish.

Time.—8 minutes to each lb. for large, thick salmon; 6 minutes for thin fish. **Average Cost,** in full season, 1*s.*; sometimes it can be had for 8*d.*, and when dearest as much as 4*s.* is charged.

Seasonable from February to September.

Sufficient, ½ lb., or rather less, for each person.

Note.—Cut lemon should be put on the table with this fish; and a little of the juice squeezed over it is considered by many persons a most agreeable addition. Boiled peas are also, by some connoisseurs, considered especially adapted to be served with salmon.

To Choose Salmon.—To be good, the belly should be firm and thick, which may readily be ascertained by feeling it with the thumb and finger. The circumstance of this fish having *red* gills, though given as a standing rule in most cookery-books, as a sign of its goodness, is not at all to be relied on, as this quality can be easily given them by art.

529.—SALMON AND CAPER SAUCE.
(*Fr.*—Saumon, Sauce aux Capres.)

Ingredients.—2 slices of salmon, ½ lb. butter, ½ teaspoonful of chopped parsley, 1 shalot, salt, pepper, and grated nutmeg to taste.

Mode.—Lay the salmon in a baking-dish, place pieces of butter over it, and add the other ingredients, rubbing a little of the seasoning into the fish; baste it frequently; when done, take it out and drain for a minute or two; lay it in a dish, pour caper sauce over it, and serve. Salmon dressed in this way, with tomato sauce, is very delicious.

Time.—About ¾ hour. **Average Cost,** 3*s.* 6*d.*

Seasonable from April to August.

Sufficient for 6 persons.

The Migratory Habits of the Salmon.—The instinct with which the salmon revisits its native river, is one of the most curious circumstances in its natural history. As the swallow returns annually to its nest, so it returns to the same spot to deposit its ova. This fact would seem to have been repeatedly proved. M. de Lande fastened a copper ring round a salmon's tail, and found that, for three successive seasons, it returned to the same place. Dr. Bloch states that gold and silver rings have been attached by Eastern Princes to salmon, to prove that a communication existed between the Persian Gulf and the Caspian and Northern Seas, and that the experiment succeeded.

530.—COLLARED SALMON.

Ingredients.—A piece of salmon, say 3 lbs., a high seasoning of salt, pounded mace and pepper, water and vinegar, 3 bay-leaves.

Mode.— Split the fish; scale, bone and wash it thoroughly clean; wipe it, and rub in the seasoning inside and out; roll it up, and bind firmly; lay it in a kettle, cover it with vinegar and water (one-third vinegar, in proportion to the water); add the bay-leaves and a good seasoning of salt and whole pepper, and simmer till done. Do not remove the lid. Serve with melted butter or anchovy sauce. For preserving the collared fish, boil up the liquor in which it was cooked, and add a little more vinegar. Pour over when cold.

Time.—¾ hour, or rather more.

Habitat of the Salmon.—The salmon is styled by Walton the "king of fresh-water fish," and is found distributed over the north of Europe and Asia, from Britain to Kamschatka, but is never found in warm latitudes, nor has it ever been caught even so far south as the Mediterranean. It lives in fresh as well as in salt waters, depositing its spawn in the former, hundreds of miles from the mouths of some of those rivers to which it has been known to resort. In 1859, great efforts were made to introduce this fish into the Australian colonies; and the attempt, after many difficulties, which were very skilfully overcome, has been successful.

531.—CRIMPED SALMON. (*Fr.*—Saumon Tailladés.)

Salmon is frequently dressed in this way at many fashionable tables, but must be very fresh, and cut into slices 2 or 3 inches thick. Lay these in cold salt and water for 1 hour; have ready some boiling water, salted, as in recipe No. 528, and well skimmed; put in the fish, and simmer gently for a quarter of an hour, or rather more, should it be very thick; garnish the same as boiled salmon, and serve with the same sauces.

Time.— ¼ hour, more or less, according to size.

THE SALMON.

Note.— Never use vinegar with salmon, as it spoils the taste and colour of the fish.

The Salmon Tribe.—This is the Abdominal fish, forming the fourth of the orders of Linnæus. They are distinguished from other fishes by having two dorsal fins, of which the hindmost is fleshy and without rays. They have teeth both on the tongue and in the jaws, whilst the body is covered with round and minutely striated scales.

Growth of the Salmon.—At the latter end of the year—some as soon as November—salmon begin to press up the rivers as far as they can reach, in order to deposit their spawn, which they do in the sand or gravel, about eighteen inches deep. Here it lies buried till the spring, when, about the latter end of March, it begins to produce the young, which gradually increase to four or five inches in length, and are then termed smelts, or smouts. About the beginning of May, the river seems to be alive with them, and there is no forming an idea of their numbers without

having seen them. A seasonable flood, however, comes, and hurries them to the "great deep;" whence, about the middle of June, they commence their return to the river again. By this time they are twelve or sixteen inches long, and progressively increase, both in number and size, till about the end of July, when they have become large enough to be denominated *grilse*. Early in August they became fewer in numbers, but of greater size, having advanced to a weight of from six to nine pounds. This rapidity of growth appears surprising, and realises the remark of Walton, that "the salmlet becomes a salmon in as short a time as a gosling becomes a goose." Recent writers have, however, thrown considerable doubts upon this quick growth of the salmon.

532.—SALMON CUTLETS. (*Fr.*—Cotelettes de Saumon en Papillote.)

Cut the slices 1 inch thick, and season them with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with their ends twisted; broil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is required, add a few chopped herbs and a little spice.

Time.—5 to 10 minutes.

533.—SALMON WITH GENÉVÉSÈ SAUCE. (*Fr.* Saumon Sauce Génévèse.)

Ingredients.—2 slices of salmon, 2 chopped shalots, a little parsley, a small bunch of herbs, 2 bay-leaves, 2 carrots, pounded mace, pepper and salt to taste, 4 tablespoonfuls of Madeira, ½ a pint of white stock, No. 278; thickening of butter and flour, 1 teaspoonful of essence of anchovies, the juice of 1 lemon, cayenne and salt to taste.

Mode.—Rub the bottom of a stewpan over with butter, and put in the shalots, herbs, bay-leaves, carrots, mace and seasoning; stir them for 10 minutes over a clear fire, and add the Madeira or sherry; simmer gently for half an hour, and strain through a sieve over the fish, which stew in this gravy. As soon as the fish is sufficiently cooked, take away all the liquor, except a little to keep the salmon moist, and put it into another stewpan; add the stock, thicken with butter and flour, and put in the anchovies, lemon-juice, cayenne and salt; lay the salmon on a hot dish, pour over it part of the sauce, and serve the remainder in a tureen.

Time.—1¼ hour. **Average Cost,** for this quantity, 3*s.* 6*d.*

Sufficient for 6 persons.

534.—PICKLED SALMON. (*Fr.*—Saumon Mariné.)

Ingredients—Salmon, ½ oz. of whole pepper, ½ oz. of whole all-spice, 1 teaspoonful of salt, 2 bay-leaves, equal quantities of vinegar and the liquor in which the fish was boiled.

Mode.—After the fish comes from table, lay it in a clean dish with a

cover to it, as it should be excluded from the air, and take away the bone; boil the liquor and vinegar with the other ingredients for 10 minutes, and let it stand to get cold; pour it over the salmon, and in 12 hours this will be fit for the table.

Time.—10 minutes.

To Cure Salmon.—This process consists in splitting the fish, rubbing it with salt, and then putting it into pickle in tubs provided for the purpose. Here it is kept for about six weeks, when it is taken out, pressed and packed in casks, with layers of salt.

535.—POTTED SALMON. (*Fr.*—Terrine de Saumon.)

Ingredients.—Salmon, pounded mace, cloves and pepper to taste, 2 bay-leaves, ¼ lb. of butter.

Mode.—Skin the salmon, and clean it thoroughly by wiping with a cloth (water would spoil it); cut it into square pieces, which rub with salt; let them remain till thoroughly drained, then lay them in a dish with the other ingredients, and bake. When quite done, drain them from the gravy, press into pots for use, and when cold, pour over it clarified butter.

Time.—½ hour.

An Aversion in the Salmon.—The salmon is said to have an aversion to anything red; hence, fishermen engaged in catching it do not wear jackets or caps of that colour. Pontoppidem also says that it has an abhorrence of carrion, and if any happens to be thrown into the places it haunts it immediately forsakes them. The remedy adopted for this in Norway, is to throw into the poluted water a lighted torch. As food, salmon, when in perfection, is one of the most delicious and nutritive of our fish.

536.—MAYONNAISE OF SALMON. (*Fr.*—Saumon en Mayonnaise.)

Ingredients.—Remains of cold boiled salmon, 2 large lettuces, a little small salad, a beetroot, 4 hard-boiled eggs, a very small quantity of oil and vinegar, pepper and salt, and ½ pint of Mayonnaise sauce (*see* SAUCES).

Mode.—Thoroughly wash and dry the lettuces and use the outer leaves, dipped in oil and vinegar, to lay on the dish as foundation. Upon this lay in a circle overlapping one another, small cutlets cut as neatly as possible from the salmon and well masked in the Mayonnaise sauce. In the centre and round these put the remainder of the lettuce and the cress cut up, using first the hearts of the lettuces, cut evenly to alternate with little groups of watercress, beet, and eggs cut up, round the dish, some of the sauce being put on the top of the salad.

Average Cost, exclusive of the cold fish, 1*s.* 2*d.*

Seasonable at any time.

Sufficient for 8 persons.

537.—SALMON JELLY.

Ingredients.—1 quart of any savoury jelly, clear or thick, and stiff enough to turn out; 1 tin of salmon, 2 or 3 hard boiled eggs, a few slices of beetroot or carrot boiled, parsley chopped or in tiny sprigs.

Mode.—Oil a jelly mould. Turn out the tin of salmon, and reserve the unbroken pieces for the outside of the mould, and what is broken for the centre, rub the yolks of the eggs through a wire sieve, cut the whites into any devices you may like, and stamp out the beetroot with a paste cutter. Then begin and set the fish, jelly, etc., in layers in the mould, letting each layer of jelly cool before the next goes in. This is a good supper or luncheon dish.

Time.—1 hour to prepare and set. **Average Cost,** without jelly, 10*d.*
Seasonable at any time.

538.—FRIED SALMON. (*Fr.*—Salmon Frit.)

(*Jewish Recipe.*)

Ingredients.—1½ salmon, small flask olive oil.

Mode.—Pour the oil into a small but deep pan and set over a clear fire, and when it ceases to bubble, put in the salmon which has been cleaned and well dried and fry it gently till it is thoroughly cooked through. It should be only a pale bright brown, and when this is arrived at, it will be necessary to raise the pan from the fire so as to prevent it getting darker. When thoroughly done, drain and leave it to get cold when it should be served upon a fish paper and garnished with parsley.

Time.—About ½ hour to cook the fish. **Average Cost,** 2*s.* 6*d.*
Sufficient for 4 persons.
Seasonable from April to August.

539.—SCALLOPS.

Ingredients.—1½ doz. scallops, a cupful of bread-crumbs, 1 oz. butter, cayenne and salt, a little chopped parsley, a squeeze of lemon.

Mode.—Trim the fish by cutting off the beards and black parts, clean 6 shells, butter them and strew in a few bread-crumbs, put 3 scallops in each, season them with the cayenne and chopped parsley, and a drop or two of lemon juice. Put a little pepper and salt with the bread-crumbs and cover the scallops with them, put little pieces of butter on the top and bake for about 20 minutes.

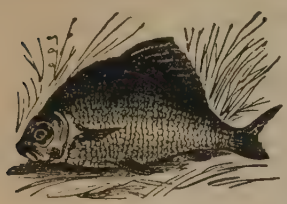
Average Cost, 1*s.*
Seasonable from January to June.
Sufficient for 6 persons.

Note.—In choosing scallops be sure that they are perfectly fresh, which will be indicated by the flesh being firm and very white and the roe a bright orange colour.

540.—BAKED SEA-BREAM. (*Fr.*—Brême de mer Rôtie.)

Ingredients.—1 bream, seasoning to taste of salt, pepper and cayenne; ¼ lb. of butter.

Mode.—Well wash the bream, but do not remove the scales, and wipe away all moisture with a nice dry cloth. Season it inside and out with salt, pepper, cayenne, and lay it in a baking-dish. Place the butter, in small pieces, upon the fish, and bake for rather more than half an hour. To stuff the fish before baking will be found a great improvement.



THE SEA-BREAM.

Time.—Rather more than ½ hour.

Average Cost, 4*d.* to 6*d.* per lb.

Seasonable in summer, but may be procured all the year round.

Note.—This fish may be broiled over a nice clear fire, and served with a good brown gravy or white sauce, or it may be stewed in wine.

The Sea-Bream.—This is an abundant fish in Cornwall, and it is frequently found in the fish-market of Hastings during the summer months, but it is not in much esteem.

Mr. Yarrell's Recipe.—"When thoroughly cleansed, the fish should be wiped dry, but none of the scales should be taken off. In this state it should be broiled, turning it often, and if the skin cracks, flour it a little to keep the outer case entire. When on table, the whole skin and scales turn off without difficulty, and the muscle beneath, saturated in its own natural juices, which the outside covering has retained, will be of good flavour."

541.—TO DRESS SHAD. (*Fr.*—Alose Grillé.)

Ingredients.—1 shad, oil, pepper and salt.

Mode.—Scale, empty and wash the fish carefully, and make two or three incisions across the back. Season it with pepper and salt, and let it remain in oil for half an hour. Broil it on both sides over a clear fire, and serve with caper sauce. This fish is much esteemed by the French, and by them is considered excellent.

THE SHAD.

Time.—Nearly 1 hour.

Average Cost, from 6*d.* per lb.

Seasonable from April to June.

The Shad.—This is a salt-water fish, but is held in little esteem. It enters our rivers to spawn in May, and great numbers are taken opposite the Isle of Dogs, in the Thames.

542.—BAKED SHAD. (*Fr.*—Alose.)

Ingredients.—1 shad, ¼ lb. of salt pork, 1 oz. of butter, parsley, 2 oz. bread-crumbs, flour, pepper, salt, 1 glass of port.

Mode.—Cut the fish down from the gills about 6 inches, wash and scrape clean from scales, wipe dry with a clean cloth. Make a stuffing of bread-crumbs, chopped parsley, some of the pork also finely chopped, pepper, salt and a little butter. Fill the fish with this and sew it up. Dredge a little flour over it and lay the rest of the pork, cut in very thin slices, over it. Bake 40 minutes in a tin, then put the fish on a hot dish by the fire; put pepper, salt, a piece of butter, some hot water and the wine into the tin, to make the gravy; when it boils pour round the fish, or into a tureen, and serve, garnished with parsley.

Time.—nearly 1 hour. **Average Cost,** 2*s.* 3*d.*

Sufficient for 6 persons.

Seasonable from April to June.

543.—BOILED SHAD WITH DUTCH SAUCE. (*Fr.*—Alose à la Hollandaise.)

Ingredients.—Shad, salt and water, Hollandaise sauce (*see* SAUCES.)

Mode.—Clean the fish, but do not scale it; boil in salt and water and serve garnished with fresh parsley and cut lemon. Send a boat of the sauce to table with it.

Average Cost, 2*s.* 6*d.*

Seasonable from April to June.

Sufficient for 8 persons.

544.—BUTTERED PRAWNS OR SHRIMPS. (*Fr.*—Crevettes au Beurre.)

Ingredients.—1 pint of picked prawns or shrimps, ¾ of a pint of stock, No. 273; thickening of butter and flour, salt, cayenne and nutmeg to taste.

Mode.—Pick the prawns or shrimps, and put them in a stewpan with the stock; add a thickening of butter and flour; season, and simmer gently for 3 minutes. Serve on a dish garnished with fried bread or toasted sippets. Cream sauce may be substituted for the gravy.

THE SHRIMP.

Time.—3 minutes.

Average Cost, for this quantity, 1*s.*

The Shrimp.—This shell-fish is smaller than the prawn, and is generally relished in London as a delicacy. It inhabits most of the sandy shores of Europe, and the Isle of Wight is specially famous for them.

545.—POTTED PRAWNS OR SHRIMPS. (*Fr.*—Terrine de Crevettes.)

Ingredients.—1 quart of fresh prawns or shrimps, ¼ lb. of fresh butter, cayenne, pounded mace or nutmeg, a little salt.

Mode.—The fish should be perfectly fresh and as large as possible. Boil them, then shell, divide them slightly and pound to a paste in a mortar with the butter and seasoning. Put up in small pots, cover thickly with butter and tie down closely.

Time.—8 minutes to boil the prawns. **Average Cost,** 2*s.* per quart. **Seasonable** at any time.

546.—POTTED SHRIMPS. (*Fr.*—Terrine de Crevettes.)

Ingredients.—1 pint of shelled shrimps, ¼ lb. of fresh butter, 1 blade of pounded mace, cayenne to taste, when liked a little nutmeg.

Mode.—Have ready a pint of picked shrimps, and put them, with the other ingredients, into a stewpan; let them heat gradually in the butter, but do not let it boil. Pour into small pots, and when cold, cover with melted butter, and carefully exclude the air.

Time.—¼ hour to soak in the butter. **Average Cost,** for this quantity, 1*s.* 3*d.*

547.—BOILED SKATE. (*Fr.*—Raie Bouillie.)

Ingredients.—¼ lb. of salt to each gallon of water.

Mode.—Cleanse and skin the skate, lay it in a fish-kettle, with sufficient water to cover it, salted in the above proportion. Let it simmer very gently till done then dish it on a hot napkin, and serve with shrimp, lobster or caper sauce.

Time.—According to size, ½ to 1 hour. **Average Cost,** 4*d.* to 6*d.* per lb. **Seasonable** from September to April.

548.—CRIMPED SKATE. (*Fr.*—Raie Tailladée.)

Ingredients.—½ lb. of salt to each gallon of water.

Mode.—Clean, skin and cut the fish into slices, which roll and tie round with string. Have ready some water highly salted, put in the fish and boil till it is done. Drain well, remove the string, dish on a hot napkin, and serve with the same sauces as above. Skate should never be eaten out of season, as it is liable to produce diarrhœa and other diseases. It may be dished without a napkin, and the sauce poured over.

Time.—About 20 minutes. **Average Cost,** from 4*d.* to 6*d.* per lb. **Seasonable** from September to April.

To Choose Skate.—This fish should be chosen for its firmness, breadth and thickness, and should have a creamy appearance. It should not be kept longer than a day or two.

The Skate.—This is one of the Ray tribe, and is extremely abundant and cheap in the fishing towns of England. The flesh is white, thick and nourishing; but, we suppose, from its being so plentiful, it is esteemed less than it ought to be on account of its nutritive properties, and the ease with which it is digested. It is much improved by crimping; in which state it is usually sold in London. The THORNBACK differs from the true skate by having large spines in its back, of which the other is destitute. It is taken in great abundance during the spring and summer months, but its flesh is not so good as it is in November. It is, in regard to quality, inferior to that of the true skate.

THORNBACK SKATE.

549.—SKATE WITH CAPER SAUCE (à la Française). (*Fr.*—Raie, Sauce aux Capres.)

Ingredients.—2 or 3 slices of skate, ½ a pint of vinegar, 2 oz. of salt, ½ a teaspoonful of pepper, 1 sliced onion, a small bunch of parsley, 2 bay-leaves, 2 or 3 sprigs of thyme, sufficient water to cover the fish.

Mode.—Put in a fish-kettle all the above ingredients and simmer the skate in them till tender. When it is done, skin it neatly, and pour over it some of the liquor in which it has been boiling. Drain it, put it on a hot dish, pour over it caper sauce, and send some of the latter to table in a tureen.

Time.—½ hour. **Average Cost,** 2*s.*

Seasonable from September to April.

Sufficient for 4 persons.

Note.—Skate may also be served with onion sauce, or parsley and butter.

550.—SMALL SKATE, FRIED. (*Fr.*—Raitons Frits.)

Ingredients.—Skate, sufficient vinegar to cover them, salt and pepper to taste, 1 sliced onion, a small bunch of parsley, the juice of ½ a lemon, hot dripping.

Mode.—Cleanse the skate, lay them in a dish, with sufficient vinegar to cover them; add the salt, pepper, onion, parsley and lemon juice, and let the fish remain in this pickle for 1½ hour. Then drain them well, flour them or egg and bread-crumb them, and fry of a nice brown, in hot dripping. They may be served either with or without sauce. Skate is not good if dressed too fresh, unless it is crimped; it should, therefore, be kept for a day, but not long enough to produce a disagreeable smell.

Time.—10 minutes. **Average Cost,** from 4*d.* per lb.

Seasonable from September to April.

Other Species of Skate.—Besides the true skate, there are several other species found in our seas. These are known as the *white* skate, the long-nosed skate, and the Homelyn ray, which are of inferior quality, though often crimped, and sold for true skate.

551.—TO BAKE SMELTS. (*Fr.*—Éperlans au Gratin.)

Ingredients.—12 smelts, bread-crumbs, ¼ lb. of fresh butter, 2 blades of pounded mace, salt and cayenne to taste.

Mode.—Wash and dry the fish thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover them with fine bread-crumbs, and place little pieces of butter all over them. Season and bake for 15 minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon.

Time.—¼ hour. **Average Cost,** from 1*s.* to 2*s.* per dozen.

Seasonable from October to May.

Sufficient for 4 persons.

To Choose Smelts.—When good, this fish is of a fine silvery appearance, and when alive, their backs are of a dark brown shade, which, after death, fades to a light fawn. They ought to have a refreshing fragrance, resembling that of a cucumber.

The Odour of the Smelt.—This peculiarity in the smelt has been compared, by some, to the fragrance of a cucumber, and by others, to that of a violet. It is a very elegant fish, and formerly abounded in the Thames. The *Atharine*, or sand smelt, is sometimes sold for the true one; but it is an inferior fish, being drier in the quality of its flesh. On the south coast of England, where the true smelt is rare, it is plentiful.

552.—TO FRY SMELTS. (*Fr.*—Éperlans Frits.)

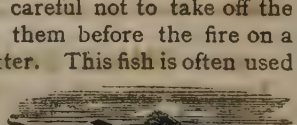
Ingredients.—Egg and bread-crumbs, a little flour, boiling fat or oil.

Mode.—Smelts should be very fresh, and not washed more than is necessary to clean them. Dry them in a cloth, lightly flour, dip them in egg, and cover with very fine bread-crumbs, and put them into boiling fat or oil. Fry of a nice pale brown, and be careful not to take off the crumbs, or their beauty will be spoiled. Dry them before the fire on a piece of paper, and serve with plain melted butter. This fish is often used as a garnish.

Time.—5 minutes.

Average Cost, from 1*s.* to 2*s.* per dozen.

Seasonable from October to May.



THE SMELT.

The Smelt.—This is a delicate little fish, and is in high esteem. Mr. Yarrell asserts that the true smelt is entirely confined to the western and eastern coasts of Britain. It very rarely ventures far from the shore, and is plentiful in November, December and January.

553.—POTTED SMELTS. (*Fr.*—Terrine d'Éperlans.)

Ingredients.—Fresh smelts, mace, pepper, salt and butter.

Mode.—Wash the fish carefully, draw out the insides, and dust the seasoning over them. Put them into a baking tin with pieces of butter and bake them 20 minutes. Let them get nearly cold, then put them on a clean cloth to drain, then into pots. Clarify the butter in which they were baked, adding more if necessary, and pour it on the pots.

Time.—20 minutes. **Average Cost,** 1*s.* to 2*s.* per dozen.
Seasonable from October to May.

554.—BAKED SOLES. (*Fr.*—Sole au Gratin.)

Ingredients.—2 soles, ¼ lb. of butter, browned bread-crumbs, sweet herbs, lemon-peel, minced parsley, 1 glass of sherry, lemon-juice, cayenne and salt to taste.

Mode.—Clean, skin and well wash the fish, and dry them thoroughly in a cloth. Lay them in a large flat baking-dish well buttered, white side uppermost; sprinkle with bread-crumbs mixed with a little minced parsley, or, if it will not hold the two soles, they may each be laid in a dish by itself; but they must not be put one on the top of the other. Melt the butter, and pour it over the whole, and bake for 20 minutes. Take a portion of the gravy that flows from the fish, add the wine, lemon juice, and seasoning, give it one boil, skim, pour it *under* the fish, and serve. Keep back a few crumbs to sprinkle over the top. Garnish with cut lemon and parsley. Skate or place may be cooked this way.

Time.—20 minutes. **Average Cost,** 1*s.* to 2*s.* per lb. For this dish, 2*s.* 9*d.*

Seasonable at any time.
Sufficient for 6 persons.

To Choose Soles.—The fish should be both thick and firm. If the skin is difficult to be taken off, and the flesh looks grey, it is good.

THE SOLE.

The Sole.—This ranks next to the turbot, in point of excellence among our flat fish. It is abundant on the British coasts, but those of the western shores are much superior in size to those taken on the northern. The finest are caught in Torbay, and frequently weigh 8 or 10 lbs. per pair. Its flesh being firm, white and delicate, is greatly esteemed. The lemon sole, or white sole, is always cheaper than the black, and is a very good fish.

555.—BOILED SOLES. (*Fr.*—Sole à l'Eau.)

Ingredients.—¼ lb. salt to each gallon of water.

Mode.—Cleanse and wash the fish, which should be large, carefully; cut off the fins, but do not skin it. Lay it in a fish-kettle, with sufficient warm water to cover it, salted in the above proportion. Let it gradually come to a boil, and keep it simmering for a few minutes, according to the size of the fish. Dish it on a hot napkin, white side uppermost, after well draining it, and garnish with parsley and cut lemon. Shrimp or lobster sauce, and plain melted butter, are usually sent to table with this dish.

Time.—After the water boils, 7 minutes for a middling-sized sole. **Average Cost,** 1*s.* to 2*s.* per lb.

Seasonable at any time.

Sufficient, 1 large sole for 3 persons.

556.—SOLES WITH CREAM SAUCE. (*Fr.*—Soles à la Crême.)

Ingredients.—2 soles, salt, cayenne and pounded mace to taste, the juice of ½ a lemon, salt and water, ½ a pint of cream.

Mode.—Skin, wash and fillet the soles, and divide each fillet in 2 pieces; lay them in cold salt and water, which bring gradually to a boil. When the water boils, take out the fish, lay it in a delicately clean stew-pan, and cover with the cream. Add the seasoning; simmer very gently for 10 minutes, and, just before serving, put in the lemon-juice. The fillets may be rolled, and secured by means of a skewer; but this is not so economical a way of dressing them, as double the quantity of cream is required. A better plan is to divide the fillets lengthways into strips and to tie them in a knot.

Time.—10 minutes in the cream. **Average Cost,** 3*s.*

Seasonable at any time.

Sufficient for 6 persons.

This will be found a most delicate and delicious dish.

The Sole a Favourite with the Ancient Greeks.—This fish was much sought after by the ancient Greeks on account of its light and nourishing qualities. The brill, the flounder, the diamond and Dutch plaice, which, with the sole, were known under the general name of *passeres*, were all equally esteemed, and had generally the same qualities attributed to them.

557.—FRIED SOLES. (*Fr.*—Soles Frites.)

Ingredients.—2 middling-sized soles, hot lard or clarified dripping, egg, and bread-crumbs.

Mode.—Skin and carefully wash the soles, and cut off the fins, wipe them very dry, and let them remain in the cloth until it is time to dress them. Have ready some fine bread-crumbs and beaten egg; dredge the soles with a little flour, brush them over with egg, and cover with bread-crumbs. Put them in a deep pan with plenty of clarified dripping or lard (when the expense is not objected to, oil is still better) sufficiently hot to neither scorch the fish nor make them sodden. When they are sufficiently cooked on one side, turn them carefully, and brown them on the other; they may be considered ready when a thick smoke rises. It is much better to have fat enough to cover, when they need no turning, but this is easier when the fish is filleted or cut in pieces. Fried in plenty of fat they are never greasy, but a very large kettle is needed to cook a whole sole. (*See* directions for frying, No. 226.) Lift them out carefully, and lay them before the fire on paper, to absorb the fat. Particular attention should be paid to this, as nothing is more disagreeable than greasy fish; this may be always avoided by dressing them in good time, and allowing

a few minutes for them to get thoroughly crisp. Dish them on a hot napkin, garnish with cut lemon and fried parsley, and send them to table with shrimp sauce and plain melted butter.

Time.—10 minutes for large soles; less time for small ones. **Average Cost,** from 1*s.* to 2*s.* per lb.

Seasonable at any time.

Sufficient for 4 or 5 persons.

558.—FRIED FILLETED SOLES. (*Fr.*—Filets de Sole Frits.)

Soles for filleting should be large, as the flesh can be more easily separated from the bones, and there is less waste. To skin any fish it must be kept wet. It is easier to skin if it is stale. Wet your fingers and have a cloth to hold it by. With flat fish begin at the tail, cut the skin across, but do not cut into the flesh, and loosen the skin along the fins on either side with a skewer or finger. Then tear up the skin with the left hand, keeping the thumb of the right well pressed over the backbone to prevent removing the flesh with the skin. Take a sharp knife to fillet and keep it close pressed to the bone. Skin and wash the fish, and raise the meat carefully from the bones, and divide it into nice handsome pieces. The more usual way is to roll or tie the fillets, after dividing each one in two pieces, and either bind them round with twine, or run a small skewer through them. Fillets of a small sole should not be divided. Brush over with egg and cover with bread-crumbs; fry them as directed in the following recipe, and garnish with fried parsley and cut lemon. When a pretty dish is desired, this is by far the most elegant mode of dressing soles, as they look much better than when fried whole. Instead of rolling the fillets, they may be cut into square pieces, and arranged in the shape of a pyramid on the dish. Plaice, haddock and skate can be served in the same way.

Time.—About 10 minutes. **Average Cost,** from 1*s.* to 2*s.* per lb.

Seasonable at any time.

Sufficient, 2 large soles for 6 persons.

559.—FILLETED SOLES WITH ITALIAN SAUCE. (*Fr.*—Filets de Sole à l'Italienne.)

Ingredients.—2 soles, salt, pepper and grated nutmeg to taste, egg and bread-crumbs, butter, the juice of 1 lemon.

Mode.—Skin and carefully wash the soles, separate the meat from the bone and roll each fillet in the form of a pyramid. Brush them over with egg, sprinkle with bread-crumbs and seasoning, and put them in a baking-

dish. Place small pieces of butter over the whole, and bake for half an hour. When they are nearly done, squeeze the juice of a lemon over them, and serve on a dish with Italian sauce (*see* SAUCES) poured over. Another plan is to set each piece up in a buttered baking-dish, sprinkle the seasoning over, but without eggs and crumbs, and cover with a sheet of buttered paper. Bake for about 15 minutes according to size. This is a very easy and very good way of cooking any white fish to be served with sauce.

Time.—½ hour. **Average Cost,** 3*s.* 6*d.*

Seasonable at any time.

Sufficient for 6 or 8 persons.

WHITING may be dressed in the same manner and will be found very delicious.

The Flavour of the Sole.—This, as a matter of course, greatly depends upon the nature of the ground and bait upon which the animal feeds. Its natural food is small crabs and shell-fish. Its colour also depends on the colour of the ground where it feeds; for if this be white, then the sole is called the white or lemon sole; but if the bottom be muddy, then it is called the black sole. Small-sized soles, caught in shallow water on the coasts, are the best in flavour.

560.—FILLETED SOLES OR PLAICE.

To be eaten cold. (*Jewish recipe.*)

Ingredients.—2 soles or 1 large plaice, 1 small flask of oil.

Mode.—Put the oil into a rather deep pan and lay in the fish, cut in neat fillets; when the oil ceases to bubble, fry them a pale golden brown; then drain. Care must be taken to drain the fish thoroughly as it is to be eaten cold. These small fillets are often used as a sort of garnish to surround a larger piece, or may be dished alone, arranging them as cutlets to lap over each other in a ring, and garnished with parsley and cut lemon.

Time.—From 5 to 10 minutes to fry the fish. **Average Cost,** soles, 2*s.*; plaice, 1*s.* 3*d.* The full cost of the oil cannot be reckoned, as, if it is strained, it will serve for several fryings.

Sufficient for 4 persons.

Seasonable at any time.

561.—FRICASSEED SOLES. (*Fr.*—Fricassée de Soles.)

Ingredients.—2 middling-sized soles, 1 small one, ½ a teaspoonful of chopped lemon-peel, 1 teaspoonful of chopped parsley, a little grated bread, salt, pepper and nutmeg to taste, 1 egg, 2 oz. of butter, ½ a pint of good gravy, 2 tablespoonfuls of port wine or claret, cayenne and lemon-juice to taste.

Mode.—Fry the soles of a nice brown, as directed in recipe No. 557, and drain them well from fat, or cook them us above. Take all the meat from the small sole, chop it fine, and mix with it the lemon-peel, parsley, bread and seasoning; work all together, with the yolk of an egg and the

butter; make this into small balls and fry them. Thicken the gravy with a dessertspoonful of flour, add the wine, cayenne and lemon-juice; lay in the 2 soles and balls; let them simmer gently for 5 minutes; serve hot, and garnish with cut lemon. When soles are dear a small plaice will do very well for making the forcemeat balls, or the remains of cold fish can be used for this purpose. A little anchovy sauce is considered by some an improvement.

Time.—10 minutes to fry the soles. **Average Cost,** for this quantity, 3*s.* 6*d.*

Seasonable at any time.

Sufficient for 6 persons.

How Soles are Caught.—The instrument usually employed is a trawl-net, which is shaped like a pocket, of from sixty to eighty feet long, and open at the mouth from thirty-two to forty feet, and three deep. This is dragged along the ground by the vessel; and on the art of the fisherman in its employment in a great measure depends the quality of the fish he catches. If, for example, he drags the net too quickly, all that are caught are swept rapidly to the end of the net, where they are smothered, and sometimes destroyed. A medium has to be observed, in order that as few as possible escape being caught in the net, and as many as possible preserved alive in it.

562.—SOLES WITH MUSHROOMS. (*Fr.*—Soles aux Champignons.)

Ingredients.—½ a pint of milk, 1 oz. butter, 1 oz. salt, a little lemon juice, 2 middling-sized soles.

Mode.—Cleanse the soles, but do not skin them, and lay them in a buttered dish with the milk, salt and lemon-juice. Cover with buttered paper and put in a slack oven till done, which will be in about 10 minutes. Take them up, put them on a hot dish, and pour over them a good mushroom sauce (*see* SAUCES), to which the liquor from the soles may be added.

Time.—10 minutes. **Average Cost,** 2*s.* 6*d.*

Seasonable at any time.

Sufficient for 6 persons.

563.—SPRATS. (*Fr.*—Harenguets.)

Sprats should be cooked very fresh, which can be ascertained by their bright and sparkling eyes. Wipe them dry; fasten them in rows by a skewer run through the eyes; dredge with flour, and broil them on a gridiron over a nice clear fire. The gridiron should be rubbed with suet. Serve very hot, with cut lemons and brown bread and butter.

Time.— 3 or 4 minutes. **Average Cost,** 1*d.* to 3*d.* per lb.

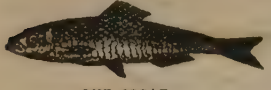
Seasonable from November to March.

Sufficient 1 lb. for 3 persons.

To Choose Sprats.—Choose these from their silvery appearance, as the brighter they are, so are they the fresher.

564.—DRIED SPRATS.

Dried sprats should be put into a basin, and boiling water poured over them; they may then be skinned and served, and this will be found a much better way than boiling them. They can also be broiled.



THE SPRAT.

The Sprat.—This migratory fish is rarely found longer than four or five inches, and visits the shores of Britain after the herring and other kinds of fish have taken their departure from them. On the coasts of Suffolk, Essex and Kent, they are very abundant, and from 400 to 500 boats are employed in catching them during the winter season. Besides plentifully supplying the London market, they are frequently sold at sixpence a bushel to farmers for manuring purposes. They enter the Thames about the beginning of November, and leave it in March. At Yarmouth and Gravesend they are cured like red herrings.

565.—TO PRESERVE SPRATS.

Ingredients.—½ a peck of sprats, 1 lb. of salt, 2 oz. of baysalt, 2 oz. of saltpetre, 1 oz. of sal-prunella, a little cochineal.

Mode.—Pound all except the sprats in a mortar, then put the sprats in a pan in layers with the seasoning, press them tightly down and cover close. They will be ready for use in 5 or 6 months. To make sprat paste, very like anchovy paste, fry them in butter, having first removed the heads, tails and bones beat them in a mortar, put up in small pots with seasoning and clarified butter poured over.

Time.—5 or 6 months. **Average Cost,** 1*d.* per lb.

Seasonable November to March.

566.—BAKED STURGEON. (*Fr.*—Esturgeon Rôti au Vin Blanc.)

Ingredients.—1 small sturgeon, salt and pepper to taste, 1 small bunch of herbs, the juice of ½ lemon, ¼ lb. of butter, 1 pint of white wine.

Mode.—Cleanse the fish thoroughly, skin it, and split it along the belly without separating it; have ready a large baking-dish, in which lay the fish, sprinkle over the seasoning and herbs very finely minced, and moisten it with the lemon-juice and wine. Place the butter in small pieces over the whole of the fish, put it in the oven, and baste frequently; brown it nicely, and serve with its own gravy.

Time.—Nearly 1 hour. **Average Cost,** 6*d.* to 1*s.* per lb.

Seasonable from April to September.

The Sturgeon.—This fish commences the sixth of the Linnæan order, and all the species are large, seldom measuring, when full grown, less than three or four feet in length. Its flesh is

reckoned extremely delicious, and, in the time of the Emperor Severus, was so highly valued by the ancients, that it was brought to table by servants crowned with coronets, and preceded by a band of music. It is an inhabitant of the Baltic, the Mediterranean, the Caspian and the Black Sea, and of the Danube, the Volga, the Don, and other large rivers. It is abundant in the

STURGEON.

rivers of North America, and is occasionally taken in the Thames, as well as in the Eske and the Eden. It is one of those fishes considered as royal property. It is from its *roe* that *caviare* is prepared. Its flesh is delicate, firm and white, but is rare in the London market.

The Sterlet is a smaller species of sturgeon, found in the Caspian Sea and some Russian rivers. It also is greatly prized on account of the delicacy of its flesh.

567.—ROAST STURGEON. (*Fr.*—Esturgeon Rôti.)

Ingredients.—Veal stuffing, buttered paper, the tail-end of a sturgeon.

Mode.—Cleanse the fish, bone and skin it; make a nice veal-stuffing (*see* FORCEMEATS), and fill with it the part where the bones came from; roll it in buttered paper, bind it up firmly with tape, like a fillet of veal, and roast in a Dutch oven before a clear fire. Serve with good brown gravy, or plain melted butter.

Time.—About 1 hour. **Average Cost,** 6*d.* to 1*s.* per lb.

Seasonable from April to September.

Note.—Sturgeon may be plain-boiled, and served with Dutch sauce. The fish is very firm, and requires long boiling.

Estimate of the Sturgeon by the Ancients.—By the ancients, the flesh of this fish was compared to the ambrosia of the immortals. The poet Martial passes a high eulogium upon it, and assigns it a place on the luxurious tables of the Palatine Mount. If we may credit a modern traveller in China, the people of that country generally entirely abstain from it, and the sovereign of the Celestial Empire confines it to his own kitchen, or dispenses it to only a few of his greatest favourites.

568.—MATELOT OF TENCH. (*Fr.*—Tanche en Matelote.)

Ingredients.—Some tench, 1 pint of stock, No. 273; ½ pint of port wine, 1 dozen small onions, a few mushrooms, a faggot of herbs, 2 blades of mace, 1 oz. of butter, 1 teaspoonful of minced parsley, thyme, 1 shalot, 2 anchovies, flour, 1 dozen oysters, the juice of ½ lemon.

Mode.—Scale and clean the tench, cut them into pieces, and lay in a stewpan; add half the stock, wine, onions, mushrooms, herbs and mace, and simmer gently for half an hour. Put into another stewpan all the remaining ingredients but the oysters and lemon-juice, and boil slowly for 10 minutes, when add the strained liquor from the tench, and keep stirring it

over the fire until somewhat reduced. Rub it through a sieve, pour it over the tench with the oysters, which must be previously scalded in their own liquor, squeeze in the lemon-juice, and serve. Garnish with croûtons.

Time.—¾ hour. **Average Cost,** 5*s.*
Seasonable from October to March.
Sufficient for eight persons.

TENCH.

The Tench.—This fish is generally found in foul and weedy waters, and in such places as are well supplied with rushes. They thrive best in standing waters, and are more numerous in pools and ponds than in rivers. Those taken in the latter however, are preferable for the table. It does not often exceed four or five pounds in weight, and is in England esteemed as a delicious and wholesome food. As, however, they are sometimes found in waters where the mud is excessively fetid, their flavour, if cooked immediately on being caught, is often unpleasant; but if they are transferred into clear water, they soon recover from the obnoxious taint.

569.—TENCH STEWED WITH WINE. (*Fr.*—Tanche au Vin Blanc.)

Ingredients.—1 tench, ½ pint of stock, No. 273; ½ pint of Madeira or sherry, salt and pepper to taste, 1 bay-leaf, 1 oz. of butter, 1 oz. of flour.

Mode.—Clean and crimp the tench; carefully lay it in a stewpan with the stock, wine, salt and pepper, and bay leaf; let it stew gently for half an hour; then take it out, put it on a dish, and keep hot. In another pan melt the butter, stir in the flour with a wooden spoon, add the strained liquor, boil and thicken. Season with a very little cayenne, and pour over the fish. Garnish with balls of veal forcemeat.

Time.—Rather more than ½ hour. **Average Cost,** 3*s.*
Seasonable from October to March.
Sufficient for 6 persons.

A Singular Quality in the Tench.—It is said that the tench is possessed of such healing properties among the finny tribes, that even the voracious pike spares it on this account.

> "The pike, fell tyrant of the liquid plain,
> With ravenous waste devours his fellow train;
> Yet howsoe'er with raging famine pined,
> The tench he spares, a medicinal kind;
> For when by wounds distress'd, or sore disease,
> He courts the salutary fish for ease;
> Close to his scales the kind physician glides,
> And sweats a healing balsam from his sides."

In our estimation, however, this self-denial in the pike may be attributed to a less poetical cause; namely, from the mud-loving disposition of the tench, it is enabled to keep itself so completely concealed at the bottom of its aqueous haunts, that it remains secure from the attacks of its predatory neighbour.

570.—STEWED TROUT. (*Fr.*—Truite au Vin Rouge.)

Ingredients.—2 good-sized trout, ½ onion, cut in thin slices; a little parsley, 2 cloves, 1 blade of mace, 2 bay leaves, a little thyme, salt and pepper to taste, 1 pint of medium stock, No. 273; 1 glass of claret or port wine, 1 oz. each of butter and flour.

Mode.—Wash the fish very clean, and wipe it quite dry. Lay it in a stewpan, with all the ingredients but the butter and flour, and simmer gently for half an hour, or rather more, should not the fish be quite done. Take it out, strain the gravy, thicken as in the preceding recipe; pour it over the trout, and serve.

Time.—According to size, ½ hour or more. **Average Cost,** 1*s.* to 2*s.* per lb. Cooked in this way, 3*s.* 6*d.*

Seasonable from February to September, and fatter from the middle to the end of August than at any other time.

Sufficient for 6 persons.

Trout may be served with anchovy or caper sauce, baked in buttered paper, or fried whole like smelts. Trouts dressed à la Génévèse are extremely delicate; for this proceed the same as with salmon, No. 533.

The Trout.—This fish, though esteemed by the moderns for its delicacy, was little regarded by the ancients. Although it abounded in the lakes of the Roman Empire, it is generally mentioned by writers only on account of the beauty of its colours. About the end of September they quit the deep water to which they have retired during the hot weather, for the purpose of spawning. This they always do on a gravelly bottom, or where gravel and sand are mixed among stones, towards the end or by the sides of streams. At this period they become black about the head and body, and become soft and unwholesome. They are never good when they are large with roe; but there are in all trout rivers some barren female fish, which continue good throughout the winter. In the common trout, the stomach is uncommonly strong and muscular, shell-fish forming a portion of the food of the animal; and it takes into its stomach gravel or small stones in order to assist in comminuting it.

THE TROUT.

571.—TROUT WITH SPANISH SAUCE. (*Fr.*—Truite à l'Espagnole.)

Ingredients.—2 young trout, ½ pint olive oil, a bouquet of herbs, pepper and salt.

Mode.—Chop the herbs fine and put them in the oil, and, after cleaning and scaling the trout, lay them in it to soak for an hour, turning them now and then so that the oil should cover them. Take them out, dip

some pieces of paper in the oil, wrap round the fish and broil. Serve with anchovy sauce.

Average Cost, 3*s.* 6*d.*

Seasonable from February to September.

Sufficient for 6 persons.

572.—BOILED TURBOT. (*Fr.*—Turbot Bouilli.)

Ingredients.—6 oz. of salt to each gallon of water.

Mode.—Choose a thick, middling-sized turbot; for they are invariably the most valuable: if very large, the meat will be tough and thready. Three or four hours before dressing, soak the fish in salt and water to take off the slime; then thoroughly cleanse it, and with a knife make an incision down the middle of the back, to prevent the skin of the belly from cracking. Rub it over with lemon, and be particular not to cut off the fins. Lay the fish in a very clean turbot-kettle with sufficient warm water to cover it, and salt in the above proportion. Let it gradually come to a boil, and skim very carefully; keep it gently simmering at the side of the fire, and on no account let it boil fast, as the fish would have a very unsightly appearance. When the meat separates easily from the bone, it is done; then take it out, let it drain well, and dish it on a hot napkin. Rub a little lobster spawn or coral through a sieve on to the fish, and garnish with tufts of parsley and cut lemon. Lobster or shrimp sauce and plain melted butter, should be sent to table with it.

Time.—After the water boils, about ½ hour for a large turbot; middling-size, about 20 minutes. **Average Cost,** from 2*s.* 6*d.* to 21*s.*, according to size.

Seasonable at any time.

Sufficient, 1 middling-sized turbot for 8 persons.

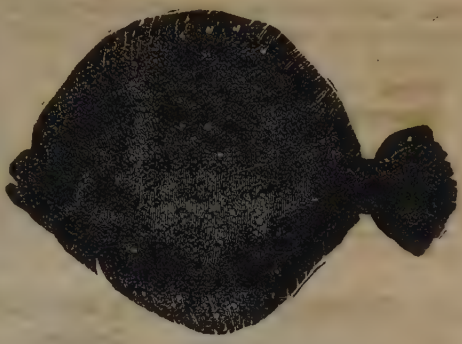
Note.—An amusing anecdote is related by Miss Edgeworth of a bishop, who descending to his kitchen to superintend the dressing of a turbot, and discovering that his cook had stupidly cut off the fins, immediately commenced sewing them on again with his own episcopal fingers. This dignitary knew the value of a turbot's gelatinous appendages.

573.—GARNISH FOR TURBOT, or other Large Fish. (*Fr.*—Garnitures pour Poissons.)

Take the crumb of a stale loaf, cut it into small pyramids with flat tops, and on the top of each pyramid put rather more than a tablespoonful of white of egg beaten to a stiff froth. Over this, sprinkle finely chopped parsley and fine raspings of a dark colour. Arrange these on the napkin round the fish, one green and one brown alternately.

To Choose Turbot.—See that it is thick and of a yellowish white; for if of a bluish tint, it is not good.

The Turbot.—This is the most esteemed of all our flat fish. The northern parts of the English coast, and some places off the south of Holland, produce turbot in great abundance and in greater excellence than other parts of the world. The London market is chiefly supplied by Dutch fishermen, who bring to it nearly 90,000 a year. The flesh is firm, white, rich and gelatinous, and is the better for being kept a day or two previous to cooking it. In many parts of the country, turbot and halibut are indiscriminately sold for each other. They are, however, perfectly distinct; the upper parts of the former being marked with large, unequal and obtuse tubercles, while those of the other are quite smooth, and covered with oblong soft scales, which firmly adhere to the body.



THE TURBOT.

Fish-Kettles are made in an oblong form, and have two handles, with a movable bottom, pierced full of holes, on which the fish is laid, and on which it may be lifted from the water, by means of two long handles attached to each side of the movable bottom. This is to prevent the liability of breaking the fish, as it would necessarily be if it were cooked in a common saucepan.

574.—BAKED FILLETS OF TURBOT. (*Fr.*—Filets de Turbot au Gratin.)

Ingredients.—The remains of cold turbot, lobster sauce left from the preceding day, egg and bread-crumbs, cayenne and salt to taste, minced parsley, nutmeg, lemon-juice.

Mode.—After having cleared the fish from all skin and bone, divide it into square pieces of an equal size; brush them over with egg, sprinkle with bread-crumbs mixed with a little minced parsley and seasoning. Lay the fillets in a baking-dish, with sufficient butter to baste with. Bake for a quarter of an hour, and do not forget to keep them well moistened with the butter. Put a little lemon-juice and grated nutmeg to the cold lobster sauce; make it hot, and pour over the fish, which must be well drained from the butter. Garnish with parsley and cut lemon.

Time.—Altogether, ½ hour.

Seasonable at any time.

Note.—Cold turbot thus warmed in the remains of lobster sauce will be found much nicer than putting the fish again in water.

575.—FILLETS OF TURBOT WITH ITALIAN SAUCE. (*Fr.*—Filets de Turbot à l'Italienne.)

Ingredients.—The remains of cold turbot, Italian sauce (*see* SAUCES).

Mode.—Clear the fish carefully from the bone, and take away all skin, which gives an unpleasant flavour to the sauce. Make the sauce hot, lay in the fish to warm through, but do not let it boil. Garnish with croûtons.

Time.—5 minutes.

Seasonable all the year.

The Ancient Romans' Estimate of Turbot.—As this luxurious people compared soles to partridges and sturgeons to peacocks, so they found a resemblance to turbot in the pheasant. In the time of Domitian, it was said one was taken of such dimensions as to require, in the imperial kitchen, a new stove to be erected, and a new dish to be made for it, in order that it might be cooked and served whole; not even imperial Rome could furnish a stove or a dish large enough for the monstrous animal. Where it was caught, we are not aware; but the turbot of the Adriatic Sea held a high rank in the "Eternal City."

576.—TURBOT WITH CREAM SAUCE. (*Fr.*—Turbot à la Crême.)

Ingredients.—The remains of cold turbot. For sauce: 2 oz. of butter, 4 tablespoonfuls of cream, salt, cayenne and pounded mace to taste, a dessertspoonful of flour or cornflour, and a cupful of milk can be substituted for the cream.

Mode.—Clear away all skin and bone from the flesh of the turbot, which should be done when it comes from table as it causes less waste when trimmed hot. Cut the flesh into nice square pieces as equally as possible: put the butter into a stewpan, let it melt, and add the cream and seasoning; let it just simmer for one minute, but not boil. Lay in the fish to warm, and serve it garnished with croûtons or a paste border.

Time.—10 minutes.

Seasonable at any time.

Note.—The remains of cold salmon may be dressed in this way, and the above mixture may be served in a *vol-au-vent*.

577.—TURBOT AU GRATIN.

Ingredients.—Remains of cold turbot, béchamel (*see* SAUCES), or any good white sauce; bread-crumbs, butter.

Mode.—Cut the flesh of the turbot into small dice, carefully freeing it from all skin and bone. Put them into a stewpan, and moisten with 4 or 5 tablespoonfuls of béchamel. Let it get thoroughly hot, but do not allow it to boil. Spread the mixture on a dish, cover with finely-grated browned bread-crumbs, and place small pieces of butter over the top. Brown it in the oven, or with a salamander.

Time.—Altogether, ½ hour.

Seasonable at any time.

578.—BOILED WHITING. (*Fr.*—Merlan à l'Eau.)

Ingredients.—¼ lb. of salt to each gallon of water.

Mode.—Cleanse the fish, but do not skin them; lay them in a fish-kettle, with sufficient water to cover them, and salt in the above proportion. Bring them gradually to a boil, and simmer gently for about five minutes, or rather more should the fish be very large. Dish them on a hot napkin, and garnish with tufts of parsley. Serve with anchovy or caper sauce and plain melted butter.

Time.—After the water boils, 5 minutes. **Average Cost,** 3*d.* to 1*s.* each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

To Choose Whiting.—Choose for the firmness of its flesh and the silvery hue of its appearance.

The Whiting.—This fish forms a light, tender and delicate food, easy of digestion. It appears in our seas in the spring within three miles of the shores, where it arrives in large shoals to deposit its spawn. It is caught by line, and is usually between ten and twelve inches long, and seldom exceeding a pound and a half in weight. On the edge of the Dogger Bank, however, it has been caught so heavy as to weigh from three to seven or eight pounds. When less than six inches long it is not allowed to be caught.

THE WHITING.

579.—BROILED WHITING. (*Fr.*—Merlan Grillé.)

Ingredients.—Salt and water, flour.

Mode.—Wash the whiting in salt and water, wipe them thoroughly, and let them remain in the cloth to absorb all moisture. Flour them well, and broil over a very clear fire. Serve with *maître d'hôtel* sauce, or plain melted butter (*see* SAUCES). Be careful to preserve the liver, as by some it is considered very delicate.

Time.—5 minutes for a small whiting. **Average Cost,** 4*d.* each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

Buckhorn. Whitings caught in Cornwall are salted and dried, and in winter taken to the markets, and sold under the singular name of "Buckhorn."

580.—FRIED WHITING. (*Fr.*—Merlan Frit.)

Ingredients.—Egg and bread-crumbs, a little flour, hot lard or clarified dripping.

Mode.—Take off the skin, clean and thoroughly wipe the fish, and rub it with flour to free it from all moisture, as this is most essential, in order that the egg and bread-crumbs may properly adhere. Fasten the tail in

the mouth by means of a small skewer, brush the fish over with egg, dredge with a little flour, and cover with bread-crumbs. Press the crumbs firmly on. Fry them in hot lard or clarified dripping of a nice colour, and serve them on a napkin, garnished with fried parsley. Small fried whitings are frequently used for garnishing large-bodied fish, such as turbot, cod, &c. Send them to table with shrimp sauce or plain melted butter.

Time.—About 6 minutes. **Average Cost,** 4*d.* to 6*d.* each.

Seasonable all the year, but best from October to March.

Sufficient, 1 small whiting for each person.

Note.— Large whitings may be filleted, rolled, and served as fried filleted soles.

581.—BAKED WHITING. (*Fr.*—Merlan au Gratin.)

Ingredients.—4 whitings, butter, 1 tablespoonful of minced parsley, a few chopped mushrooms, when obtainable; pepper, salt and grated nutmeg to taste, butter, 2 glasses of sherry or Madeira, bread-crumbs.

Mode.—Grease the bottom of a baking-dish with butter, and over it strew some minced parsley and mushrooms. Scale, empty and wash the whitings, and wipe them thoroughly dry, carefully preserving the livers. Lay them in the dish, sprinkle them with bread-crumbs and seasoning, adding a little grated nutmeg, and also a little more minced parsley and mushrooms. Place small pieces of butter over the whitings, moisten with the wine, and bake for 20 minutes in a hot oven. If there should be too much sauce, reduce it by boiling over a sharp fire for a few minutes, and pour under the fish. Serve with a cut lemon, and no other sauce.

Time.—20 minutes. **Average Cost,** cooked in this way, 2*s.* 4*d.*

Seasonable all the year, but best from October to March.

Sufficient, this quantity, for 6 persons.

582.—BAKED WHITING WITH SWEET HERBS. (*Fr.*—Merlan aux Fines Herbes.)

Ingredients.—1 bunch of sweet herbs, chopped very fine; butter.

Mode.—Clean and skin the fish, fasten the tails in the mouths, and lay them in a baking-dish. Mince the herbs very fine, strew them over the fish, and place small pieces of butter over; cover with a piece of buttered paper or another dish, and let them simmer in a Dutch oven for a quarter of an hour or twenty minutes. Turn the dish once or twice, and serve with the sauce poured over. Lemon peel and juice, mushroom powder or mushrooms, parsley, white wine, may all be added to vary the flavouring. Any white fish is good cooked in this way.

Time.—¼ hour or 20 minutes. **Average Cost,** small whiting, 4*d.* to 6*d.* each.

Seasonable all the year, but best from October to March.

Sufficient, 1 for each person.

The Whiting, Pout and Pollack.—About the mouth of the Thames, and generally all round the English coasts, as well as in the northern seas, the pout is plentiful. It bears a striking resemblance to the whiting, and is esteemed as an excellent fish. The *pollack* is also taken all round our coasts, and likewise bears a striking resemblance to the whiting; indeed, it is sometimes mistaken by the inexperienced for that fish; its flesh being considered by many equally delicate.

583.—TO DRESS WHITEBAIT. (*Fr.*—Blanchaille.)

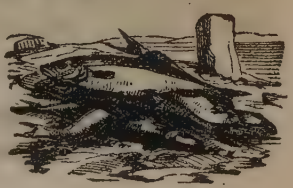
Ingredients.—A little flour, hot lard, seasoning of salt.

Mode.—These fish should be put into iced water as soon as bought unless they are cooked immediately. Drain them from the water in a colander, and have ready a nice clean, dry cloth, over which put 2 good handfulls of flour. Lay out the whitebait one by one, shake them lightly in the cloth, and put them in a wicker sieve to take away the superfluous flour. Have a pan of oil or clarified fat and make it as hot as possible without burning. Put the fish, not too many at a time, in the wire frying basket, and plunge it in the fat. They will be done in about fifteen seconds, and should be a very pale colour. Turn them out on paper and serve immediately in relays very hot. Devilled whitebait are cooked to a darker shade and sprinkled with cayenne as they are sent to table. Failing a basket they must be taken out with a slice, but they will not in that case be done so well. Dish them on a fish paper, arrange the fish very high in the centre, and sprinkle a little salt over the whole. Serve with a cut lemon and thin slices of brown bread and butter, and garnish with fried parsley.

Time.—1 minute. **Average Cost,** 1*s.* to 2*s.* per pint.

Seasonable from January to September.

Whitebait.—This highly-esteemed little fish appears in innumerable multitudes in the river Thames, near Greenwich and Blackwall, during the month of July, when it forms, served with lemon and brown bread and butter, a tempting dish to vast numbers of Londoners, who flock to the various taverns of these places in order to gratify their appetites. The fish has been supposed to be the fry of the shad, the sprat, the smelt, or the bleak. Mr. Yarrell, however, maintains that it is a species in itself, distinct from every other fish. When fried with flour, it is esteemed a great delicacy. The Ministers of the Crown have had a custom, for many years, of having a "whitebait dinner" just before the close of the session. It is invariably the precursor of the prorogation of Parliament, and the repast is provided by the proprietor of the "Trafalgar," Greenwich.



WHITEBAIT.

584.—FISH PIE OF TENCH AND EELS. (*Fr.*—Pâté de Tanche.)

Ingredients.—2 tench, 2 eels, 2 onions, a faggot of herbs, 4 blades of mace, 3 anchovies, 1 pint of water, pepper and salt to taste, 1 teaspoonful of chopped parsley, the yolks of 6 hard-boiled eggs, puff paste.

Mode.—Clean and bone the tench, skin and bone the eels, and cut them into pieces 2 inches long, but leave the sides of the tench whole. Put the bones into a stewpan with the onions, herbs, mace, anchovies, water and seasoning, and let them simmer gently for 1 hour. Strain it off, put it to cool, and skim off all the fat. Lay the tench and eels in a pie-dish, and between each layer put seasoning, chopped parsley, and hard-boiled eggs; pour in part of the strained liquor, cover in with puff paste, and bake for half an hour or rather more. The oven should be rather quick, and when done, heat the remainder of the liquor, which pour into the pie.

Time.—½ hour to bake, or rather more if the oven is slow. **Average Cost,** 4*s.*

Sufficient for 10 persons.

585.—FISH SCALLOP.
(*Fr.*—Escalopes de Poisson au Gratin.)

Ingredients.—Remains of cold fish of any sort, ½ pint of cream, ½ tablespoonful of anchovy sauce, ½ teaspoonful of made mustard, ditto of walnut ketchup, pepper and salt to taste (the above quantities are for ½ lb. of fish when picked); browned bread crumbs.

Mode.—Put all the ingredients into a stewpan, carefully picking the fish from the bones; set it on the fire, let it remain till nearly hot; occasionally stir the contents, but do not allow it to boil. When done, put the fish into a deep dish or scallop-shells, with a good quantity of bread-crumbs; place small pieces of butter on the top, set in a Dutch oven before the fire to brown, or use a salamander.

Time.—¼ hour. **Average Cost,** exclusive of the cold fish, 1*s.*

586.—FISH SCALLOP. (*Fr.*—Escalopes de Poisson au Gratin.)
(*Another Mode.*)

Ingredients.—Any cold fish, 1 egg, milk, 1 large blade of pounded mace, 1 tablespoonful of flour, 1 teaspoonful of anchovy sauce, pepper and salt to taste, bread-crumbs, butter.

Mode.—Pick the fish carefully from the bones, and moisten with milk and the egg; add the other ingredients, and place in a deep dish or scallop-shells; cover with browned bread-crumbs, butter the top, and brown before the fire; when quite hot, serve.

Time.—20 minutes. **Average Cost,** exclusive of the cold fish, 4*d.*

587.—WATER SOUCHY. (*Fr.*—Poisson en Souchy.)

Perch, tench, soles, eels and flounders are considered the best fish for this dish. For the souchy, put some water into a stewpan with a bunch of chopped parsley, some roots, and sufficient salt to make it brackish. Let these simmer for 1 hour, and then stew the fish in this water. When they are done take them out to drain, have ready some finely chopped parsley, and a few roots cut into slices of about one inch thick and an inch in length. Put the fish in a tureen or deep dish, strain the liquor over them, and add the minced parsley and roots. Serve with brown bread and butter.

588.—FISH STEW.

Ingredients—Fresh fish (4 small haddocks, plaice, or soles); 1 onion, a little parsley, mace, ground ginger, cayenne, 2 large lemons, 2 eggs, allspice, small piece of butter, ¼ lb. bread-crumbs.

Mode.—Prepare the fish, saving the liver, by cutting them into nice pieces, sprinkle with salt. Take some of the uncooked fish and a little of the liver, chop it and make into forcemeat balls with the bread-crumbs, a little chopped parsley, allspice, and bind with 1 egg. Put into a stewpan an onion cut into rings, a sprig of parsley, a piece of butter the size of a small walnut, a pinch each of ground ginger, mace and cayenne, a quarter of a pint of water. Simmer for 15 minutes, then lay in the fish and forcemeat balls and simmer for 30 minutes. Beat up the other egg with the juice of the lemons, add some of the fish liquor, then put the whole into the stewpan, boil up once and serve.

Average Cost, 1*s.* 8*d.*

Sufficient for 4 persons.

589.—AN EXCELLENT RE-SERVE FROM COLD FISH. (*Fr.*—Poissons au Gratin.)

Ingredients.—Any remains of cold fish, bread-crumbs, melted butter, pepper and salt.

Mode.—Free the cold fish from bones, skin and cut it into small pieces Well butter a flat pie-dish and dredge slightly with white pepper and salt. Grate on this a thick layer of bread-crumbs, then put a layer of fish and some melted butter, then another layer of crumbs, fish and melted butter, till the dish is filled. Let bread-crumbs form the top layer, and put the dish into a Dutch oven to brown for half an hour.

Time.—½ hour. **Average Cost,** without the cold fish, 3*d.*

Seasonable at any time.

Sufficient for 3 persons.

590.—FISH MACARONI.

Ingredients.—Fresh-boiled or cold remains of fish, 2 lbs.; ½ a lb. of macaroni, 3 oz. of grated cheese, 1 oz. of butter, pepper, salt.

Mode.—Flake the fish carefully, removing all skin and bones. Boil the macaroni till tender in salted water, then cut it in small pieces. Mix the fish, macaroni and grated cheese together, then put the whole into a buttered dish, smooth the top, grate some cheese over it, put some bits of butter on the top, brown before the fire or with a salamander, and serve up very hot.

Time.—Altogether, ½ hour. **Average Cost,** with fresh fish, 1*s.* 6*d.*

Seasonable all the year.

Sufficient for 4 persons.

FISH ENTRÉES.

591.—LOBSTER CREAM. (*Fr.*—Crême d'Homard.)

Ingredients.—1 lobster, 3 eggs, 2 teaspoonfuls of anchovy sauce, a cupful of bread-crumbs, ¼ of a pint of cream, ½ a pint of milk, a little cayenne.

Mode.—Boil the milk and pour it over the bread-crumbs. Chop up the lobster very fine and beat the eggs, and when the bread-crumbs are nearly cold, mix with them the lobster, the sauce, the seasoning of cayenne and a little salt, and lastly the cream. Butter a mould, and fill it with the mixture, put a buttered paper over the top and steam for 1 hour. Any good fish sauce can be served with this, or it can be eaten without.

Average Cost, 2*s.*

Seasonable all the year round.

Sufficient for 6 persons.

592.—CURRIED LOBSTER. (*Fr.*—Homard à l'Indienne.)

Ingredients.—A large lobster, 1 cup of hot water, 2 oz. of butter, 2 teaspoonfuls of flour, 1 spoonful of curry powder, some pepper and salt, and 1 cup of cream.

Mode.—Cut the lobster in small pieces. Stir all the above ingredients

together, adding the soft part of the lobster; put it on the fire, giving it one boil. Then put in the lobster, and let it simmer 2 minutes.

Time.—12 to 15 minutes. **Average Cost,** 3*s.* 6*d.*

Sufficient for 6 persons.

Seasonable all the year.

593.—LOBSTER CURRY. (*Fr.*—Homard au Kari.)

Ingredients.—1 lobster, 2 onions, an apple or any sour fruit, 1 oz. of butter, 1 tablespoonful of curry powder, ½ a pint of medium stock, No. 273; the juice of ½ a lemon.

Mode.—Pick the meat from the shell, and cut it into nice square pieces; fry the onions and fruit of a pale brown in the butter, stir in the curry powder and stock, and slowly simmer till it thickens, when put in the lobster; stew the whole gently for half an hour, and stir occasionally; and just before sending to table, put in the lemon-juice. Serve boiled rice with it, the same as for other curries. Grated cocoa-nut and cocoa-nut milk is an improvement to most curries. They may also be varied by the addition of any fruit or grated carrot.

Time.—Altogether, ¾ hour. **Average Cost,** 3*s.*

Seasonable at any time.

594.—LOBSTER CURRY.

(*From Tinned Lobster.*)

Ingredients.—½ a tin of lobster, ½ a lb. of rice, 1 small onion, ½ a small carrot, 1 apple or a piece of rhubarb, or some gooseberries; ½ a lemon, a dessertspoonful of curry powder, a teaspoonful of flour, ½ a pint of water, 1 oz. of butter or dripping.

Mode.—Chop the onion and apple, and fry it in the butter till soft but not brown, add the carrot scraped fine, then mix the powder and flour with the water, pour that into the saucepan, and stir till it boils. Let it boil ten minutes or longer, put in the fish and heat it through. Add the lemon the last thing. Serve with border of boiled rice.

Any vegetable, or scraped cocoanut, or cocoanut milk, may be added to curry. A tin of salmon or prawns should be curried in the same way.

Time.—½ hour. **Average Cost,** 9*d.*

Seasonable at any time.

595.—LOBSTER CUTLETS. (*Fr.*—Croquettes de Homard.)

Ingredients.—1 large hen lobster, 1 oz. fresh butter, ½ saltspoonful of salt, pounded mace, grated nutmeg, cayenne and white pepper to taste, egg and bread-crumbs.

Mode.—Pick the meat from the shell and pound it in a mortar with the butter, and gradually add the mace and seasoning, well mixing the ingredients; beat all to a smooth paste, and add a little of the spawn; divide the mixture into pieces of an equal size, and shape them like cutlets. They should not be very thick. Brush them over with egg, and sprinkle with bread-crumbs, and stick a short piece of the small claw in the top of each; fry them of a nice brown in boiling lard, and drain them before the fire on a sieve reversed; arrange them nicely on a dish, and pour béchamel in the middle, but not over the cutlets.

Time.—About 8 minutes after the cutlets are made. **Average Cost,** for this dish with fresh lobster, *2s. 9d.*

Seasonable all the year.

Sufficient for 8 persons.

596.—LOBSTER CUTLETS. (*Fr.*—Côtelettes de Homard.)

(*Another Mode.*)

Cut the meat into small dice. Rub the coral and spawn through a wire sieve with an oz. of butter. Melt an oz. of butter in a stewpan, add an oz. of flour and ¼ of a pint of water or milk. When it is thick enough to leave the sides of the saucepan, add lemon-juice, cayenne and a little cream or the yolk of an egg. Beat it well. Add the lobster and the butter. When quite cold, flour a board and a knife, and shape it to resemble thick small mutton cutlets. Egg and bread-crumb, and again press into shape on the board. Fry in a saucepan of fat or oil. Serve with fried parsley. A small lobster, or half a tin, makes 8 or 9 cutlets. The stiffer they are the easier to shape, the moister they are the better the taste.

Average Cost, with fresh lobster, *2s.*

Sufficient for 8 persons.

597.—LOBSTER CUTLETS.

(*From Tinned Lobster.*)

Ingredients.—½ a tin of lobster, cut up but not mashed; bread-crumbs, 1 oz. of butter or good dripping, cayenne, lemon-juice or vinegar, 1 oz. of flour, ¼ of a pint of milk or water, 1 egg, parsley.

Mode.—Melt the butter in a round-bottomed pan, add the flour and the milk, and stir till it makes a thick paste. Put in the fish with a teaspoonful of lemon-juice or vinegar, cayenne and salt to taste. Turn it on a plate and leave for a few hours till quite cold and firm. Shape it into cutlets with a floured knife on a floured board, egg and bread-crumb them, shape them again, and fry in a saucepan of fat or oil. The parsley is to

fry for garnish. Serve on white paper, or a fish-napkin. This makes 8 or 9. For the crumbs dry any pieces of bread or crust in the oven, pound them, sift them through a sieve, and keep in a bottle for use.

Time.—15 minutes to make in the morning, ½ hour to shape and fry. **Average Cost,** 1*s.*

Seasonable at any time.

598.—LOBSTER PATTIES (an Entrée.)
(*Fr.*—Petits Pâtés au Homard.)

Ingredients.—Minced Lobster, 4 tablespoonfuls of béchamel, 6 drops of anchovy sauce, lemon-juice, cayenne to taste.

Mode.—Line the patty-pans with puff paste, and fill each with flour; cover with paste, brush over with egg, and bake of a light colour. Take as much lobster as is required, mince the meat very fine, and add the above ingredients; stir it over the fire for 5 minutes; remove the lids of the patty-pans, take out the flour, fill with the mixture, and replace the covers. (*See* also VOL-AU-VENTS for another way of making the cases.)

Time.—About 5 minutes after the patty-cases are made. **Average Cost,** 2*s.* 6*d.*

Seasonable at any time.

Sufficient for 12 small patties.

Local Attachment of the Lobster.—It is said that the attachment of this animal is strong to some particular parts of the sea, a circumstance celebrated in the following lines:—

"Nought like their home the constant lobsters prize,
And foreign shores and seas unknown despise.
Though cruel hands the banish'd wretch expel,
And force the captive from his native cell,
He will, if freed, return with anxious care,
Find the known rock, and to his home repair
No novel customs learns in different seas,
But wonted food and home-taught manners please."

599.—LOBSTER RAGOÛT.

Ingredients.—1 large lobster, 2 eggs, 2 oz. of butter, salt, pepper, mace, 1 gill of water.

Mode.—Pick the meat from the shell of a boiled lobster and cut it in small pieces; pound the spawn in a mortar with the butter, pepper, salt and a little mace. Put a gill of water into a saucepan, beat the eggs well and add, then put in the spawn and stir quickly over the fire for 10 minutes. Add the pieces of lobster, boil up at once and serve very hot.

Time.—About ½ hour. **Average Cost,** 3*s.* 6*d.*

Seasonable—Best from March to October.

Sufficient for 6 persons.

600.—VOL AU VENT OF OYSTERS. (*Fr.*—Vol au Vent aux Huitres.)

Ingredients.—3 doz. oysters, 1 lb. of fresh butter, ¼ pint of thick cream, 1 egg, 1 lb. of flour, 1½ lemons, a little cayenne, nutmeg and mace.

Mode.—Make a puff paste with ¾ lb. each of butter and flour, the yolk of an egg and the strained juice of one lemon, in the following way :—

Put the flour in a bowl, beat the egg, stir to it ¼ pint of cold water, and the lemon juice strained, pour the whole into the flour and mix as lightly as possible, lay the paste on the slab or board, make a hole in the centre and put in the butter, which should have been squeezed in a cloth. Let it stand in a cool place for an hour or more, then roll it out four times, leaving it the last time 1½ inches thick. Cut it to the required size with a vol au vent cutter; make a circular incision with a penknife about half inch deep, and the same from the outside of the crust, and bake in a tin for three quarters of an hour. The oven should be equal in heat; but if it is not so, the vol au vent must be turned so, that it may rise equally.

Beard the oysters, and put the beards and the liquor into a stewpan with a little mace, nutmeg, a few grains of cayenne, the thin rind of a lemon and half the juice. Let this boil, then add 3 oz. of butter and a large spoonful of flour kneaded together, boil till it is reduced to a quarter of a pint, strain, add the oysters and simmer for 5 or 6 minutes, and lastly stir in the cream. When the case is baked, carefully take out all the centre and fill with the oysters. Serve on a napkin on a flat silver dish.

Average Cost, 5*s.* 6*d.*

Seasonable from September to April.

Sufficient for 6 persons.

601.—CURRIED PRAWNS. (*Fr.*—Crevettes à l'Indienne.)

Ingredients.—2 dozen prawns, 2 oz. of butter, 2 tablespoonfuls of curry powder, a sour apple or any other fruit which is acid, 1 onion, a small cocoanut, the juice of half a lemon, ½ pint of stock.

Mode.—Put the butter into a saucepan, and when it boils add the onion cut in very thin slices, fry it, stir in the curry powder and see that the mixture is smooth before adding the stock, which should be hot when put in. Next chop the apple and grate a large tablespoonful of the cocoanut, add these to the gravy and what salt is needed and let all simmer for about 15 minutes. Lastly, add the prawns, which have been picked, a wineglassful of cocoanut milk, and the lemon juice.

Let this simmer till the fish is quite hot; serve with rice as other curries.

Average Cost, 2*s.* 6*d.*

Seasonable all the year round,

Sufficient for 6 persons.

602.—CURRIED SALMON. (*Fr.*—Saumon à l'Indienne.)

Ingredients.—Any remains of boiled salmon, ¾ pint of strong or medium stock, No. 273; 1 onion, 1 tablespoonful of curry powder, 1 teaspoonful of Worcester sauce, 1 teaspoonful of anchovy sauce, 1 oz. of butter, the juice of half a lemon, cayenne and salt to taste.

Mode.—Cut up the onions into small pieces, and fry them of a pale brown in the butter; add all the ingredients but the salmon, and simmer gently till the onion is tender, occasionally stirring the contents; cut the salmon into small square pieces, carefully take away all skin and bone, lay it in the stewpan, and let it gradually heat through; but do not allow it to boil long.

Time.—¾ hour. **Average Cost,** exclusive of the cold fish. 9*d.*

602A.—SCALLOPS AND MUSHROOMS.

Ingredients.—6 large flap mushrooms, 6 fish, a little white sauce, pepper, salt, milk, 1 oz. of butter.

Mode.—Remove the mushroom stalks and bake them in the butter. Stew the fish in milk till done, then chop them up with seasoning and mix in a little sauce. Fill the mushrooms, which should be turned head downwards, with the white part of the scallops, and pile the minced red part in the centre of each. Serve hot.

Time.—About 20 minutes. **Average Cost,** 1*s.*

Seasonable in autumn. **Sufficient** for 4 persons.

GENERAL DIRECTIONS FOR CARVING FISH.

In Carving Fish, care should be taken to help it in perfect flakes, as if these are broken, the beauty of the fish is lost. The carver should be acquainted, too, with the choicest parts. Steel knives and forks should, on no account, be used in helping fish, as these are liable to impart to it a very disagreeable flavour.

603.—COD'S HEAD AND SHOULDERS.

First run the knife along the centre of the side of the fish, namely, from *d* to *b*, down to the bone; then carve it in unbroken slices downwards from *d* to *e*, or upwards from *d* to *c*, as shown in the engraving. The carver should ask the guests if they would like a portion of the roe, liver and sound.

COD'S HEAD AND SHOULDERS.

Note.—Of this fish, the parts about the backbone and shoulders are the firmest, and most esteemed by connoisseurs. The sound, which lines the fish beneath the backbone, is considered a delicacy, as are also the gelatinous parts about the head and neck.

604.—TO CUT UP A LOBSTER.

LOBSTER CUT UP.

First break off the claws and the tail and divide the latter lengthwise in half. Next cut the head and body in halves by the line which runs between the eyes. Lastly crack the claws with a hammer and arrange the fish on a dish as shown in our illustration, garnishing with fresh parsley.

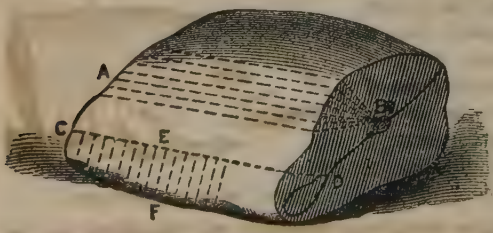
605.—MACKEREL.

First cut the fish to the bone from *c* to *b*. Next insert the fish-knife at *a* and carry it to *b*, taking off the upper half, which divided at the dotted line will serve with a fair sized fish for two helpings. Lastly, remove the backbone, tail and head, and divide the lower half in the same way.

MACKEREL.

606.—SALMON.

First run the knife quite down to the bone, along the side of the fish from *a* to *b*, and also from *c* to *d*. Then help the thick part lengthwise, that is, in the direction of the lines from *a* to *b*; and the thin part breadthwise, this is, in the direction of the lines from *e* to *f*, as shown in the engraving. A slice of the thick part should always be accompanied by a smaller piece of the thin from the belly, where lies the fat of the fish. Allow about ½ lb. to each guest.

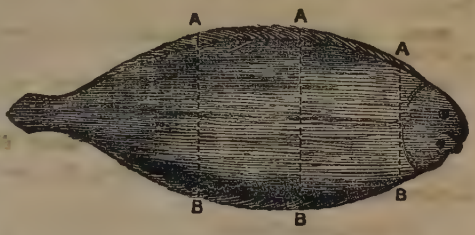


SALMON.

Note.—Many persons, in carving salmon, make the mistake of slicing the thick part of this fish in the opposite direction to that we have stated; and thus, by the breaking of the flakes, the beauty of its appearance is destroyed.

607.—BOILED OR FRIED SOLE.

The usual way of helping this fish is to cut it quite through, bone and all, distributing it in nice and not too large pieces. A moderately-sized sole will be sufficient for three slices; namely, the head, middle and tail. The guests should be asked which of these they prefer. A small one will only give two slices, a very large one may afford four. The thick part is generally thought better than head or tail. The head should be cut off, not laid on a guest's plate.

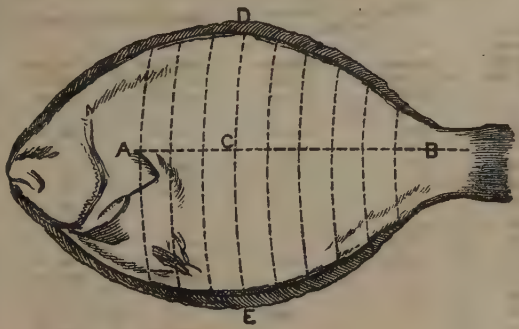


SOLE.

In helping Filleted Soles, one fillet is given to each person. (For mode of serving, see Coloured Plate A.)

608.—TURBOT.

First run the fish-slice down the thickest part of the fish, quite through to the bone, from *a* to *b*, and then cut handsome and regular slices in the direction of the lines downwards, from *c* to *e*, and upwards from *c* to *d*, as shown in the engraving. When the carver has removed all the meat from the upper side of the fish, the backbone should be raised, put on one side of the dish, and the under side helped as the upper.



TURBOT.

A Brill and John Dory are carved in the same manner as a turbot. Of the latter the head is the best part.

Note.—The thick parts of the middle of the back are the best slices in a turbot; and the rich gelantinous skin covering the fish, as well as a little of the thick part of the fins, are dainty morsels, and should be placed on each plate.

609.—WHITING, &c.

Whiting, pike, haddock and other fish, when of sufficiently large size, may be carved in slices from each side of the backbone in the same manner as salmon; each fish serving for four or more slices. When small, they may be cut through, bone and all, and helped in nice pieces. A small whiting is served whole; a middle-sized fish in two pieces.

Note.—The THICK part of the EEL is reckoned the best; and this holds good of all flat fish.

The TAIL of the LOBSTER is the prime part, and next to that the CLAWS.

610.—FISH MARKETS AND THEIR SUPPLY.

From these returns it appears that the total tonnage of fish received in London during 1886 was:—

	Tons
At Billingsgate Market	149,010
At Shadwell Market	17,186
At Columbia Market	2,158
	168,354

And the quantity seized as unfit for food during the year was:—

	Tons	cwts.	qrs.
Wet Fish	795	6	2
Shell Fish	305	5	3
	1,100	12	1

Table showing Average Value of Fish Landed during 1886 and Wholesale and Retail Prices.

	Average Value of Fish landed during 1886.	Wholesale Price on landing.		Retail Price in London.	
		Highest Price realised in 1886.	Ordinary selling Price.	Highest Price realised in 1886.	Ordinary selling Price.
	per lb. d.	per lb. d.	per lb. d.	per lb. d.	per lb. d.
Turbot	6·54	12·	7·5	30·	10·
Soles	9·34	39·	12·	30·	15·
Cod	1·67	12·	1·28	24·	9·
Ling	1·42	4·	1·5	6·	4·
Haddock	·76	2·25	1·	12·	3·
Mackerel	1·44	6·43	1·28	10·	6·
				per doz.	per doz.
Herrings	·51	2·6	·53	30·	12·
Pilchards	·26	·5	·26	—	—
				per lb.	per lb.
Sprats	·20	·64	·32	6·	2·5

These figures have been obtained from entirely different sources, yet it will be observed that the average price per pound deduced from the whole bulk of fish landed does not differ very materially from what is considered an ordinary selling price of wholesale quantities on the coast

Statement of the Total Quantity and Value of the Fish returned as Landed on the English and Welsh Coasts during the twelve months ending 31st December, 1886.

Name of Fish.	Quantity.	Value.
FLAT FISH.	Cwts.	£
Turbot	59,542	182,079
Soles	97,171	425,737
Flat Fish not separately distinguished	370,014	369,089
	526,727	£976,905
ROUND AND SURFACE FISH.		
Salmon	15,066	95,493
Cod	247,646	192,505
Ling	57,698	38,401
Haddock	1,241,825	441,818
Mackerel	264,946	177,525
Herrings	1,955,374	465,250
Pilchards	353,334	42,487
Sprats	148,318	13,850
All other, except Shell Fish	1,580,842	1,238,870
	6,391,776	£3,683,104
SHELL FISH.	No.	£
Lobsters	451,904	19,007
Crabs	2,863,102	39,359
Oysters	45,554,000	135,042
	Cwts.	
Other Shell Fish	285,839	72,481
		£265,889

LIST OF THE PRINCIPAL KINDS OF FISH.

The principal kinds of fish caught off the coasts of England and Wales have been divided into four classes, namely:—

1. Surface fish, or fish living at or near the surface of the water.
2. Flat fish living at the bottom of the water.
3. Round fish living also at or near the bottom of the water.
4. Shell fish.

Surface Fish.	Flat Fish.	Round Fish.	Shell Fish.
Herrings.	Soles.	Cod.	Oysters.
Mackerel.	Plaice.	Haddocks.	Whelks.
Pilchards.	Turbot.	Whiting.	Mussels and Cockles
Sprats.	Halibut.	Ling.	Lobsters and Crabs.
Smelts.	Brill.	Hake.	Prawns and Shrimps.
Whitebait.	Flounders.		
	Skates.		

CHAPTER X.

GRAVIES, FORCEMEATS AND SAUCES.

611.—***Gravy Making.***—It has been said that "a good cook makes a good gravy," but whereas there are many ordinary plain cooks (particularly in the north of England) who excel in this branch of the art of cooking, there are a great many professed ones, who, to a certain extent, neglect it; while those of them who habitually send up to table good gravy are, in their mode of making it, very extravagant.

Gravy and soup making are (or ought to be) one of the *economies* of the kitchen, for in their composition a great deal can be used that would otherwise have been wasted.

Under the head of stocks, will be found advice as to what can be turned to account, and No. 273 stock is a useful one for gravies; but for the latter we usually require less flavouring, particularly of vegetables, and we chiefly recommend the use of stock to add to fresh gravy, when there is an insufficient supply from the meat. Gravina is a great help towards a good gravy.

Made gravies we give recipes for, but the one most rarely seen in plenty is that from the meat, such as the Yorkshire people, even in a very humble rank of life, know how to make, without all the condiments within reach of the regular cook.

The main thing in roasting meat is the basting, and if this is well done, and the fat carefully removed, it is hard if good gravy cannot be obtained from such joints, as legs of mutton and rounds or sirloins of beef; but one caution we would give, and that is, that it is of the utmost importance that *all* gravies should be sent to table *very hot*, and after they are poured into tureens, they should be put into the oven and left to the last to be served.

612.—GENERAL STOCK FOR GRAVIES.

Either of the stocks, Nos. 273 or 274, will be found to answer very well for the basis of many gravies, unless these are wanted very rich indeed. By the addition of various store sauces, thickening and flavouring, the stocks here referred to may be converted into very good gravies.

It should be borne in mind, however, that the goodness and strength of spices, wines, flavourings, &c., evaporate, and that they lose a great deal of their fragrance, if added to the gravy a long time before they are wanted. If this point is attended to, a saving of one half the quantity of these ingredients will be effected, as, with long boiling, the flavour almost entirely passes away. The shank-bones of mutton, previously well soaked, will be found a great assistance in enriching gravies; a kidney or melt, beef skirt, trimmings of meat, &c. &c., answer very well when only a small quantity is wanted; and, as we have before observed, a good gravy need not necessarily be so very expensive, for economically-prepared dishes are oftentimes found as savoury and wholesome as dearer ones. The cook should also remember that the fragrance of gravies should not be overpowered by too much spice, or any strong essences, and that they should always be warmed in a *bain marie*, after they are flavoured, or else in a jar or jug placed in a saucepan full of boiling water. The remains of roast-meat gravy should always be saved; as, when no meat is at hand, a very nice gravy in haste may be made from it, and when added to hashes, ragoûts, &c., is a great improvement.

Gravy Kettle.—This is a utensil which will not be found in every kitchen; but it is a useful one where it is necessary to keep gravies hot for the purpose of pouring over various dishes as they are cooking. It is made of copper, and should, consequently, be heated over the hot plate, if there be one, or a charcoal stove.

GRAVY KETTLE.

613.—A GOOD BEEF GRAVY FOR POULTRY, GAME, &c. (*Fr.*—Jus de Viande pour Volaille, Gibier, &c.)

Ingredients.—½ lb. of lean beef, pint of cold water, 1 shalot or small onion, ¼ a teaspoonful of salt, a little pepper, 1 tablespoonful of store sauce or mushroom ketchup, a teaspoonful of arrowroot.

Mode.—Cut up the beef into small pieces, and put it, with the water, into a stewpan. Add the shalot and seasoning, and simmer gently for 3 hours, taking care that it does not boil fast. A short time before it is required, take the arrowroot, and having mixed it with a little cold water, pour it into the gravy, which keep stirring, adding the sauce, and just letting it boil. Strain off the gravy in a tureen, and serve very hot.

Time.—3 hours. **Average Cost,** 8*d.* per pint.

614.—BROWN GRAVY. (*Fr.*—Jus de Viande.)

Ingredients.—2 oz. butter, 2 large onions, 2 lbs. of shin of beef, 2 small slices of lean bacon (if at hand), salt and whole pepper to taste, 3 cloves, 2 quarts of water. For thickening, 2 oz. of butter, 3 oz. flour.

Mode.—Put the butter into a stewpan; set this on the fire, throw in the onions cut in rings, and fry them a light brown; then add the beef and bacon, which should be cut into small square pieces; season, and pour in a teacupful of water, stirring the contents. Now fill up with water in the above proportion; let it boil up, when draw it to the side of the fire to simmer very gently for 3 or 4 hours; strain, and when cold take off all the fat. In thickening this gravy, melt 1½ oz. of butter in a stewpan, add 2 oz. of flour, and stir till of a light-brown colour; add it to the strained gravy, and boil it up quickly. This gravy may be made to look nice with a little drop of Sutton's Browning.

Time.—Altogether, 2 hours. **Average Cost,** 4*d.* per pint.

Cloves.—This very agreeable spice is the unexpanded flower-buds of the *Caryophyllus aromaticus*, a handsome branching tree, a native of the Malacca Islands. They take their name from the Latin word *clavus*, or the French *clou*, both meaning a nail, and to which the clove has a considerable resemblance. Cloves were but little known to the ancients, and Pliny appears to be the only writer who mentions them; and, he says, vaguely enough, that some were brought to Rome, very similar to grains of pepper, but somewhat longer; that they were only found in India, in a wood consecrated to the gods; and that they served in the manufacture of perfumes. The Dutch, as in the case of the nutmeg, endeavoured, when they gained possession of the Spice Islands, to secure a monopoly of cloves, and, so that the cultivation might be confined to Ambroyna, their chief island, bribed the surrounding chiefs to cut down all trees elsewhere. The Ambroyna, or royal clove, is said to be the best, and is rare; but other kinds, nearly equally good, are produced in other parts of the world, and they come to Europe from Mauritius, Bourbon, Cayenne, and Martinique, as also from St. Kitt's, St. Vincent's, and Trinidad. The clove contains about 20 per cent. of volatile aromatic oil, to which is attributed its peculiar pungent flavour, its other parts being composed of woody fibre, water, gum and resin.

615.—BROWN GRAVY WITHOUT MEAT.
(*Fr.*—Sauce Brune, Maigre.)

Ingredients.—2 large onions, 1 large carrot, 2 oz. of butter, 3 pints of boiling water, 1 bunch of savoury herbs, a wine-glassful of good beer, salt and pepper to taste.

Mode.—Slice, flour and fry the onions and carrots in the butter until of a nice light-brown colour; then add the boiling water and the remaining ingredients; let the whole stew gently for about an hour; then strain, and when cold, skim off all the fat. Thicken it in the same manner as recipe No. 614; and, if thought necessary, add a few drops of colouring.

Time.—1 hour. **Average Cost,** 2*d.* per pint.

Note.—The addition of a small quantity of mushroom ketchup or other sauce very much improves the flavour of this gravy.

616.—BROWNING FOR GRAVIES AND SAUCES.
(*Fr.*—Caramel.)

The browning for soups (*see* No. 281) answers equally well for sauces and gravies, when it is necessary to colour them in this manner; but where they can be made to look brown by using ketchup, wine, browned

onions or flour, tomatoes, or sauce, it is far preferable. As, however, in cooking, so much depends upon appearance, perhaps it would be as well for the inexperienced cook to use the artificial means (No. 281). When no browning is at hand, and you wish to heighten the colour of your gravy, dissolve a lump of sugar in an iron spoon over a sharp fire; when it is in a liquid state, drop it into the sauce or gravy quite hot. Care, however, must be taken not to put in too much, as it would impart a very disagreeable flavour.

Another plan, and a good one, is to chop some onions and fry them dark brown in a little butter or dripping before beginning to make the sauce. They can be strained out afterwards.

Half an ounce of flour fried dark brown in half an ounce of butter or fat can also be used.

Onion skins contain much colouring matter and are useful for this purpose.

In no case should a sauce intended to be brown be sent to table grey.

617.—A CHEAP GRAVY FOR HASHES, &c.
(*Fr.*—Jus de Ménage.)

Ingredients.—Bones and trimmings of the cooked joint intended for hashing, ¼ teaspoonful of salt, ¼ teaspoonful of whole pepper, ¼ teaspoonful of whole allspice, a small faggot of savoury herbs, ½ head of celery, 1 onion, 1 oz. of butter, flour, sufficient water to cover the bones.

Mode.—Chop the bones in small pieces, and put them in a stewpan, with the trimmings, salt, pepper, spice, herbs and celery. Cover with boiling water, and let the whole boil for two or three hours. Slice and fry the onion in the butter till it is of a pale brown, and mix in flour in the proportion of 1 dessertspoonful to half a pint of gravy; add the gravy made from the bones; boil for a quarter of an hour, and flavour with lemon-peel, anchovy sauce, walnut pickle or ketchup, pickled-onion liquor, or any store-sauce that may be preferred. Strain, and the gravy will be ready for use. A bacon bone or rind is an improvement.

Time.—2 hours, or rather more.

Average Cost, 4*d.*, exclusive of the bones and trimmings.

618.—GRAVY MADE WITHOUT MEAT FOR FOWLS.
(*Fr.*—Jus de Volaille.)

Ingredients.—The necks, feet, livers and gizzards of the fowls, 1 slice of toasted bread, ½ onion, 1 faggot of savoury herbs, salt and pepper to taste, ½ pint of water, thickening of butter and flour, 1 dessertspoonful of ketchup.

Mode.—Wash the feet of the fowls thoroughly clean, and cut them and the neck into small pieces. Put these into a stewpan with the bread, onion, herbs, seasoning, livers and gizzards; pour the water over them, and simmer gently for 1 hour. Now take out the liver, pound it, and strain the liquor to it. Add a thickening of butter and flour, and a flavouring of mushroom ketchup; boil it up and serve.

Time.—1 hour. **Average Cost,** 4*d.* per pint.

619.—GRAVY FOR ROAST MEAT. (*Fr.*—Jus de Viande.)

Ingredients.—Gravy, salt.

Mode.—Put a common dish with a small quantity of salt in it under the meat, about a quarter of an hour before it is removed from the fire. When the dish is full, take it away, baste the meat, and pour the gravy into the dish on which the joint is to be served.

Sauces and Gravies in the Middle Ages.—Neither poultry, butcher's meat, nor roast game were eaten dry in the Middle Ages, any more than fried fish is now. Different sauces, each having its own peculiar flavour, were served with all these dishes, and even with the various *parts* of each animal. Strange and grotesque sauces, as, for example, "eggs cooked on the spit," "butter fried and roasted," were invented by the cooks of those days; but these preparations had hardly any other merit than that of being surprising and difficult to make.

620.—GRAVY FOR VENISON. (*Fr.*—Sauce pour Venaison.)

Ingredients.—Trimmings of venison, 3 or 4 mutton shank-bones, salt to taste, 1 pint of water, 2 teaspoonfuls of walnut ketchup.

Mode.—Brown the trimmings over a nice clear fire, and put them in a stewpan with the shank-bones and water; simmer gently for 2 hours, strain and skim, and add the walnut ketchup and a seasoning of salt. Let it just boil, when it is ready to serve.

Time.—2 hours.

THE DEER.

Venison.—Far, far away in ages past, our fathers loved the chase and what it brought; and it is usually imagined that when Isaac ordered his son Esau to go out with his weapons, his quiver and his bow, and to prepare for him savoury meat, such as he loved, it was venison he desired. The wise Solomon, too, delighted in this kind of fare; for we learn that at his table, every day were served the wild ox, the roebuck and the stag. Xenophon informs us, in his History, that Cyrus, King of Persia, ordered that venison should never be wanting at his repasts; and of the effeminate Greeks it was the delight. The Romans, also, were devoted admirers of the flesh of the deer; and our own kings and princes, from the Great Alfred down to the late Prince Consort, have hunted although it must be confessed, under vastly different circumstances, the swift buck, and relished their "haunch" all the more keenly that they had borne themselves bravely in the pursuit of the animal.

621.—JUGGED GRAVY.

(*Excellent.*)

Ingredients.—2 lbs. of shin of beef, ¼ lb. of lean ham, 1 onion or a few shalots, 2 pints of water, salt and whole pepper to taste, 1 blade of mace, a faggot of savoury herbs, ½ a large carrot, ½ a head of celery.

Mode.—Cut up the beef and ham into small pieces, and slice the vegetables; take a jar, capable of holding 2 pints of water, and arrange therein, in layers, the ham, meat, vegetables and seasoning alternately, filling up with the above quantity of water; tie down the jar or put a plate over the top, so that the steam may not escape; place it in the oven, and let it remain there from 6 to 8 hours; should, however, the oven be very hot less time will be required. When sufficiently cooked, strain the gravy; and when cold, remove the fat. It may be flavoured with ketchup, wines, or any other store sauce that may be preferred. Probably more water can be added in making the sauce.

It is a good plan to put the jar in a cool oven overnight, to draw the gravy; and then it will not require so long baking the following day.

Time.—From 6 to 8 hours, according to the oven. **Average Cost,** 7*d.* per pint.

CELERY

Celery. (Fr.—**Celeri.**)—As in the above recipe, the roots of celery are principally used in England for flavouring soups, sauces and gravies, and for serving with cheese at the termination of a dinner, and as an ingredient for salad. In Italy, however, the green leaves and stems are also employed for stews and soups, and the seeds are also more frequently made use of on the Continent than in our own islands. In Germany, celery is very highly esteemed; and it is there boiled and served up as a dish by itself, as well as used in the composition of mixed dishes. We ourselves think that this mild aromatic plant might oftener be cooked than it is; for there are very few nicer vegetable preparations brought to table than a well-dressed plate of stewed celery.

622.—A QUICKLY-MADE GRAVY. (*Fr.*—Bouillon à la Minute.)

Ingredients.—½ lb. of shin of beef, ½ onion, ¼ carrot, 2 or 3 sprigs of parsley and savoury herbs, a piece of butter about the size of a walnut, cayenne and mace to taste, ¾ pint of water.

Mode.—Cut up the meat into very small pieces; slice the onion with its skin, and the carrot, and put them into a small saucepan with the butter. Keep stirring over a sharp fire until they have taken a little colour, when add the water and the remaining ingredients. Simmer for half an hour, skim well, strain and flavour, when it will be ready for use. More water should be added to the ingredients, and they should be boiled again, as the goodness cannot be wholly extracted in half an hour.

Time.—½ hour. **Average Cost,** for this quantity, 5*d.*

A Hundred Different Dishes.— Modern housewives know pretty well how much care and attention and foresight are necessary in order to serve well a little dinner for six or eight persons —a dinner which will give credit to the *menage*, and satisfaction and pleasure to the guests. A quickly-made gravy, under some circumstances that we have known occur, will be useful to many housekeepers when they have not much time for preparation. But, talking of speed, and time, and preparation, what a combination of all these must have been necessary for the feast at the wedding of Charles VI. of France. On that occasion, as Froissart the chronicler tells us, the art of cooking, with its innumerable paraphernalia of sauces, with gravy, pepper, cinnamon, garlic, scallion, brains, gravy soups, milk *potage* and ragoûts, had a signal triumph. The skilful *chef de cuisine* of the royal household covered the great marble table of the regal palace with no less than a hundred different dishes, prepared in a hundred different ways.

623.—RICH GRAVY FOR HASHES, RAGOÛTS, &c. (*Fr.*—Jus de Viande.)

Ingredients.—2 lbs. of shin of beef, 1 large onion or a few shalots, a little flour, a bunch of savoury herbs, 2 blades of mace, 2 or 3 cloves, 4 allspice, ¼ teaspoonful of whole pepper, 1 slice of lean ham or bacon, ½ a head of celery (when at hand), 2 pints of water, salt and cayenne to taste.

Mode.—Cut the beef into thin slices, as also the onions, dredge them with flour, and fry of a pale brown, but do not allow them to get black; pour in the water, let it boil up, and skim. Add the remaining ingredients, and simmer the whole very gently for two hours, or until all the juices are extracted from the meat; put it by to get cold, when take off all the fat. This gravy may be flavoured with ketchup, store sauces, wine, or anything that may give additional and suitable relish to the dish it is intended for.

Time.—Rather more than 2 hours. **Average Cost,** 8*d.* per pint.

PIMENTO.

Allspice. (Fr.—**Piment.**)—This is the popular name given to pimento, or Jamaica pepper, known to naturalists as *Eugenia pimenta*, and belonging to the order of Myrtaceæ. It is the berry of a fine tree in the West Indies and South America, which attains a height of from fifteen to twenty feet; the berries are not allowed to ripen, but being gathered green, are then dried in the sun, and then become black. It is an inexpensive spice, and is considered more mild and innocent than most other spices; consequently it is much used for domestic purposes, combining a very agreeable variety of flavours.

624.—VEAL GRAVY FOR WHITE SAUCES, FRICASSEES, &c. (*Fr.*—Blond de Veau.)

Ingredients.—2 slices of nicely-flavoured lean ham, any poultry trimmings, 3 lbs. of lean veal, a faggot of savoury herbs, including parsley; a few green onions (or 1 large onion may be substituted for these), a few mushrooms, when obtainable; 1 blade of mace, salt to taste, 3 pints of water.

Mode.—Cut up the ham and veal into small square pieces, put these in a stewpan, moistening them with a small quantity of water; place them over a slow fire. When the bottom of the stewpan becomes covered with a white glaze, fill up with water in the above proportion; add the remaining ingredients, stew very slowly for 3 or 4 hours, and do not forget to skim well the moment it boils. Put it by, and when cold, take off all the fat. This may be used for béchamel, sauce tournée, and many other white sauces.

Time.—3 or 4 hours. **Average Cost,** 9*d.* per pint.

FORCEMEATS AND STUFFING.

625. ***Forcemeats.***—To make good forcemeats care and patience is necessary. The ingredients must be thoroughly pounded, so that no lumps or fibres remain; and for the finer kinds of forcemeat, even after the chopping and pounding of each ingredient separately, the whole must be well and long pounded together.

The ingredients vary much, as do the finished productions, if we are to include under the one name "forcemeat" everything between plain veal-stuffing and the most elaborate game forcemeat or quenelles.

Let us begin with the plainest. The ingredients are bread, suet, herbs and seasoning, milk, egg, or even water. Dripping or butter may replace the suet; but whatever is used must be chopped very fine or rubbed well in. In an emergency, soaked bread-crusts may replace bread-crumbs; but they must be thoroughly soaked and broken, and squeezed dry. The bread-crumbs should be rubbed through a wire sieve, or, failing that, a colander; because in this way they are more quickly done and more even in size than rubbed on a grater.

The egg is not necessary, particularly if the forcemeat is to be sewn into a joint, instead of being shaped in balls. Milk or water will do, though an egg is an improvement.

As to flavouring, that should not be neglected, even in the simplest forcemeat. There is no reason why pepper and salt, parsley and thyme, should be our only seasonings. Nutmeg, a dust of mace, lemon-peel, fresh or dried, a sprig of herbs other than the usual thyme, marjoram, and parsley, are all acceptable as a variation. Grated ham or lean bacon is also a suitable addition to many forcemeats.

When fresh meat is used, it should be raw, pounded in a mortar, and rubbed through a wire sieve. A panada of bread-crumbs, soaked in stock, is sometimes used, and in other recipes the panada is directed to be made of butter, flour and milk, or stock, boiled until it is stiff.

The finer forcemeats are usually poached in water or stock. An invariable rule is that the water should be boiling, but should not bubble after the forcemeat is put in. It is safer to lay them in a buttered pan, and to pour boiling water gently in from a kettle. Various sizes and shapes are made, according to the purpose for which they are intended. Knives and spoons dipped in boiling water are the best implements to use for shaping, as quenelles should be soft, and are likely to stick.

626.—FORCEMEAT BALLS FOR FISH SOUPS.
(*Fr.*—Farce de Homard.)

Ingredients.—1 middling-sized lobster, ½ an anchovy, 1 head of boiled celery, the yolk of a hard-boiled egg, salt, cayenne, and mace to taste, 4 tablespoonfuls of bread-crumbs, 2 oz. of butter, 2 eggs.

Mode.—Pick the meat from the shell of the lobster, and pound it, with the soft parts, in a mortar; add the celery, the yolk of the hard-boiled egg, seasoning and bread-crumbs. Continue pounding till the whole is nicely amalgamated. Warm the butter till it is in a liquid state; well whisk the eggs, and work these up with the pounded lobster-meat. Make into balls of about an inch in diameter, and fry of a nice pale brown, or poach for five minutes. Half a tin of lobster may be used.

Sufficient, from 18 to 20 balls for 1 tureen of soup.

627.—FORCEMEAT FOR COLD SAVOURY PIES. (*Fr.*—Farce de Veau.)

Ingredients.—1 lb. of veal, 1 lb. of fat bacon, salt, cayenne pepper, and pounded mace to taste, a very little nutmeg, the same of chopped lemon-peel, ½ a teaspoonful of chopped parsley, ½ a teaspoonful of minced savoury herbs, 1 or 2 eggs.

Mode.—Chop the veal and bacon together, and put them in a mortar with the other ingredients mentioned above. Pound well, and bind with 1 or 2 eggs which have been previously beaten and strained. Work the whole well together, and the forcemeat will be ready for use. If the pie is not to be eaten immediately, omit the herbs and parsley, as these would prevent it from keeping. Mushrooms or truffles may be added.

Sufficient for 2 small pies.

MARJORAM.

Marjoram. (Fr.—Marjolaine.)—Although there are several species of marjoram, that which is known as the sweet or knotted marjoram is the one usually preferred in cookery. It is a native of Portugal, and when its leaves are used as a seasoning herb, they have an agreeable aromatic flavour. The winter sweet marjoram used for the same purposes, is a native of Greece, and the pot-marjoram is another variety brought from Sicily. All of them are favourite ingredients in soups, stuffings, &c.

628.—FORCEMEAT FOR PIKE, CARP, HADDOCK, AND VARIOUS KINDS OF FISH. (*Fr.*—Farce de Huitres ou d'Anchois.)

Ingredients.—1 oz. of fresh butter, 1 oz. of suet, 1 oz. of fat bacon, 1 small teaspoonful of minced savoury herbs, including parsley; a little onion, when liked, shredded very fine; salt, nutmeg and cayenne to taste, 4 oz. of bread-crumbs, 1 egg.

Mode.—Mix all the ingredients well together, carefully mincing them very finely; beat up the egg, moisten with it, and work the whole very smoothly together. Oysters or anchovies may be added to this forcemeat, and will be found a great improvemen

Average Cost, *6d.*

Sufficient for a moderate-sized haddock or pike.

629.—FORCEMEAT FOR VEAL, TURKEYS, FOWLS, HARE, &c. (*Fr.*—Farce de Jambon.)

Ingredients.—2 oz. of ham or lean bacon, ¼ lb. of suet, the rind of half a lemon, 1 teaspoonful of minced parsley, 1 teaspoonful of minced sweet herbs, salt, cayenne and pounded mace to taste, 6 oz. of bread-crumbs, 2 eggs.

Mode.—Shred the ham or bacon, chop the suet, lemon-peel and herbs, taking particular care that all be very finely minced; add a seasoning to taste, of salt, cayenne and mace, and blend all thoroughly together with the bread-crumbs before wetting. Now beat and strain the eggs, work these up with the other ingredients, and the forcemeat will be ready for use. When it is made into balls, fry of a nice brown in boiling lard, or put them on a tin and bake for half an hour in a moderate oven. As we have stated before, no one flavour should predominate greatly, and the forcemeat should be of sufficient body to cut with a knife, and yet not dry and heavy. For very delicate forcemeat, it is advisable to pound the ingredients together before binding with the egg; but for ordinary cooking, mincing very finely answers the purpose.

Average Cost, 8*d*.

Sufficient for a turkey, a moderate-sized fillet of veal, or a hare.

Note.—In forcemeat for HARE, the liver of the animal is sometimes added. Boil for 5 minutes, mince it very small, and mix it with the other ingredients. If it should be in an unsound state, it must on no account be made use of.

BASIL.

Sweet Herbs.—Those most usually employed for purposes of cooking, such as the flavouring of soups, sauces, forcemeats, &c., are thyme, sage, mint, marjoram, savory and basil. Other sweet herbs are cultivated for purposes of medicine and perfumery; they are most grateful both to the organs of taste and smell; and to the aroma derived from them is due, in a great measure, the sweet and exhilarating fragrance of our "flowery meads." In town, sweet herbs have to be procured at the greengrocers' or herbalists', whilst, in the country the garden should furnish all that are wanted, the cook taking great care to have some dried in the autumn for her use throughout the winter months.

630.—FORCEMEAT FOR BAKED PIKE. (*Fr.*—Farce de Huitres et d'Anchois.)

Ingredients.—3 oz. of bread-crumbs, 1 teaspoonful of minced savoury herbs, 8 oysters, 2 anchovies (these may be dispensed with); 2 oz. of suet, salt, pepper and pounded mace to taste, 6 tablespoonfuls of cream or milk, the yolks of 2 eggs.

Mode.—Beard and mince the oysters, prepare and mix the other ingredients, and blend the whole thoroughly together. Moisten with the cream and eggs, put all into a stewpan, and stir it over the fire till it thickens, when put it into the fish, which should have previously been cut open, and sew it up.

Time.—4 or 5 minutes to thicken. **Average Cost,** 10*d*.

Sufficient for a moderate-sized pike.

631.—FRENCH FORCEMEAT. (*Fr.*—Quenelles.)

It will be well to state, in the beginning of this recipe, that French forcemeat, or quenelles, consists of the blending of three separate processes; namely, panada, udder, and whatever meat you intend using.

632.—PANADA.

Ingredients.—The crumb of 2 penny rolls, 1 pint of white stock, No. 278; 1 oz. of butter, 1 slice of ham, 1 bay leaf, a little minced parsley, 2 shalots, 1 clove, 2 blades of mace, a few mushrooms (when obtainable); butter, the yolks of 2 eggs.

Mode.—Soak the crumb of the rolls in milk for about half an hour, then take it out, and squeeze so as to press the milk from it; put the soaked bread into a stewpan with one third of the stock, and set it on one side; then put into a separate stewpan 1 oz. of butter, a slice of lean ham cut small, with a bay-leaf, herbs, mushrooms, spices, &c., in the above proportions, and fry them gently over a slow fire. When done, moisten with the remainder of the stock, boil for 20 minutes, and strain the whole through a sieve over the panada in the other stewpan. Place it over the fire, keep constantly stirring, to prevent its burning, and when quite dry, put in a small piece of butter. Let this again dry up by stirring over the fire; then add the yolks of 2 eggs, mix well, put the panada to cool on a clean plate, and use it when required. Panada should always be well flavoured, as the forcemeat receives no taste from any of the other ingredients used in its preparation.

633.—BOILED CALF'S UDDER FOR FRENCH FORCEMEATS.

Put the udder into a stewpan with sufficient water to cover it; let it stew gently till quite done, when take it out to cool. Trim all the upper parts, cut it into small pieces, and pound well in a mortar, till it can be rubbed through a sieve. That portion which passes through the strainer is one of the three ingredients of which French forcemeats are generally composed; but many cooks substitute butter for this, being a less troublesome and more expeditious mode of preparation.

PESTLE AND MORTAR.

Pestle and Mortar.—No cookery can be perfectly performed without the aid of the useful instruments shown in the engraving. For pounding things sufficiently fine, they are invaluable, and the use of them will save a good deal of time, besides increasing the excellence of the preparations. They are made of iron, and in that material can be bought cheap; but as these are not available for all purposes, we should recommend, as more economical in the end, those made of Wedgwood, although these are considerably more expensive than the former.

634.—QUENELLES OF VEAL.

Ingredients.—Equal quantities of veal, panada (No. 632), and calf's udder (No. 633); 2 eggs, seasoning to taste, of pepper, salt and pounded mace, or grated nutmeg; a little flour.

Mode.—Take the fleshy part of veal, scrape it with a knife till all the meat is separated from the sinews, and allow about half a pound for an entrée. Chop the meat, and pound it in a mortar till reduced to a paste; then roll it into a ball; make another of panada (No. 632), the same size, and another of udder (No. 633), taking care that these three balls be of the same *size*. It is to be remembered that equality of *size*, and not of weight, is here necessary. When the three ingredients are properly prepared, pound them all together in a mortar for some time; for the more quenelles are pounded the more delicate they are. Now moisten with the eggs, whites and yolks, and continue pounding, adding a seasoning of pepper, spices, &c. When the whole is well blended together, mould it into balls, or whatever shape is intended, with a spoon dipped in boiling water, and poach in boiling water, to which a little salt should have been added. If the quenelles are not firm enough, add the yolk of another egg, but omit the white, which only makes them hollow and puffy inside. In the preparation of this recipe, it would be well to bear in mind that the ingredients are to be well pounded and seasoned, and must be made hard or soft according to the dishes they are intended for. For brown or white ragoûts they should be firm, and when the quenelles are used very small, extreme delicacy will be necessary in their preparation. Their flavour may be varied by using the flesh of rabbit, fowl, hare, pheasant, grouse, or an extra quantity of mushroom, parsley, &c.

Time.—About ¼ hour to poach in boiling water.

Sufficient, ½ lb. of veal or other meat, with other ingredients in proportion, for 1 entrée.

Note.—The French are noted for their skill in making forcemeats; one of the principal causes of their superiority in this respect being that they pound all the ingredients so diligently and thoroughly. Anyone with the slightest pretensions to refined cookery, must, in this particular, implicitly follow the example of our friends across the Channel.

635.—FORCEMEAT, or QUENELLES, for TURTLE SOUP. (*Fr.*—Quenelles à Tortue.)

Soyer's Recipe for Forcemeats.—Take 1½ lb. of lean veal from the fillet, and cut it in long thin slices; scrape with a knife till nothing but the fibre remains; put it in a mortar, pound it 10 minutes, or until in a purée; pass it through a wire sieve (use the remainder in stock); then

take 1 lb. of good fresh beef suet, which skin, shred and chop very fine; put it in a mortar and pound it; then add 6 oz. of panada (that is, bread soaked in milk, and boiled till nearly dry) with the suet; pound them well together, and add the veal; season with 1 teaspoonful of salt, quarter teaspoonful of pepper, half that of nutmeg; work all well together; then add 4 eggs by degrees, continually pounding the contents of the mortar. When well mixed, take a small piece in a spoon, and poach it in some boiling water; and if it is delicate, firm, and of a good flavour, it is ready for use.

636.—OYSTER FORCEMEAT, FOR ROAST OR BOILED TURKEY. (*Fr.*—Farce de Huitres.)

Ingredients.—½ a pint of bread-crumbs, 1½ oz. of chopped suet or butter, 1 faggot of savoury herbs, ¼ saltspoonful of grated nutmeg, salt and pepper to taste, 2 eggs, 18 oysters.

Mode.—Grate the bread very fine, and be careful that no large lumps remain; put it into a basin with the suet, which must be very finely minced, or, when butter is used, that must be cut up into small pieces. Add the herbs, also chopped as small as possible, and seasoning; mix all these well together, until the ingredients are thoroughly mingled. Open and beard the oysters, chop them, but not too small, and add them to the other ingredients. Beat up the eggs, and, with the hand, work all together until it is smoothly mixed. The turkey should not be stuffed too full: if there should be too much forcemeat, roll it into balls, fry them, and use them as a garnish.

Sufficient for 1 turkey.

637.—SAUSAGE-MEAT STUFFING, FOR TURKEY. (*Fr.*—Farce de Saucisse.

Ingredients.—6 oz. of lean pork, 6 oz. of fat pork, both weighed after being chopped (beef suet may be substituted for the latter); 2 oz. of bread-crumbs, 1 small tablespoonful of minced sage, 1 blade of pounded mace, salt and pepper to taste, 1 egg.

Mode.—Chop the meat and fat very finely; mix with them the other ingredients, taking care that the whole is thoroughly incorporated. Moisten with the egg, and the stuffing will be ready for use. Equal quantities of this stuffing and forcemeat No. **627**, will be found to answer very well, as the herbs, lemon-peel, &c., in the latter, impart a very delicious flavour to the sausage-meat. As preparations, however, like stuffings and forcemeats, are matters to be decided by individual tastes, they must be left, to a great extent, to the discrimination of the

cook, who should study her employer's taste in this, as in every other respect.

Average Cost, 9*d.*

Sufficient for a small turkey.

638.—SAGE-AND-ONION STUFFING. (*Fr.*—Farce au Sauge et aux Oignons.)

(*For Geese, Ducks and Pork.*)

Ingredients.—4 large onions, 10 sage-leaves, ¼ lb. of bread-crumbs, 1½ oz. of butter, salt and pepper to taste, 1 egg.

Mode.—Peel the onions, put them into boiling water, let them simmer for 5 minutes or rather longer, and, just before they are taken out, put in the sage-leaves for a minute or two to take off their rawness. Chop both these very fine, add the bread, seasoning and butter, and work the whole together with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and the sage-leaves should be very finely chopped. Many cooks do not parboil the onions in the manner just stated, but merely use them raw. The stuffing then, however, is not nearly so mild, and, to many tastes, its strong flavour would be very objectionable. When made for goose, a portion of the liver of the bird, simmered for a few minutes and very finely minced, is frequently added to this stuffing; and where economy is studied, the egg and butter may be dispensed with.

Time.—Rather more than 5 minutes to simmer the onions.

Average Cost, for this quantity, 4*d.*

Sufficient for 1 goose, or a pair of ducks.

639.—SOYER'S RECIPE FOR GOOSE STUFFING.

Mode.—Take 4 apples, peeled and cored, 4 onions, 4 leaves of sage, and 4 leaves of lemon thyme not broken, and boil them in a stewpan with sufficient water to cover them; when done, pulp them through a sieve, removing the sage and thyme; then add sufficient pulp of mealy potatoes to cause it to be sufficiently dry, without sticking to the hand; add pepper and salt, and stuff the bird.

GENERAL DIRECTIONS FOR SAUCES.

640. ***An anecdote is told*** of the Prince de Soubise, who, intending to give an entertainment, asked for the bill of fare. His *chef* came, presenting a list adorned with vignettes, and the first article of which, that met the prince's eye, was "fifty hams." "Bertrand," said the prince, "I think you must be

extravagant. Fifty hams! do you intend to feast my whole regiment?" "No, Prince, there will be but one on the table, and the surplus I need for my Espagnole, blondes, garnitures, &c." "Bertrand, you are robbing me: this item will not do." "Monseigneur," said the *artiste*, "you do not appreciate me. Give me the order, and I will put those fifty hams in a crystal flask no bigger than my thumb." The prince smiled, and the hams were passed. This was all very well for the Prince de Soubise; but as we do not write for princes and nobles alone, but that our British sisters may make the best dishes out of the least expensive ingredients, we will also pass the hams, and give a few general directions concerning Sauces, &c.

641. ***Sauces.***—It may safely be asserted that a first-rate sauce maker is also a good cook; not that sauces are the beginning and end of all cookery, but because he who can acquit himself creditably in the difficult affairs of life will not fail in the easier.

Sauces give flavour to insipid food and moisten what is too dry. They correct the acidity of one dish and aid in the digestion of another. They also improve the appearance of many foods, covering what is unsightly and introducing pleasant colours. There is, perhaps, a tendency to exaggerate the importance of the good appearance of sauces. Cooks often act as if a good sauce did away with the necessity for careful preparation and good material in the solid part of a dinner, especially in the indifferent copies of French dishes that are sometimes met with. They sacrifice flavour and even wholesomeness to colour, and their productions are like the apples of Sodom, fair without and bitter disappointment within. They forget that the end and aim of good cookery is to taste well, and if by the way the eye is pleased, that is so much gained. Good appearance and good flavour ought to go together; but if one must be sacrificed, there is no question that the appearance should go first.

642. ***Garnishing.***—There is a congruity in the serving and garnishing of dishes that is often lost sight of. To be very neat, very simple, and good of the kind is generally all that is wanted in a moderate household. There never can be any excuse for untidy serving, or food set awry, and grease in the wrong place, sauce spilt over the edges of the dish, or dirt. Such things look worse on an elaborate dinner than a plain one, just as a soiled collar and dirty hands look worst of all with a smart dress and gold bracelets. Never attempt to serve a dinner beyond your powers.

643. ***Simple sauces.***—At the same time sauces are necessary in the most modest kitchen, and they are as easy to make rightly as wrongly, if only one know the way how.

There are thick sauces and thin; sweet, sour and savoury; store sauces, as well as what some cooks call "foundation" sauces, because the latter are used as a sort of basis for the reception of different flavours.

644. ***Thickening for sauces.***—The most common thickening for sauce is flour. The quantity generally used is one ounce, or a heaped tablespoonful, to a pint of liquid, though twice or three times that is necessary to make a sauce thick enough to adhere to whatever it is poured over. Cornflour or arrowroot is often used instead of flour, and makes a smooth and more delicate sauce. The powders sold for custards and custard sauce are made of some kind of starch, flavoured and coloured.

All sauces containing flour or starch must *boil* and must be stirred till they do boil, or the starch settles to the bottom, and, instead of thickening the whole, makes lumps. After it once boils it can be left, and the longer it cooks the thicker it will be. There is some difference in the quality of flour, and it does not thicken one time as another. Dry flour must never be mixed with hot liquid

unless it is intended to form lumps; but it must first be stirred to a smooth paste with cold liquid, and then the hot poured over it; or it must be mixed with a little melted fat over the fire when hot, or cold liquid can be added gradually. As a general rule, this is the best way to mix all flour sauces: melt the fat, stir in the flour; and when they are well mixed and there are no lumps, add liquid gradually, on or off the fire, stirring continually till all boils. Sometimes the flour is cooked in the fat until it takes a brown colour, more or less dark. This is one way of colouring sauce and is called "roux." The flour so cooked does not thicken quite so much as uncooked flour, and therefore rather more should be used.

645. ***Eggs in sauces.***—Eggs are also used to thicken sauces, sometimes the yolk only, sometimes both yolk and white, and both with and without the addition of flour. They must be well stirred and never be allowed to heat to boiling, as the yolk then hardens, and will not mix with the sauce; but they must be heated enough to slightly coagulate the albumen, or the sauce does not thicken. To pour boiling liquid very gradually over the eggs in a basin is often sufficient. The safest way to cook an egg-sauce is in a basin or jug standing in a pan of boiling water, or in a *bain marie*, made on purpose; but an ordinary saucepan can be used if with care. On the least appearance of "curdling," the sauce should be lifted from the fire, poured into a cold basin and stirred.

646. ***Vegetable sauces.***—In many other sauces the thickening is made by rubbing vegetables or fruit through a sieve. These purées should stand about midway between vegetable soup and purées of vegetables served as entrées or with the second course, neither so thick as one nor so thin as the other.

Cream and butter added to sauce just before serving should not be allowed to boil.

647. ***Utensils for sauce-making.***—It is essential to success that proper utensils for sauce-making be provided. The first of these are wooden spoons and round-bottomed saucepans. It is very difficult to prevent lumps in a sauce if it has to be made with a pointed spoon and a flat-bottomed saucepan. And then the pans must be scrupulously clean; for in a dirty pan a bad colour for white sauce and a bad flavour for all is inevitable. One great use of copper pans is that they are cleaned both inside and out, when iron pans are neglected.

648. ***Colouring for sauce.***—As a rule, sauces should be of some decided colour. If they are white, they should be very white; if they are called brown, they should not be grey; nor if red, a dull pink. In order to get these decided colours, artificial colouring matter is used. Brown is the most common and the most harmless, for it is produced by roasted flour, sugar, or vegetable, which add to the flavour as well as the appearance, if the roasting is not carried to the point of burning. Onion skins contain much colouring matter of a harmless kind. Home-made browning is to be preferred to what is bought, which has often a disagreeable flavour of liquorice. The home-made is, besides, much cheaper. Most bought sauces are coloured, and so serve a double purpose.

For red colouring the cochineal insect, and also beetroot juice are used in private houses; but these are now less common than the prepared cochineal sold in bottles which is very often adulterated with magenta, one of the aniline dyes. Red earth, or bole Armenian, is used to colour potted meats, pickles, &c. Lobster spawn gives a brilliant scarlet, quite different to the crimson of cochineal or magenta. Spinach green is always harmless. It is the only green colouring suitable for kitchen use. Many greens contain arsenic; and sulphate of copper is used to give the bright colour to pickles. It can be detected by its speedy discoloration of silver.

The brilliant green of well-cooked green vegetables, in garnish, or sauce has

nothing to do with any artificial colouring matter, but with the care and skill of the cook.

649. ***Stock for sauce.***—Besides the thickening and the fat, there must be some liquid; in fact, the liquid is the indispensable thing in a sauce.

The basis of all gravies and savoury sauces is stock. It may be laid down as a general rule that water should never be used, and that it very seldom need be used. The stock need not always be strong; it need not even be meat stock. A few scraps of vegetable, an onion, and a few herbs, boiled for an hour, make a stock far better than water; and a few pieces of skin or gristle, with a small bone from roast meat, provide all that is wanted for an everyday sauce. The trimmings and skin of fish make excellent stock for a fish sauce. The brown gravy that comes with the dripping from roast meat should be reserved for brown sauces.

For first-rate sauces, a free use of well-flavoured stock, consommé, essence of meat, game or poultry, is advised; but a cook who cannot make good sauce without these will not do much better with them. Liebig's and other meat extracts are often useful for sauces, when there is no stock at hand. Many of them will keep for a long time after they are opened, and can be used occasionally when wanted.

New or skimmed milk is an improvement to most white sauces, used partly or wholly in place of water.

650. ***Butter for sauce.***—Good fresh butter is the only fat admissible for first-rate sauces. Inferior, rancid butter is always noticeable, and is not as good as fresh beef dripping or fat. Where economy is studied, it is far better to use less butter, and to get that little good, than to buy a large quantity of cheap cooking butter. Good oil may sometimes replace butter.

651. ***Well-known sauces.***—What is understood by fundamental or foundation sauces are some few that serve as a basis for different kinds of flavouring, and are made in quantities, in large kitchens, to combine and re-combine under various names and guises. Such are sauce tourné, allemande sauce, béchamel, &c.

This is not at all the same as to allow one and the same sauce and flavour to appear in every course of a dinner, than which nothing is more indicative of an indifferent cook. Sauces should always be varied; a brown should follow a white, a piquante a mild, and a dish without sauce should follow one with.

652. ***Flavourings for sauces*** are so many that it is impossible even to enumerate them all. They are practically the same as those employed for soups. A common fault is to use too few, and to allow one spice or herb to predominate over all the rest. Most flavourings ordinarily used are very inexpensive, and within the reach of everyone who has forethought and is willing to take some pains.

It is not possible to give exact recipes for sauces. No two good cooks exactly agree in the flavouring of any sauce. Quantity is always a false guide to flavour. Nothing varies in quality more than spice, which very rapidly loses flavour if it is exposed to the air, and which is often adulterated, especially if it is ground before it is sold. One lemon is half the size of another; so is one egg. One spoonful of flour has not always the same thickening power, though here there is less margin for error.

653. ***The preparation and appearance of sauces and gravies*** are of the highest consequence, and in nothing does the talent and taste of the cook more display itself. Their special adaptability to the various viands they are to accompany cannot be too much studied, in order that they may harmonise and blend with them as perfectly, so to speak, as does a pianoforte accompaniment with the voice of the singer.

Brown sauces, generally speaking, should scarcely be so thick as white sauces; and it is well to bear in mind that all those which are intended to mask the various dishes of poultry or meat, should be of a sufficient consistency to slightly adhere to the fowls or joints over which they are poured. For a thin sauce a dessertspoonful of flour to half a pint of water is enough. For a thicker sauce a tablespoonful to half a pint; and if the sauce is to adhere completely, a tablespoonful to a quarter of a pint. For browning and thickening sauces, &c., browned flour may be properly employed.

654. ***Sauces should possess a decided character;*** and whether sharp or sweet, savoury or plain, they should carry out their names in a distinct manner, although, of course, not so much flavoured as to make them too piquant on the one hand, or too mawkish on the other.

655. ***Gravies and sauces should be sent to table very hot;*** and there is all the more necessity for the cook to see to this point, as from their being usually served in small quantities, they are more liable to cool quickly than if they were in a larger body. If made before the moment of serving they should be kept hot in a saucepan of boiling water. A fish-kettle makes a good improvised *bain marie.*

656.—ANCHOVY SAUCE. (*Fr.*—Sauce Beurre d'Anchois.)

(*For Fish.*)

Ingredients.—4 anchovies, 1 oz. of butter, ½ pint of melted butter, cayenne to taste. A little carmine or cochineal.

Mode.—Bone the anchovies, and pound them in a mortar to paste with 1 oz. of butter. Make the melted butter hot, stir in the pounded anchovies and cayenne; simmer for 3 or 4 minutes; and, if liked, add a squeeze of lemon-juice and a few drops of colouring. A more general and expeditious way of making this sauce is to stir in one and a half tablespoonfuls of anchovy essence to half a pint of melted butter, and to add seasoning to taste. Boil the whole up for 1 minute, and serve hot.

Time.—5 minutes. **Average Cost,** 5*d.* for ½ pint.

Sufficient, this quantity, for a brill, small turbot, 3 or 4 soles, &c.

Cayenne. (Fr.—Poivre de Cayenne.)—This is the most acrid and stimulating spice with which we are acquainted. It is a powder prepared from several varieties of the Capsicum, annual East India plants, of which there are three so far naturalised in this country as to be able to grow in the open air: these are the Guinea, the Cherry and the Bell Pepper. All the pods of these are extremely pungent to the taste, and in the green state are used by us as a pickle. When ripe, they are ground into cayenne pepper, and sold as a condiment. The best of this, however, is made in the West Indies, from what is called the *Bird* pepper, on account of hens and turkeys being extremely partial to it. It is imported ready for use. Of the capsicum species of plants there are five; but the principal are:—1. *Capsicum annuum*, the common long-podded capsicum, which is cultivated in our gardens, and of which there are two varieties, one with red, and another with yellow fruit. 2. *Capsicum baccatum*, or bird-pepper, which rises with a shrubby stalk four or five feet high, with its berries growing at the division of the branches; this is small, oval-shaped, and of a bright-red colour, from which, as we have said, the best cayenne is made. 3. *Capsicum grossum*, the bell-pepper: the fruit of this is red, and is the only kind fit for pickling.

THE CAPSICUM.

657.—APPLE SAUCE. (*Fr.*—Sauce aux Pommes.)

(For Geese, Pork, &c.)

Ingredients.—6 good-sized apples, sifted sugar to taste, a piece of butter the size of a walnut, water.

Mode.—Pare, core and quarter the apples, and throw them into cold water to preserve their whiteness. Put them in a saucepan, with sufficient water to moisten them, and boil till soft enough to pulp. Beat them up, adding sugar to taste, and a small piece of butter. This quantity is sufficient for a good-sized tureen.

Time.—According to the apples, about ¾ hour. **Average Cost,** 4*d.*

Sufficient, this quantity, for a goose or couple of ducks.

658.—BROWN APPLE SAUCE. (*Fr.*—Sauce aux Pommes.)

Ingredients.—6 good-sized apples, ½ pint of brown gravy, cayenne to taste.

Mode.—Put the gravy in a stewpan and add the apples, after having pared, cored and quartered them. Let them simmer gently till tender; beat them to a pulp, and season with cayenne. This sauce is preferred by many to the preceding.

Time.—According to the apples, about ¾ hour. **Average Cost,** 6*d.*

659.—APRICOT SAUCE. (*Fr.*—Sauce aux Abricots.)

(For Sweet Puddings, &c.)

Ingredients.—1 dozen apricots, 1 teaspoonful of flour or arrowroot, 1 glass of sherry, sugar to taste.

Mode.—Cut the apricots in half, remove the stones and crush the kernels in a mortar, put them with the fruit in a stewpan with enough water to just cover them. Mix the arrowroot very smoothly with water and add, with the sherry and sugar, to the fruit. When the apricots are well stewed the sauce is ready. Strain and serve.

Time.—¼ hour. **Average Cost,** in full season, 1*s.* 6*d.*

Seasonable August, September and October.

660.—ARROWROOT SAUCE.

(For Puddings.)

Ingredients.—2 small teaspoonfuls of arrowroot, 4 dessertspoonfuls of pounded sugar, the juice of one lemon, ¼ teaspoonful of grated nutmeg, ½ pint of water.

Mode.—Mix the arrowroot smoothly with the water; put this into a stewpan; add the sugar, strained lemon-juice and grated nutmeg. Stir these ingredients over the fire until they boil, when the sauce is ready

for use. A small quantity of wine, or some melted jam, would very much improve the flavour of this sauce. It is usually served with bread, rice custard, or any dry pudding that is not very rich.

Time.—Altogether, 15 minutes. **Average Cost,** 4*d.*

Sufficient for 6 or 7 persons.

661.—ASPARAGUS SAUCE. (*Fr.*—Purée d'Asperges.)

Ingredients.—1 bunch of green asparagus, salt, 1 oz. of fresh butter, 1 small bunch of parsley, 3 or 4 green onions, 1 large lump of sugar, 4 tablespoonfuls of sauce tournée.

Mode.—Break the asparagus in the tender part, wash well, and put them into boiling salt and water to render them green. When they are tender, take them out, and put them into cold water; drain them on a cloth till all moisture is absorbed from them. Put the butter in a stewpan, with the parsley and onions; lay in the asparagus, and fry the whole over a sharp fire for 5 minutes. Add salt, the sugar and sauce tournée, and simmer for another 5 minutes. Rub all through a tammy, and if not a very good colour, use a little spinach green. This sauce should be rather sweet. This is suitable for garnish.

Time.—Altogether 40 minutes. **Average Cost,** for this quantity, 1*s.* 4*d.*

662.—ASPIC, OR ORNAMENTAL SAVOURY JELLY. (*Fr.*—Aspic, pour garnitures.)

Ingredients.—4 lbs. of knuckle of veal, 1 cow-heel, 3 or 4 slices of ham, any poultry trimmings, 2 carrots, 1 onion, 1 faggot of savoury herbs, 1 glass of sherry, 3 quarts of water, seasoning to taste of salt and whole white pepper, 3 eggs.

Mode.—Lay the ham on the bottom of a stewpan, cut up the veal and cow-heel into small pieces, and lay them on the ham; add the poultry trimmings, vegetables, herbs, sherry and water, and let the whole simmer very gently for 4 hours, carefully taking away all scum that may rise to the surface; strain through a fine sieve, and pour into an earthen pan to get cold. Have ready a clean stewpan, put in the jelly, and be particular to leave the sediment behind, or it will not be clear. Add the whites of 3 eggs, with salt and pepper, to clarify; keep stirring over the fire till the whole becomes very white; then draw it to the side, and let it stand till clear. When this is the case, strain it through a cloth or jelly-bag, and use it for moulding poultry, &c. Tarragon vinegar may be added to give an additional flavour.

Time.—Altogether 4½ hours. **Average Cost,** for this quantity, 4*s.*

663.—ASPIC JELLY.

(Another Mode.)

To 2 quarts of any stock add 1½ oz. of gelatine (less if the stock is stiff), 1 carrot, 1 small turnip, 1 shalot, 4 cloves, mace, 6 peppercorns, rind and juice of a lemon, a tablespoonful of vinegar, a bunch of parsley and herbs, the white of an egg and some shells, ¼ to ½ a lb. of lean beef, or veal scraped clear of fat and gristle. Whisk over the fire till it boils, let it boil well up, settle for 10 to 15 minutes by the side of the stove and strain through a cloth. The meat may be omitted.

White Pepper.—This is the produce of the same plant as that which produces the black pepper, from which it is manufactured by steeping in lime and water, and rubbing it between the hands till the coats come off. The best berries only will bear this operation; hence the superior qualities of white pepper fetch a higher price than those of the other. It is less acrid than the black, and is much prized among the Chinese. It is sometimes adulterated with rice-flour, as the black is with burnt bread. The berries of the pepper-plant grow in spikes of from twenty to thirty, and are, when ripe, of a bright-red colour. After being gathered, which is done when they are green, they are spread out in the sun, where they become black and shrivelled, when they are ready for being prepared for the market.

664.—BACON SAUCE.

(To be eaten without meat.)

Ingredients.—½ lb. of bacon or ham, 2 onions, 1 wineglassful of vinegar, pepper, salt, flour, 2 gills of water, potatoes.

Mode.—Take small potatoes, wash them and boil them in their skins, then peel and slice. Cut some rashers of ham or streaky bacon into small dice, and fry slowly in a stewpan for 2 minutes, then add the onions, finely chopped, dredge in a little flour and stir till the onion is a pale brown, then add the vinegar, pepper, salt and water. Stir till it boils, then pour over the potatoes. This sauce is perfectly admissible with veal cutlet, boiled fowl, &c.

Time.—About 10 minutes.

Average Cost, without the potatoes, 6*d.*

Seasonable at any time.

665.—FRENCH WHITE SAUCE. (*Fr.*—Béchamel.)

Ingredients.—1 small bunch of parsley, 2 cloves, ½ a bay-leaf, 1 small faggot of savoury herbs, salt to taste, 3 or 4 mushrooms, when obtainable; 2 pints of white stock, 1 pint of cream, 1 tablespoonful of arrowroot.

Mode.—Put the stock into a stewpan, with the parsley, cloves, bay-leaf, herbs and mushrooms; add a seasoning of salt, but no ground pepper, as that would give the sauce a dusty appearance, and should be

avoided. When it has boiled long enough to extract the flavour of the herbs, &c., strain it, and boil it up quickly again, until it is nearly half reduced. Now mix the arrowroot smoothly with the cream, pour to it the reduced stock, and continue to simmer slowly for 10 minutes, if the sauce be thick. If, on the contrary, it be too thin, it must be stirred over a sharp fire till it thickens. This is the foundation of many kinds of sauces, especially white sauces. Always make it thick, as you can easily thin it with cream, milk, or white stock.

Time.—Altogether, 2 hours.

Average Cost, 1*s.* per pint.

The Clove. (Fr.—**Clou de Girofle.**)—The clove-tree is a native of the Molucca Islands, particularly Amboyna, and attains the height of a laurel-tree, and no verdure is ever seen under it. From the extremities of the branches quantities of flowers grow; at first white, then they become green, and next red and hard, when they have arrived at their clove state. When they become dry, they assume a yellowish hue, which subsequently changes into a dark brown. As an aromatic, the clove is highly stimulating, and yields an abundance of oil. There are several varieties of the clove; the best is called the *royal clove*, which is scarce, and which is blacker and smaller than the other kinds. It is a curious fact, that the flowers, when fully developed, are quite inodorous, and that the real fruit is not in the least aromatic. The form is that of a nail, having a globular head, formed of the four petals of the corolla, and four leaves of the calyx not expanded, with a nearly cylindrical germen, scarcely an inch in length, situate below.

THE CLOVE.

666.—FRENCH WHITE SAUCE WITHOUT MEAT.
(*Fr.*—Béchamel Maigre.)

Ingredients.—2 onions, 1 blade of mace, mushroom trimmings, a small bunch of parsley, 1 oz. of butter, flour, ½ a pint of water, 1 pint of milk, salt, the juice of ½ a lemon, 2 eggs.

Mode.—Put in a stewpan the milk and half a pint of water, with the onions, mace, mushrooms, parsley, and salt. Let these simmer gently for 20 minutes. In the meantime, melt in another saucepan 1 oz. of butter, add 1 oz. of flour and strain and gradually add the liquor, stirring it well till it boils up; then place it by the side of the fire, and continue stirring until it is perfectly smooth. Now add the lemon-juice. Beat up the yolks of the eggs with about 4 dessertspoonfuls of milk; strain this to the sauce, keep stirring it over the fire, but do not let it boil, lest it curdle.

Time.—Altogether ¾ hour. **Average Cost,** 6*d.* per pint.

Note.—This is a good sauce to pour over boiled fowls when they are a bad colour.

Black Pepper. (Fr.—**Poivre.**)—This well-known aromatic spice is the fruit of a species of climbing vine, and is a native of the East Indies, and is extensively cultivated in Malabar and the

eastern islands of Borneo, Sumatra, and Java, and others in the same latitude. It was formerly confined to these countries, but it has now been introduced to Cayenne. It is generally employed as a condiment; but it should never be forgotten that, even in small quantities, it produces detrimental effects on inflammatory constitutions. Dr. Paris, in his work on Diet, says: "Foreign spices were not intended by Nature for the inhabitants of temperate climes; they are heating, and highly stimulant. I am, however, not anxious to give more weight to this objection than it deserves. Man is no longer the child of Nature, nor the passive inhabitant of any particular region. He ranges over every part of the globe, and elicits nourishment from the productions of every climate. Nature is very kind in favouring the growth of those productions which are most likely to answer our local wants. Those climates, for instance, which engender endemic diseases, are, in general, congenial to the growth of plants that operate as antidotes to them. But if we go to the East for tea, there is no reason why we should not go to the West for sugar. The dyspeptic invalid, however, should be cautious in their use; they may afford temporary benefit, at the expense of permanent mischief. It has been well said, that the best quality of spices is to stimulate the appetite, and their worst to destroy, by insensible degrees, the tone of the stomach. The intrinsic goodness of meats should always be suspected when they require spicy seasonings to compensate for their natural want of sapidity." The quality of pepper is known by rubbing it between the hands; that which withstands this operation is good, that which is reduced to powder by it is bad. The quantity of pepper imported into Europe is very great.

BLACK PEPPER.

667.—BENTON SAUCE. (*Fr.*—Sauce Raifort.)

(To Serve with Hot or Cold Roast Beef.)

Ingredients.—1 tablespoonful of scraped horseradish, 1 teaspoonful of made mustard, 1 teaspoonful of pounded sugar, 4 tablespoonfuls of vinegar.

Mode.—Grate or scrape the horseradish very fine, and mix it with the other ingredients, which must all be well blended together; serve in a tureen. With cold meat this sauce is a very good substitute for pickles.

Average Cost, for this quantity, *2d.*

668.—BLONDE SAUCE.

(For any kind of Fish.)

Ingredients.—½ pint melted butter, No. 679; 3 tablespoonfuls stock, 1 onion, 2 mushrooms, 1 lemon, parsley, 1 glass of sherry, yolks of three eggs.

Mode.—Slice the onion finely, chop the mushrooms and parsley, and put them into a stewpan with the melted butter, stock and sherry, the rind and juice of the lemon. Simmer slowly for half an hour, then whisk the yolks of 3 eggs well, add to the sauce, and stir over the fire for six minutes. Strain the sauce through a sieve, and serve in a tureen.

Time.—36 minutes. **Average Cost,** 8*d.* per pint.

Seasonable at any time.

669.—BORDELAISE SAUCE.

Ingredients.—1 pint Spanish sauce, 2 gills sauterne, 1 tablespoonful chopped parsley, 1 tablespoonful of chopped shalots, mignonette pepper.

Mode.—Put the above into a stewpan and reduce over the fire one half. Skim carefully and pour into a bain-marie pan.

Time.—1 hour. **Average Cost,** 1*s.* 8*d.* per pint.

Seasonable at any time.

670.—BRANDY SAUCE.

Ingredients.—1 tablespoonful of baked flour, 3 oz. fresh butter, 1 tablespoonful moist sugar, ¾ pint of boiling water, 1 wineglassful brandy.

Mode.—Work the flour and butter together with a wooden spoon, then stir in the boiling water and sugar, boil gently for 10 minutes, then add the brandy.

Time.—10 minutes. **Average Cost,** 8*d.* per pint.

Seasonable at any time.

671.—BREAD SAUCE. (*Fr.*—Sauce au Pain.)

(To Serve with Roast Turkey, Fowl, Game, &c.)

Ingredients.—1 pint of milk, ¼ lb. of the crumb of a stale loaf, 1 onion, pounded mace, cayenne and salt to taste, 1 oz. of butter.

Mode.—Peel and quarter the onion, and simmer it in the milk till perfectly tender. Break the bread, which should be stale, into small pieces, or grate it into crumbs; put it in a very clean saucepan, strain the milk over it, cover it up, and let it remain for an hour to soak. Now beat it up with a fork very smoothly, add a seasoning of pounded mace, cayenne and salt, with 1 oz. of butter; give the whole one boil, and serve. To enrich this sauce, a small quantity of cream may be added just before sending it to table. The butter may be omitted.

Time.—Altogether 1¾ hour. **Average Cost,** for this quantity, 4*d.*

Sufficient to serve with a turkey, pair of fowls, or brace of partridges.

MACE.

Mace. (**Fr.—Fleur de Muscade.**)—This is the membrane which surrounds the shell of the nutmeg. Its general qualities are the same as those of the nutmeg, producing an agreeable aromatic odour, with a hot and acrid taste. It is of an oleaginous nature, is yellowish in its hue, and is used largely as a condiment. In "BEETON'S DICTIONARY" we find that the four largest of the Banda Islands produce 150,000 lbs. of it annually, which, with nutmegs, are their principal articles of export.

672.—BREAD SAUCE. (*Fr.*—Sauce au Pain.)

(Another Mode.)

Ingredients.—Giblets of poultry, ¼ lb. of the crumb of a stale loaf, 1 onion, 12 whole peppers, 1 blade of mace, salt to taste, 2 tablespoonfuls of cream or melted butter, 1 pint of water.

Mode.—Put the giblets, with the head, neck, legs, &c., into a stewpan; add the onion, pepper, mace, salt, and rather more than 1 pint of water. Let this simmer for an hour, when strain the liquor over the bread, which should be previously grated or broken into small pieces. Cover up the saucepan, and leave it for an hour by the side of the fire; then beat the sauce up with a fork until no lumps remain, and the whole is nice and smooth. Let it boil for 3 or 4 minutes; keep stirring it until it is rather thick; when add three tablespoonfuls of good melted butter or cream, and serve very hot.

Time.—2¼ hours. **Average Cost,** 6*d.*

673.—BROWNED BUTTER. (*Fr.*—Beurre Noir.)

(*A French Sauce.*)

Ingredients.—¼ lb. of butter, 1 tablespoonful of minced parsley, 3 tablespoonfuls of vinegar, salt and pepper to taste.

Mode.—Put the butter into a frying-pan, over a nice clear fire, and when it smokes, throw in the parsley, and add the vinegar and seasoning. Let the whole simmer for a minute or two, when it is ready to serve. This is a very good sauce for skate.

Time.—¼ hour. **Average Cost,** 5*d.*

674.—CLARIFIED BUTTER.

Put the butter in a basin before the fire, and when it melts, stir it round once or twice, and let it settle. Do not strain it unless absolutely necessary, as it causes so much waste. Pour it gently off into a clean dry jar, carefully leaving all sediment behind. Let it cool, and carefully exclude the air by means of a bladder, or piece of wash-leather tied over. If the butter is salt, it may be washed before melting, when it is to be used for sweet dishes.

675.—BUTTER MELTED. (*Fr.*—Beurre Fondu.)

Put ¼ lb. of fresh butter in a stewpan with a pinch of salt and pepper, and stir it till it melts, but do not let it burn, and use no more heat than is necessary just to melt it. Add a teaspoonful of lemon-juice, and serve in a hot tureen.

This is often served with fish, asparagus, &c., instead of melted butter sauce.

Time.—5 minutes. **Average Cost,** 6*d.*

676.—MELTED BUTTER. (*Fr.*—Sauce au Beurre.)

Ingredients.—2 oz. of butter, a dessertspoonful of flour, 1 quarter of a pint of water, salt to taste.

Mode.—Melt the butter in a saucepan, add first the flour, then the water very gradually with a seasoning of salt; stir it constantly till the whole of the ingredients are thoroughly blended and leave no lumps. Let it thoroughly boil, when it is ready to serve. Just before serving, add a little cream or another ounce of butter, cut in pieces, but do not again allow it to boil. Lemon-juice is a great improvement.

Time.—1 minute to simmer. **Average Cost,** for this quantity, 4*d.*, without cream.

677.—MELTED BUTTER. (*Fr.*—Sauce au Beurre.)

(*More Economical.*)

Ingredients.—2 oz. of butter, 1 dessertspoonful of flour, salt to taste, ½ pint of water.

Mode.—Mix the flour and water to a smooth batter, which put into a saucepan. Add the butter and a seasoning of salt, keep stirring *one way* till all the ingredients are melted and perfectly smooth; let the whole boil for a minute or two, and serve.

Time.—2 minutes to simmer. **Average Cost,** for this quantity, 2*d.*

678.—MELTED BUTTER. (*Fr.*—Sauce Blanche.)

Ingredients.—2 or 3 oz. of butter, 1 oz. of flour, ½ pint of white stock or milk and water, salt and nutmeg to taste, a teaspoonful of white vinegar.

Mode.—Melt the butter in a saucepan, add 1 oz of butter and the stock warmed. Stir with a wooden spoon very gradually and leave no lumps, as they cannot be taken out afterwards. Let the sauce thoroughly boil. Then add *off the fire* the rest of the butter and the flavouring and do not let it boil again. Some cooks add the yolk of an egg.

Flour varies a good deal and the sauce may be too thick, in which case a little more stock should be added.

THE NUTMEG.

Nutmeg. (**Fr.—Muscade.**) This is a native of the Moluccas, and was long kept from being spread in other places by the monopolising spirit of the Dutch, who endeavoured to keep it wholly to themselves by eradicating it from every other island. We find it stated in "Beeton's Dictionary of Universal Information," under the article "Banda Islands," that the four largest are appropriated to the cultivation of nutmegs, of which about 500,000 lbs. are annually produced. The plant, through the enterprise of the British, has now found its way into Penang and Bencoolen, where it flourishes and produces well. It has also been tried to be naturalised in the West Indies, and it bears fruit all the year round. There are two kinds of nutmeg—one wild, and long and oval-shaped, the other cultivated and nearly round. The best is firm and hard, and has a strong aromatic odour, with a hot and acrid taste. It ought to be used with caution by those who are of paralytic or apoplectic habit.

679.—MELTED BUTTER MADE WITH MILK.

Ingredients.—1 teaspoonful of flour, 2 oz. of butter, ½ pint of milk, a few grains of salt.

Mode.—Mix the butter and flour smoothly in a lined saucepan over the fire, and pour in the milk. Keep stirring it with a wooden spoon over a sharp fire; let it boil quickly for a minute or two, and it is ready to serve. This is a very good foundation for onion, lobster, or oyster sauce; using milk instead of water makes it look so much whiter and more delicate.

Time.—Altogether, 10 minutes. **Average Cost,** for this quantity, 3*d.*

680.—SAUCE FOR CALF'S HEAD.

Ingredients.—2 small onions, 1 carrot, 1 bay-leaf, ½ a lemon, 1 tablespoonful of flour, parsley, 2 oz. butter, 1 lump of sugar, 1 glass white wine, cayenne, salt, ½ pint stock, No. 274.

Mode.—Slice the onions and brown them slightly in butter, slice the carrot thinly, add the flour, chopped parsley, lemon-peel and juice, the bay-leaf, some white pepper and salt. Simmer for half an hour, then strain through a coarse sieve. Put into the pan again, add a glass of any white wine, the rest of the butter, sugar, cayenne, and more lemon-juice if required. As soon as it is thoroughly heated remove from the fire and serve.

Time.—35 minutes. **Average Cost,** 6*d.*

Seasonable at any time.

681.—CAPER SAUCE. (*Fr.*—Sauce aux Capres.)

(*For Boiled Mutton.*)

Ingredients.—½ pint of melted butter, No. 676, 3 tablespoonfuls of capers or nasturtiums, 1 tablespoonful of their liquor.

Mode.—Chop the capers twice or thrice, and add them, with their liquor, to half a pint of melted butter, made very smoothly; keep stirring well, let the sauce just simmer, and serve in a tureen. Pickled nasturtium-pods are fine-flavoured, and by many are eaten in preference to capers. They make an excellent sauce.

Time.—2 minutes to simmer. **Average Cost,** for this quantity, 6*d.*

Sufficient to serve with a leg of mutton.

682.—CAPER SAUCE. (*Fr.*—Sauce aux Capres.)

(*For Fish.*)

Ingredients.—½ pint of melted butter, No. 676; 3 dessertspoonfuls of capers, 1 dessertspoonful of their liquor, a small piece of glaze, if at hand (this may be dispensed with), ¼ teaspoonful of salt, ditto of pepper, 1 tablespoonful of anchovy essence.

Mode.—Cut the capers across once or twice, but do not chop them fine; put them in a saucepan with half a pint of good melted butter, and add all the other ingredients. Keep stirring the whole until it just simmers, when it is ready to serve.

Time.—1 minute to simmer. **Average Cost,** for this quantity, 5*d.*

Sufficient to serve with a skate, or 2 or 3 slices of salmon.

Capers. (**Fr. Capres.**)—These are the unopened buds of a low trailing shrub which grows wild among the crevices of the rocks of Greece, as well as in Northern Africa; the plant, however, has come to be cultivated in the South of Europe. After being pickled in vinegar and salt, they are imported from Sicily, Italy and the South of France. The best are from Toulon.

THE CAPER.

683.—A SUBSTITUTE FOR CAPER SAUCE.

Ingredients.—½ pint of melted butter, No. 676, 2 tablespoonfuls of cut parsley, ½ teaspoonful of salt, 1 tablespoonful of vinegar.

Mode.—Boil the parsley slowly to let it become a bad colour; cut, but do not chop it fine. Add it to half pint of smoothly-made melted butter, with salt and vinegar in the above proportions. Boil up and serve.

Time.—2 minutes to simmer. **Average Cost,** for this quantity, 3*d.*

684.—CARROT SAUCE. (*Fr.*—Sauce aux Carottes.)

Ingredients.—1 large carrot, butter, parsley, salt, pepper, lemon-juice, ½ pint gravy, No. 352.

Mode.—Wash and scrape the carrot thoroughly, then grate it. Put a piece of butter the size of a walnut into a saucepan, and as soon as it is melted add the carrot. Then put in the gravy, salt, pepper, some chopped parsley and a teaspoonful of lemon-juice. Let the sauce simmer till it is smooth and of the consistency of cream. This sauce may be eaten with any dish that admits of a carrot accompaniment.

Time.—15 minutes. **Average Cost,** 4*d.*

Seasonable at any time.

685.—CAYENNE VINEGAR; or, ESSENCE OF CAYENNE.

Ingredients.—½ oz. of cayenne pepper, ½ pint of strong spirit, or 1 pint of vinegar.

Mode.—Put the vinegar, or spirit, into a bottle, with the above proportion of cayenne, and let it steep for a month, when strain off and bottle for use. This is excellent seasoning for soups or sauces, but must be used very sparingly.

686.—CELERY SAUCE. (*Fr.*—Purée de Céléri.)

(For Boiled Turkey, Poultry, &c.)

Ingredients.—6 heads of celery, 1 pint of white stock, No. 275; 2 blades of mace, 1 small bunch of savoury herbs; thickening of butter and flour, or arrowroot, ½ pint of cream or milk, lemon-juice.

Mode.—Boil the celery in stock with mace and herbs till tender. Then rub the celery through a sieve, add a thickening of butter kneaded with flour, or, what is still better, with arrowroot; just before serving, put in the cream, boil it up, and squeeze in a little lemon-juice. If necessary, add a seasoning of salt and white pepper.

Time.—25 minutes to boil the celery. **Average Cost,** 1*s.* 3*d.*

Sufficient, this quantity, for a boiled turkey.

This sauce may be made brown by using gravy instead of white stock, and flavouring it with mushroom ketchup or other sauce.

ARROWROOT.

Arrowroot.—This nutritious fecula is obtained from the roots of a plant which is cultivated in both the East and West Indies. When the roots are about a year old, they are dug up, and, after being well washed, are beaten to a pulp, which is afterwards, by means of water, separated from the fibrous part. After being passed through a sieve, once more washed, and then suffered to settle, the sediment is dried in the sun, when it has become arrowroot. The best is obtained from the West Indies, but a large quantity of what is sold in London is adulterated with potato-starch. As a means of knowing arrowroot when it is good, it may be as well to state that the genuine article, when formed into a jelly, will remain firm for three or four days, whilst the adulterated will become as thin as milk in the course of twelve hours.

687.—CELERY AND WHITE SAUCE. (*Fr.*—Sauce Céléri.)

Ingredients.—3 heads of celery, 1 onion, 1 blade of mace, whole pepper, salt, 1 oz. butter, 1 dessertspoonful flour, yolk of 1 egg, juice of 1 lemon.

Mode.—Trim the roots and cut them into 6-inch pieces, wash them well and tie them together with string. Put them into a saucepan with the onion, mace, pepper and salt and sufficient boiling water to cover them. Let them boil till quite tender, then drain, remove the string and serve with the following sauce poured over. Melt the butter in a saucepan and mix the flour with it, add as much water, in which the celery was boiled, as necessary, beat the yolk of egg with the lemon-juice and strain it into the sauce and remove from the fire at once.

Time.—25 minutes. **Average Cost,** 8*d.*

Sufficient for a boiled fowl.

688.—CELERY SAUCE. (*Fr.*—Sauce Céléri.)

(*A more simple Recipe.*)

Ingredients.—4 heads of celery, ½ pint of melted butter, made with milk, No. 679; 1 blade of pounded mace, salt and white pepper to taste.

Mode.—Wash the celery, boil it in salt and water till tender, and cut it into pieces 2 inches long; make half a pint melted butter by recipe No. 679, put in the celery, pounded mace, and seasoning; simmer for three minutes, when the sauce will be ready to serve.

Time.—25 minutes to boil the celery. **Average Cost,** 9*d.*

Sufficient, this quantity, for a boiled fowl.

689.—SAUCE CHANDEAU.

Ingredients.—8 yolks of eggs, 1 lemon, 4 oz. of loaf sugar, ½ pint of light French wine, ½ pint of water.

Mode.—Rub the sugar on the lemon to get the rind off, then squeeze the lemon-juice into a saucepan, add the sugar, the yolks of eggs and other ingredients and put the pan on the fire. Whisk and beat the mixture continuously, till it reaches the boiling point and is of a proper consistency.

Time.—10 to 15 minutes. **Average Cost,** 1*s.* 3*d.* per pint.

Seasonable at any time.

690.—CHERRY SAUCE. (*Fr.*—Sauce aux Cérises.)

(*For Sweet Puddings. German Recipe.*)

Ingredients.—1 lb. of cherries, 1 tablespoonful of flour, 1 oz. of butter, ½ pint of water, 1 wineglassful of port, a little grated lemon-rind, 4 pounded cloves, 2 tablespoonfuls of lemon-juice, sugar to taste.

Mode.—Stone the cherries, and pound the kernels in a mortar to a smooth paste; put the butter and flour into a saucepan; stir them over the fire until of a pale brown; then add the cherries, the pounded kernels, the wine, and the water. Simmer these gently for a quarter of an hour, or until the cherries are quite cooked, and rub the whole through a hair sieve; add the remaining ingredients, let the sauce boil for another 5 minutes, and serve. This is a delicious sauce to serve with boiled batter pudding, and when thus used, should be sent to table poured over the pudding.

Time.—20 minutes to ½ hour. **Average Cost,** 1*s.*

Sufficient for 4 or 5 persons.

Seasonable in June, July and August.

691.—CHESTNUT SAUCE. (*Fr.*—Purée de Marrons.)

(For Fowls or Turkey.)

Ingredients.—½ lb. of chestnuts, ½ pint of white stock, 2 strips of lemon-peel, cayenne to taste, ¼ pint of cream or milk.

Mode.—Peel off the outside skin of the chestnuts, and put them into boiling water for a few minutes; take off the thin inside peel, and put them into a saucepan, with the white stock and lemon-peel, and let them simmer for 1½ hour, or until the chestnuts are quite tender. Rub the whole through a hair-sieve with a wooden spoon; add seasoning and the cream; let it just simmer, but not boil, and keep stirring all the time. Serve very hot, and quickly. If milk is used instead of cream, a very small quantity of thickening may be required: that, of course, the cook will determine. This is suitable for a garnish.

Time.—Altogether nearly 2 hours. **Average Cost,** 8*d.*

Sufficient, this quantity, for a turkey.

692.—BROWN CHESTNUT SAUCE. (*Fr.*—Purée de Marrons à l'Espagnole.)

Ingredients.—½ lb. of chestnuts, ½ pint of stock, No. 273, 2 lumps of sugar, 4 tablespoonfuls of Spanish sauce (*see* SAUCES).

Mode.—Prepare the chestnuts as in the foregoing recipe, by scalding and peeling them; put them in a stewpan with the stock and sugar, and simmer them till tender. When done add Spanish sauce in the above proportion, and rub the whole through a tammy. Keep this sauce rather liquid, as it is liable to thicken.

Time.—1½ hour to simmer the chestnuts. **Average Cost,** 8*d.*

693.—CHILI VINEGAR.

Ingredients.—50 fresh red English chilies, 1 pint of vinegar.

Mode.—Pound or cut the chilies in half, and infuse them in the vinegar for a fortnight, when it will be fit for use. This will be found an agreeable relish to fish, as many people cannot eat it without the addition of an acid and cayenne pepper.

694.—CHOCOLATE SAUCE.

Ingredients.—2 oz. best Vanilla chocolate, ½ pint cream, ½ pint milk, 4 eggs, sugar to taste.

Mode.—Grate the chocolate into a pan containing the milk and cream and add sufficient loaf-sugar to sweeten it. Put it on the fire, and as soon as it boils whisk into it the yolks of the eggs until a good froth is

obtained. Remove it from the fire, and have in readiness the whites of the eggs whisked to a firm froth with one tablespoonful of castor sugar. Stir this in without breaking up the frothy appearance. This is nice with any pudding. The cream may be omitted and a pint of milk used.

Time.—15 minutes. **Average Cost,** 1*s.* 3*d.* with cream; 7*d.* with milk. **Seasonable** at any time.

695.—CHRISTOPHER NORTH'S SAUCE.

(*For Meat or Game.*)

Ingredients.—1 glass of port, 2 tablespoonfuls of good sauce, 1 dessertspoonful of mushroom ketchup, ditto of pounded white sugar, 1 tablespoonful of lemon-juice, ½ teaspoonful of cayenne pepper, ditto of salt.

Mode.—Mix all the ingredients thoroughly together, and heat the sauce gradually, by placing the vessel in which it is made in a saucepan of boiling water. Do not allow it to boil, and serve directly it is ready. This sauce, if bottled immediately, will keep good for a fortnight, and will be found excellent.

696.—CRAB SAUCE FOR FISH.

(*Equal to Lobster Sauce.*)

Ingredients.—1 crab, salt, pounded mace, and cayenne to taste; ½ pint of melted butter made with milk (*see* No. 679).

Mode.—Choose a nice fresh crab, pick all the meat away from the shell, and cut it into small square pieces. Make half a pint of melted butter by recipe No. 679, put in the fish and seasoning; let it gradually warm through, and simmer for 2 minutes. It should not boil.

Average Cost, 1*s.* 2*d.*

697.—CREAM SAUCE.

(*For Fish or White Dishes.*)

Ingredients.—⅓ pint of cream, 2 oz. of butter, 1 teaspoonful of flour, salt and cayenne to taste, when liked a small quantity of pounded mace or lemon-juice.

Mode.—Put the butter in a very clean saucepan, dredge in the flour, and keep stirring round till the butter is melted. Add the seasoning and cream, and stir the whole till it boils; let it just simmer for 5 minutes when add either pounded mace or lemon-juice to taste, to give it a flavour.

Time.—5 minutes to simmer. **Average Cost,** for this quantity, 11*d.*

This sauce may be flavoured with very finely shredded shalot.

698.—CUCUMBER SAUCE. (*Fr.*—Concombres au Jus.)

Ingredients.—3 or 4 cucumbers, 2 oz. of butter, 6 tablespoonfuls of brown gravy.

Mode.—Peel the cucumbers, quarter them and take out the seeds; cut them into small pieces; put them in a cloth, and rub them well to take out the water which hangs about them. Put the butter in a saucepan, add the cucumbers, and shake them over a sharp fire until they are of a good colour. Then pour over it the gravy, mix this with the cucumbers, and simmer gently for 10 minutes, when it will be ready to serve. More suitable for garnish than for sauce. For *purée* rub the whole through a fine sieve.

Time.—Altogether, ½ hour. **Average Cost,** 1*s.*

699.—CUCUMBER SAUCE (White). (*Fr.*—Concombres à la Poulette.)

Ingredients.—3 or 4 cucumbers, ½ pint of white stock, No. 278, cayenne and salt to taste, the yolks of 3 eggs.

Mode.—Cut the cucumbers into small pieces, after peeling them and taking out the seeds. Put them in a stewpan with the white stock and seasoning; simmer gently till the cucumbers are tender, which will be in about a quarter of an hour. Then add the yolks of the eggs well beaten; stir to them the sauce, but do not allow it to boil, and serve very hot. A good garnish.

Time.—Altogether, ½ hour. **Average Cost,** 1*s.* 3*d.*

700.—SAUCE OF DRIED CURRANTS.

(*For Puddings, &c.*)

Ingredients.—2 oz. of best currants, ¼ teaspoonful of grated ginger, juice of ½ lemon, 2 oz. of butter, 2 tablespoonfuls of flour, 7 lumps of sugar, 1 glass of red wine.

Mode.—Put the butter into a stewpan and stir in the flour, letting it get a pale brown colour; then thin it with a little water, and add the wine. Pick and wash the currants, which should be the largest possible, put them into the sauce, rub the sugar on the lemon-rind, and add it and the lemon-juice and ginger. Simmer for 10 minutes; serve without straining.

Time.—12 minutes. **Average Cost,** 6*d.*

Seasonable at any time.

701.—CUSTARD SAUCE. (*Fr.*—Crême à l'Eau de Vie.)

(*For Sweet Puddings or Tarts.*)

Ingredients.—1 pint of milk, 2 eggs, 3 oz. of pounded sugar, 1 tablespoonful of brandy.

Mode.—Put the milk in a very clean saucepan, and let it boil. Beat the eggs, stir to them the milk and pounded sugar, and put the mixture into a jug. Place the jug in a saucepan of boiling water; keep stirring it well until it thickens, but do not allow it to boil, or it will curdle. Serve the sauce in a tureen, stir in the brandy, and grate a little nutmeg over the top. This sauce may be made very much nicer by using cream instead of milk; but the above recipe will be found quite good enough for ordinary purposes.

Average Cost, 6*d.* per pint.

Sufficient, this quantity, for 2 fruit-tarts or 1 pudding.

702.—DARK SAUCE.

(*For Game, Fish, Cutlets, &c.*)

Ingredients.—1 onion, 2 tablespoonfuls of flour, 1 oz. of butter, ½ pint of stock (No. 274) or gravy; 1 glass of port, 2 tablespoonfuls black currant jam, 1 tablespoonful of vinegar, a bay leaf, 3 cloves, lemon-peel, salt, pepper, and a teaspoonful of chili vinegar or some cayenne.

Mode.—Chop the onion, and put it with the flour and butter to brown in a saucepan, add the stock, a small piece of lemon-peel, and the other ingredients. Boil for 6 minutes, then strain.

Time.—15 minutes altogether. **Average Cost,** 9*d.* per pint.

Seasonable at any time.

703.—DUTCH SAUCE. (*Fr.*—Sauce Hollandaise.)

(*For Fish.*)

Ingredients.—½ teaspoonful of flour, 2 oz. of butter, 2 tablespoonfuls of vinegar, 2 tablespoonfuls of water, the yolks of 2 eggs, the juice of ½ lemon, salt to taste.

Mode.—Put all the ingredients, except the lemon-juice, into a stewpan; set it over the fire, and keep continually stirring. When it is sufficiently thick, take it off, as it should not boil. If, however, it happens to curdle, strain the sauce through a tammy, add the lemon-juice, and serve. Tarragon vinegar may be used instead of plain, and, by many, is considered far preferable.

Average Cost, 6*d.*

Note.—This sauce may be poured hot over salad, and left to get quite cold, when it should be thick, smooth, and somewhat stiff. Excellent salads may be made of hard eggs, or the remains of salt fish flaked nicely from the bone, by pouring over a little of the above mixture when hot, and allowing it to cool.

THE LEMON.

The Lemon.—This fruit is a native of Asia, and is mentioned by Virgil as an antidote to poison. It is hardier than the orange, and, as one of the citron tribe, was brought into Europe by the Arabians. The lemon was first cultivated in England in the beginning of the 17th century, and is now often to be found in our greenhouses. The kind commonly sold, however, is imported from Portugal, Spain and the Azores. Some also come from St. Helena; but those from Spain are esteemed the best. Its juice is now an essential for culinary purposes; but as an anti-scorbutic its value is still greater. This juice, which is called *citric acid*, may be preserved in bottles for a considerable time, by covering it with a thin stratum of oil. *Shrub* is made from it with rum and sugar.

704.—GREEN DUTCH SAUCE. (*Fr.*—Hollandaise Verte.)

Ingredients.—6 tablespoonfuls of béchamel, No. 666; seasoning to taste of salt, and cayenne, a little parsley-green to colour, the juice of ½ a lemon.

Mode.—Put the béchamel into a saucepan with the seasoning, and bring it to a boil. Make a green colouring by pounding some parsley in a mortar, and squeezing all the juice from it. Let this just simmer, when add it to the sauce. A moment before serving, put in the lemon-juice, but not before; for otherwise the sauce would turn yellow, and its appearance be thus spoiled.

Average Cost, 4*d.*

Béchamel Sauce.—This sauce takes its name from a Monsieur Béchamel, a rich French financier, who, according to some authorities, invented it, whilst others affirm he only patronised it. Be this as it may, it is one of the most pleasant sauces which come to table, and should be most carefully and intelligently prepared. It is frequently used, as in the above recipe, as a principal ingredient and basis for other sauces.

705.—EEL SAUCE.

Ingredients.— 1 lb. of eels, 1 slice each of bacon, and veal; 2 onions, 1 carrot, 1 glass of sherry, ¼ pint of stock, 3 tarragon leaves, 1 clove of garlic, 2 bay-leaves, whole spice.

Mode.—Cut the eels into 2-inch pieces, put them into a stewpan with the meat, onions, carrot and stock. Let them soak well for half an hour, then add the other ingredients and simmer half an hour, skimming carefully meanwhile, then drain through a sieve for use.

Time.—1 hour. **Average Cost,** 1*s.* 6*d.* per pint.

Seasonable from June to March.

706.—EGG-BALLS.

(*For Soups and made Dishes.*)

Ingredients.—8 eggs, a little flour, seasoning to taste of salt.

Mode.—Boil 6 eggs for 20 minutes, strip off the shells, take the yolks and pound them in a mortar. Beat the yolks of the 2 uncooked eggs; add them, with a little flour and salt, to those pounded; mix all well together, and roll into balls. Boil them before they are put into the soup or other dish they may be intended for.

Time.—20 minutes to boil the eggs. **Average Cost,** for this quantity, 8*d.*

Sufficient, 2 dozen balls for 1 tureen of soup.

707.—EGG SAUCE. (*Fr.*—Sauce à l'Œuf.)

(*For Salt Fish.*)

Ingredients.—4 eggs, ½ pint of melted butter, No. 676; when liked, a very little lemon-juice.

Mode.—Boil the eggs until quite hard, which will be in about 20 minutes, and put them into cold water for half an hour. Strip off the shells, chop the eggs into small pieces, not, however, too fine. Make the melted butter very smoothly, by recipe No. 676, and, when boiling, stir in the eggs, and serve very hot. Lemon-juice may be added at pleasure.

Time.—20 minutes to boil the eggs. **Average Cost,** 8*d.*

Sufficient, this quantity, for 3 or 4 lbs. of fish.

Note.—When a thicker sauce is required, use one or two more eggs to the same quantity of melted butter.

708.—EPICUREAN SAUCE.

(*For Steaks, Chops, Gravies or Fish.*)

Ingredients.—¼ pint of walnut ketchup, ¼ pint of mushroom ditto, 2 tablespoonfuls of Indian soy, 2 tablespoonfuls of port, ½ oz. of white pepper, 2 oz. of shalots, ¼ oz. of cayenne, ½ oz. of cloves, ¾ pint of vinegar.

Mode.—Put the whole of the ingredients into a bottle, and let it remain for a fortnight in a warm place, occasionally shaking up the contents. Strain, and bottle off for use. This sauce will be found an agreeable addition to gravies, hashes, stews, &c.

Average Cost, for this quantity, 1*s.* 6*d.*

SHALOT.

Shalot, or Eschalot.—This plant is supposed to have been introduced to England by the Crusaders, who found it growing wild in the vicinity of Ascalon. It is a bulbous root, and when full grown, its leaves wither in July. They ought to be taken up in the autumn, and when dried in the house, will keep till spring. It is called by old authors the "barren onion," and is used in sauces and pickles, soups and made dishes, and as an accompaniment to chops and steaks.

709.—FENNEL SAUCE. (*Fr.*—Sauce Fenouil.)

(*For Mackerel.*)

Ingredients.—½ pint of melted butter, No. 677; rather more than 1 tablespoonful of chopped fennel.

FENNEL.

Mode.—Make the melted butter very smoothly, by recipe, No. 677; chop the fennel rather small, carefully cleansing it from any grit or dirt, and put it to the butter when this is on the point of boiling. Simmer for a minute or two, and serve in a tureen.

Time.—2 minutes. **Average Cost,** 4*d.*

Sufficient to serve with 5 or 6 mackerel.

Fennel. (**Fr.—Fenouil.**)—This elegantly-growing plant, of which the Latin name is *Anethum fœniculum*, grows best in chalky soils, where, indeed, it is often found wild. It is very generally cultivated in gardens, and has much improved on its original form. Various dishes are frequently ornamented and garnished with its graceful leaves, and these are sometimes boiled in soups, although it is more usually confined, in English cookery, to the mackerel sauce as here given.

710.—FINANCIÈRE SAUCE.

(*For Fish.*)

Ingredients.—1½ pint of Spanish sauce, No. 775; 1 oz. of fish glaze, 3 gills of madeira, ditto essence of truffles, ditto essence of mushrooms.

Mode.—Put the above ingredients on the fire in a stewpan, let them boil, then keep them boiling for 6 minutes. Strain through a cloth.

Time.—½ hour. **Average Cost,** 2*s.* 6*d.* per pint.

Seasonable at any time.

(*For Poultry.*)

Ingredients.—1 quart of Espagnole sauce, No. 775; ½ pint each of essence of truffles, essence of mushrooms and essence of chicken.

Mode.—Put the above ingredients into a pan and boil till they are reduced sufficiently to adhere to a spoon; then strain through a cloth, or a silk sieve, into a *bain-marie* pan.

Time.—¾ hour. **Average Cost,** 2*s.* 3*d.* per pint.

Seasonable at any time.

(*For Game.*)

Ingredients.—1½ pint of Espagnole sauce, No. 775; 3 gills each of essence of truffles and essence of game.

Mode.—Put the above into a stewpan and reduce over a good fire for 10 minutes, strain and put by till wanted.

Time.—10 minutes. **Average Cost,** 2*s.* 6*d.* per pint.

Seasonable, August to February.

711.—FISH SAUCE. (*Fr.*—Sauce Piquante Froide.)

Ingredients.—1½ oz. of cayenne, 2 tablespoonfuls of walnut ketchup, 2 tablespoonfuls of soy, a few shreds of garlic and shalot, 1 quart of vinegar.

Mode.—Put all the ingredients into a large bottle, and shake well every day for a fortnight. Keep it in small bottles well sealed, and in a few days it will be fit for use.

Average Cost, for this quantity, 1*s.*

712.—GÉNÉVÈSE SAUCE. (*Fr.*—Sauce Génévèse.)

(*For Salmon, Trout, &c.*)

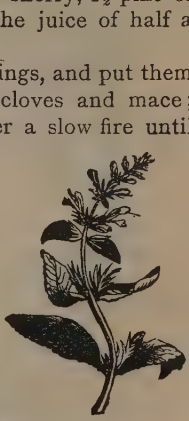
Ingredients.—1 small carrot, a small faggot of sweet herbs, including parsley; 1 onion, 5 or 6 mushrooms (when obtainable), 1 bay-leaf, 6 cloves, 1 blade of mace, 2 oz. of butter, 1 glass of sherry, 1½ pint of white stock, No. 278; thickening of butter and flour, the juice of half a lemon.

Mode.—Cut up the onion and carrot into small rings, and put them into a stewpan with the herbs, mushrooms, bay-leaf, cloves and mace; add the butter, and simmer the whole very gently over a slow fire until the onion is quite tender. Pour in the stock and sherry, and stew slowly for 1 hour. Melt butter and flour in a clean saucepan, add the strained sauce, stir it over the fire until perfectly smooth and mellow, add the lemon-juice, give one boil, when it will be ready for table.

Time.—Altogether, 2 hours.

Average Cost, 1*s.* 3*d.* per pint.

Sufficient, half this quantity for two slices of salmon



SAGE.

Sage. (Fr.—**Sauge.**)—This was originally a native of the south of Europe, but it has long been cultivated in the English gardens. There are several kinds of it, known as the green, the red, the small-leaved, and the broad-leaved balsamic. In cookery, its principal use is for stuffings and sauces, for which purpose the red is the most agreeable, and the green the next. The others are used for medicinal purposes.

713.—GERMAN SAUCE. (*Fr.*—Sauce Allemande.)

Ingredients.—½ pint of sauce tournée, No. 786; the yolks of 2 eggs.

Mode.—Put the sauce into a stewpan, heat it, and stir to it the beaten yolks of 2 eggs, which have been previously strained. Let it just simmer, but not boil, or the eggs will curdle; and after they are added to the sauce, it must be stirred without ceasing. This sauce is a general favourite, and is used for many made-dishes.

Time.—1 minute to simmer. **Average Cost,** 6*d.*

714.—GOOSEBERRY SAUCE. (*Fr.*—Purée de Groseilles.)

(*For Boiled Mackerel.*)

Ingredients.—1 pint of green gooseberries, 3 tablespoonfuls of béchamel, No. 665 (veal gravy may be substituted for this); 2 oz. of fresh butter, seasoning to taste of salt, pepper, and grated nutmeg.

Mode.—Boil the gooseberries in water until quite tender; strain them, and rub them through a sieve. Put into a saucepan the Béchamel or gravy, with the butter and seasoning; add the pulp from the gooseberries, mix all well together, and heat gradually through. A little pounded sugar added to this sauce is by many persons considered an improvement, as the saccharine matter takes off the extreme acidity of the unripe fruit. Rhubarb sauce can be made in the same way.

Time.—Boil the gooseberries from 20 minutes to ½ hour.

Sufficient, this quantity, for a large dish of mackerel.

Seasonable from May to July.

THE GOOSEBERRY.

The Gooseberry.—This useful and wholesome fruit (*Ribes grossularia*) is thought to be indigenous to the British Isles, and may be occasionally found in a wild state in some of the eastern counties, although, when uncultivated, it is but a very small and inferior berry. The high state of perfection to which it has been here brought, is due to the skill of the English gardeners; for in no other country does it attain the same size and flavour. The humidity of the British climate, however, has doubtless something to do with the result; and it is said that gooseberries produced in Scotland as far north as Inverness, are of a very superior character. Malic and citric acid blended with sugar, produce the most pleasant flavour of the gooseberry; and upon the proper development of these properties depends the success of all cooking operations with which they are connected.

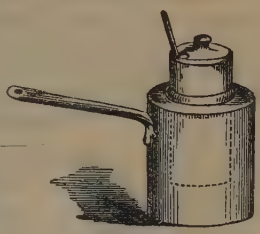
715.—GLAZE FOR COVERING COLD HAMS, TONGUES, &c. (*Fr.*—Glace de Viande.)

Ingredients.—Stock No. 272 or 276, doubling the quantity of meat in each.

Mode.—We may remark, at the outset, that unless glaze is wanted in very large quantities, it is seldom made expressly. Either of the stocks mentioned above, boiled down and reduced very considerably, will be found to produce a very good glaze. Put the stock into a stewpan, over a nice clear fire; let it boil till it becomes somewhat stiff, when keep stirring, to prevent its burning. The moment it is sufficiently reduced, and comes to a glaze, turn it out into the glaze-pot, of which we have here given an engraving. As, however, this is not to be found in every establishment, a white earthenware jar would answer the purpose; and

this may be placed in a vessel of boiling water, to melt the glaze when required. It should never be warmed in a saucepan, except on the principle of the *bain marie*. If the glaze is wanted of a pale colour, more veal than beef should be used; and it is as well to omit turnips and celery. Glaze sold ready made can be had of good quality, and saves a great deal of time and trouble.

To Glaze Cold Joints, &c.—Melt the glaze by placing the vessel which contains it into the *bain marie* or saucepan of boiling water; brush it over the meat with a paste-brush, and if in places it is not quite covered, repeat the operation. The glaze should not be of too dark a colour.



GLAZE KETTLE.

Glaze Kettle.—This is a kettle used for keeping the strong stock boiled down to a jelly, which is known by the name of glaze. It is composed of two tin vessels, as shown in the cut, one of which, the upper, containing the glaze, is inserted into one of larger diameter, and containing boiling water. A brush is put in the small hole at the top of the lid, and is employed for putting the glaze on anything that may require it.

Note.—The Bain Marie.—So long ago as the time when emperors ruled in Rome, and the yellow Tiber passed through a populous and wealthy city, this utensil was extensively employed; and it is frequently mentioned by that profound culinary chemist of the ancients, Apicius.

716.—GREEN SAUCE. (*Fr.*—Purée d'Oseille.)

(*For Green Geese or Ducklings.*)

Ingredients.—1 pint of sorrel, 1 teaspoonful of pounded sugar, 1 oz. of fresh butter, 2 tablespoonfuls of cream, a little stock.

Mode.—Boil the sorrel without any water, chop it and press it through a sieve; put the pulp into a saucepan with the above ingredients; simmer for 3 or 4 minutes, and serve very hot.

Time.—3 or 4 minutes.

Note.—This is a very favourite French sauce or garnish. It has an acid flavour, and is, therefore, suited for dishes that are too rich or too flavourless.

SORREL.

Sorrel.—We gather from the pages of Pliny and Apicius, that sorrel was cultivated by the Romans in order to give it more strength and flavour, and that they also partook of it sometimes stewed with mustard, being seasoned with a little oil and vinegar. At the present day, English cookery is not much indebted to this plant (*Rumex acetosa*), although the French make use of it to a considerable extent. It is found in most parts of Great Britain, and also on the Continent, growing wild in the grass meadows, and, in a few gardens, it is cultivated. The acid of sorrel is very *prononcé*, and is what chemists term a binoxalate of potash: that is, a combination of oxalic acid with potash.

717.—HORSERADISH SAUCE. (*Fr.*—Sauce Raifort.)

(To Serve with Roast Beef.)

Ingredients.—4 tablespoonfuls of grated horseradish, 1 teaspoonful of pounded sugar, 1 teaspoonful of salt, ½ teaspoonful of pepper, 2 teaspoonfuls of made mustard, vinegar.

Mode.—Grate the horseradish, and mix it well with the sugar, salt, pepper and mustard; moisten it with sufficient vinegar to give it the consistency of cream, and serve in a tureen; 3 or 4 tablespoonfuls of cream added to the above, very much improve the appearance and flavour of this sauce. To heat it to serve with hot roast beef, put it in a *bain marie*, or a jar, which place in a saucepan of boiling water; make it hot, but do not allow it to boil, or it will curdle.

THE HORSERADISH.

Note.—This sauce is a great improvement on the old-fashioned way of serving cold scraped horseradish with hot roast beef. The mixing of the cold vinegar with the warm gravy cools and spoils everything on the plate. Of course, with cold meat, the sauce should be served cold.

The Horseradish.—This has been, for many years, a favourite accompaniment of roast beef, and is a native of England. It grows wild in wet ground, but has long been cultivated in the garden, and is, occasionally, used in winter salads and in sauces. On account of the great volatility of its oil, it should never be preserved by drying, but should be kept moist by being buried in sand. So rapidly does its volatile oil evaporate, that even when scraped for the table, it almost immediately spoils by exposure to the air.

718.—HORSERADISH SAUCE (Cold.)

Ingredients.—1 stick of horseradish, 2 apples, ½ pint of vinegar, sugar.

Mode.—Boil the apples and let them cool, wash and scrape the horseradish, then grate it and the apples, and, with a wooden spoon, mix to a smooth paste, adding vinegar and sugar to taste.

Time.—Altogether, 20 minutes. **Average Cost,** 4*d.*

Seasonable in winter.

719.—ITALIAN SAUCE (Brown). (*Fr.*—Sauce Italienne.)

Ingredients.—A few chopped mushrooms and shalots, ½ pint of stock, No. 273; ½ glass of madeira, the juice of ½ lemon, ½ teaspoonful of pounded sugar, 1 teaspoonful of chopped parsley.

Mode.—Put the stock into a stewpan with the mushrooms, shalots, and Madeira, and stew gently for a quarter of an hour, then add the remaining ingredients, and let them just boil. When the sauce is done enough, put it into another stewpan, and warm it in a *bain marie*. The

mushrooms should not be chopped long before they are wanted, as they would then become black.

Time.—¼ hour. **Average Cost,** for this quantity, 7*d.*

Sufficient for a small dish.

720.—ITALIAN SAUCE (White). (*Fr.*—Sauce Italienne.)

Ingredients.—½ pint of white stock, No. 278; 2 tablespoonfuls of chopped mushrooms, 1 dessertspoonful of chopped shalots, 1 slice of ham, minced very fine; ¼ pint of béchamel, No. 665; salt to taste, a few drops of garlic vinegar, ½ teaspoonful of sugar, a squeeze of lemon-juice.

Mode.—Put the shalots and mushrooms into a stewpan with the stock and ham, and simmer very gently for half an hour, when add the béchamel. Let it just boil up, and then strain it through a tammy; season with the above ingredients, and serve very hot. If this sauce should not have retained a nice white colour, add a little cream.

Time.—½ hour. **Average Cost,** for this quantity, 10*d.*

Sufficient for a moderate-sized dish.

Note.—To preserve the colour of the mushrooms after pickling, throw them into water to which a little lemon-juice has been added.

721.—KIDNEY SAUCE. (*Fr.*—Sauce aux Rognons).

Ingredients.—2 kidneys, 1 tablespoonful of flour, pepper and salt, ½ teaspoonful of each, 1 tablespoonful of stock, No, 273; ½ glassful of claret.

Mode.—Skin and mince the kidneys into fine dice, shake the flour well over them, place all the other ingredients in a stewpan, and let it boil gently for five minutes. Place the stewpan at the side of the fire, add the kidneys, and stew all gently for ten minutes, being careful not to let it boil. Pour over roast fowl, or place in a separate tureen and serve.

Time.—¼ hour. **Average Cost,** 6*d.* for this quantity.

Sufficient for 2 fowls.

Seasonable at any time.

722.—LEAMINGTON SAUCE.

(An Excellent Sauce for Flavouring Gravies, Hashes, Soups, &c.)
(Author's Recipe.)

Ingredients.—Walnuts. To each quart of walnut-juice allow 3 quarts of vinegar, 1 pint of Indian soy, 1 oz. of cayenne, 2 oz. of shalots, ¾ oz. of garlic, ½ pint of port.

Mode.—Be very particular in choosing the walnuts as soon as they appear in the market, for they are more easily bruised before they become hard and shelled. Pound them in a mortar to a pulp, strew some salt over them, and let them remain thus for two or three days, occasionally stirring and moving them about. Press out the juice, and to *each quart* of walnut-liquor allow the above proportion of vinegar, soy, cayenne, shalots, garlic and port wine. Pound each ingredient separately in a mortar, then mix them well together, and store away for use in small bottles. The corks should be well sealed.

Seasonable.—This sauce should be made as soon as walnuts are obtainable, from the beginning to the middle of July.

723.—LEMON BRANDY.

Ingredients.—1 pint of brandy, the rind of 2 small lemons, 2 oz. of loaf-sugar, ½ pint of water.

Mode.—Peel the lemons rather thin, taking care to have none of the white pith. Put the rinds into a bottle with the brandy, and let them infuse for twenty-four hours, when they should be strained. Now boil the sugar with the water for a few minutes, skim it, and, when cold, add it to the brandy. A dessertspoonful of this will be found an excellent flavouring for boiled custards.

Lemon Rind or Peel.—This contains an essential oil of a very high flavour and fragrance, and is consequently esteemed both a wholesome and agreeable stomachic. It is used, as will be seen by many recipes in this book, as an ingredient for flavouring a number of various dishes. Under the name of CANDIED LEMON-PEEL, it is cleared of the pulp and preserved by sugar, when it becomes an excellent sweetmeat. By the ancient medical philosopher, Galen, and others, it may be added, that dried lemon-peel was considered as one of the best digestives, and recommended to weak and delicate persons.

724.—LEMON SAUCE. (*Fr.*—Beurre au Citron.)

(*For Boiled Fowls.*)

Ingredients.—1 small lemon, ¾ pint of melted butter, No. 676.

Mode.—Cut the lemon into very thin slices, and these again into very small dice. Have ready three quarters of a pint of melted butter, made by Recipe No. 676, put in the lemon, let it just simmer, but not boil, and pour it over the fowls.

Time.—1 minute to simmer. **Average Cost,** 6*d.*

Sufficient for a pair of large fowls.

725.—LEMON WHITE SAUCE.

(*Fr.*—Sauce Blanche au Citron.)

(*For Fowls, Fricassées, &c.*)

Ingredients.—¾ pint of cream, the rind and juice of 1 lemon, ½ teaspoonful of whole white pepper, 1 sprig of lemon thyme, 3 oz. of

butter, 1 dessertspoonful of flour, 1 teacupful of white stock, salt to taste.

Mode.—Put the cream into a very clean saucepan (a lined one is best), with the lemon-peel, pepper and thyme, and let these infuse for half an hour, when simmer gently for a few minutes, or until there is a nice flavour of lemon. Strain it, and add a thickening of butter and flour in the above proportions; stir this well in, and put in the lemon-juice at the moment of serving; mix the stock with the cream and add a little salt. This sauce should not boil after the cream and stock are mixed together.

Time.—Altogether, ¾ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient, this quantity, for a pair of large boiled fowls.

Note.—Where the expense of the cream is objected to milk may be substituted for it. In this case, an additional dessertspoonful, or rather more, of flour must be added.

LEMON THYME.

Lemon Thyme. (Fr. **Thym.**)—Two or three tufts of this species of thyme, *Thymus citriodorus*, usually find a place in the herb compartment of the kitchen garden. It is a trailing evergreen, is of smaller growth than the ordinary common kind, and is remarkable for its smell, which closely resembles that of the rind of a lemon. Hence its distinctive name. It is used for some particular dishes, in which the fragrance of the lemon is desired to slightly predominate.

726.—LEMON SAUCE.

(*For Sweet Puddings.*)

Ingredients.—The rind and juice of 1 lemon, 1 tablespoonful of flour, 1 oz. of butter, 1 large wineglassful of sherry, 1 wineglassful of water, sugar to taste, the yolks of 4 eggs.

Mode.—Rub the rind of the lemon on to some lumps of sugar; squeeze out the juice, and strain it; put the butter and flour into a saucepan, stir them over the fire, and when of a pale brown, add the wine, water, and strained lemon-juice. Crush the lumps of sugar that were rubbed on the lemon; stir these into the sauce, which should be very sweet. When these ingredients are well mixed, and the sugar is melted, put in the beaten yolks of four eggs; keep stirring the sauce until it thickens, when serve. Do not, on any account, allow it to boil, or it will curdle, and be entirely spoiled.

Time.—Altogether, 15 minutes. **Average Cost,** 9*d.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

727.—LIVER AND LEMON SAUCE.

(*Fr.*—Sauce de Foie au Citron.)

(*For Poultry.*)

Ingredients.—The liver of a fowl, 1 lemon, salt to taste, ½ pint of melted butter, No. 676.

Mode.—Wash the liver, and let it boil for a few minutes; peel the lemon very thin, remove the white part and pips, and cut it into very small dice; mince the liver and a small quantity of the lemon-rind very fine; add these ingredients to half a pint of smoothly-made melted butter; season with a little salt, put in the cut lemon, heat it gradually, but do not allow it to boil, lest the butter should oil.

Time.—1 minute to simmer. **Average Cost,** 6*d.* for this quantity.

Sufficient to serve with a pair of small fowls.

728.—LIVER AND PARSLEY. (*Fr.*—Sauce de Foie au Persil.)

(*For Poultry.*)

Ingredients.—The liver of a fowl, 1 tablespoonful of minced parsley, ½ pint of melted butter, No. 676.

Mode.—Wash and score the liver, boil it for a few minutes, and mince it very fine; blanch or scald a small bunch of parsley, of which there should be sufficient when chopped to fill a tablespoon; add this, with the minced liver, to half a pint of smoothly-made melted butter; let it just boil; when serve.

Time.—1 minute to simmer. **Average Cost,** 6*d.* for this quantity.

Sufficient for a pair of small fowls.

729.—LOBSTER SAUCE. (*Fr.*—Sauce au Homard.)

(*To Serve with Turbot, Salmon, Brill, &c. Very Good.*)

Ingredients.—1 middling-sized hen lobster, ¾ pint of melted butter, No. 676; 1 tablespoonful of anchovy sauce, ½ oz. of butter, salt and cayenne to taste, a little pounded mace when liked, 2 or 3 tablespoonfuls of cream, a little lemon juice.

Mode.—Choose a hen lobster, as this is indispensable, in order to render this sauce as good a colour as it ought to be. Pick the meat from the shells, and cut it into small square pieces; put the spawn, which will be found under the tail of the lobster, into a mortar with half an ounce of butter, and pound it quite smooth; rub it through a hair sieve, and cover up till wanted. Make three quarters of a pint of melted butter by Recipe No. 676; put in all the ingredients except the lobster-meat, and well mix

the sauce before the lobster is added to it, as it should retain its square form, and not come to table shredded and ragged. Put in the meat, let it get thoroughly hot, but do not allow it to boil, as the colour would immediately be spoiled; for it should be remembered that this sauce should always have a bright red appearance. If it be intended to be served with turbot or brill, a little of the spawn (dried and rubbed through a sieve, without butter) should be saved to garnish with; but as the goodness, flavour and appearance of the sauce so much depend on having a proper quantity of spawn, the less used for garnishing the better. Tinned lobster can be used. It is not unusual to rub the lobster through a wire sieve before adding it to the sauce. This is *Purée de Homard*.

Time.—1 minute to simmer. **Average Cost,** for this quantity, 2*s*.

Seasonable at any time.

Sufficient to serve with a small turbot, a brill, or salmon for 6 persons.

Note.—Melted butter made with milk, No. 679, will be found to answer very well for lobster sauce, as by employing it a nice white colour will be obtained. Less quantity than the above may be made by using a very small lobster, to which add only half a pint of melted butter, and season as above. Where economy is desired, the cream may be dispensed with, and the remains of a cold lobster left from table, may, with a little care, be converted into a very good sauce.

730.—MAÎTRE D'HÔTEL BUTTER.

(*For putting into Broiled Fish just before it is sent to Table.*)

Ingredients.—¼ lb. of cold butter, 2 dessertspoonfuls of minced parsley, salt and pepper to taste, the juice of 1 large lemon.

Mode.—Work the above ingredients well together, and let them be thoroughly mixed with a wooden spoon. Place it in small lumps under or over the meat or fish it is intended to be served with, and send to table at once before it is melted.

Average Cost, for this quantity, 5*d*.

Note.—4 tablespoonfuls of Béchamel, No. 665, 2 tablespoonfuls of white stock, No. 278, with 2 oz. of the above maître d'hôtel butter stirred into it, and just allowed to simmer for 1 minute, will be found an excellent hot maître d'hôtel sauce, which is a name given to any white sauce with chopped parsley and lemon juice in it.

The Maître d'Hôtel.—The house-steward of England is synonymous with the maître d'hôtel of France; and in ancient times, amongst the Latins, he was called procurator, or major-domo. In Rome, the slaves, after they had procured the various articles necessary for the repasts of the day, would return to the spacious kitchen laden with meat, game, sea-fish, vegetables, fruit, &c. Each one would then lay his basket at the feet of the major-domo, who would examine its contents and register them on his tablets, placing in the pantry contiguous to the dining-room, those of the provisions needing no preparation, and consigning the others to the more immediate care of the cooks.

731.—MAÎTRE D'HÔTEL SAUCE.

(Hot, to Serve with Calf's Head, Boiled Eels, and different Fish.)

Ingredients.—1 slice of ham minced, a few poultry-trimmings, 2 shalots, 1 clove of garlic, 1 bay-leaf, ¾ pint of water, 2 oz. of butter, 1 dessert-spoonful of flour, 1 heaped tablespoonful of chopped parsley, salt, pepper, and cayenne to taste, the juice of half a large lemon, ¼ teaspoonful of pounded sugar.

Mode.—Put at the bottom of a stewpan the minced ham, and over it the poultry trimmings (if these are not at hand, veal should be subsituted), with the shalots, garlic and bay-leaf. Pour in the water, and let the whole simmer gently for 1 hour, or until the liquor is reduced to a full half pint. Then strain this gravy, put it in another saucepan, make a thickening of butter and flour in the above proportions, and stir the gravy to it over a nice clear fire, until it is perfectly smooth and rather thick. Skim well, add the remaining ingredients, let the sauce gradually heat, but do not allow it to boil after the parsley is in or it will be a bad colour. If this sauce be intended for an entrée, it is necessary to make it of a sufficient thickness, so that it may adhere to what it is meant to cover.

Time.—1½ hour. **Average Cost,** 1*s.* 2*d.* per pint.

Sufficient for re-warming the remains of half a calf's head, or a small dish of cold flaked turbot, cod, &c.

732—MATELOTE SAUCE. (*Fr.*—Sauce à la Matelote.)

(For Fish.)

Ingredients.—½ pint of Espagnole (No. 775), 3 onions, 2 tablespoonfuls of mushroom ketchup, ½ glass of port, a bunch of sweet herbs, ½ bay leaf, salt and pepper to taste, 1 clove, 2 berries of allspice, a little liquor in which the fish has been boiled, lemon-juice, and anchovy sauce.

THE BAY.

Mode.—Slice and fry the onions of a nice brown colour, and put them into a stewpan with the Espagnole, ketchup, wine, and a little liquor in which the fish has been boiled. Add the seasoning, herbs and spices, and simmer gently for 10 minutes, stirring well the whole time; strain it through a fine hair sieve, put in the lemon-juice and anchovy sauce, and pour it over the fish. This sauce may be very much enriched by adding a few small quenelles, or forcemeat balls, made of fish, and also glazed onions or mushrooms. These, however, should not be added to the matelote till it is dished.

Time.—10 minutes. **Average Cost,** 1*s.* 6*d.*

Seasonable at any time.

Note.—This sauce originally took its name as being similar to that which the French sailor *(matelot)* employed as a relish to the fish he caught and eat. In some cases, cider and perry were substituted for the wine. The Norman *matelotes* were very celebrated.

There is a difference between the cherry-laurel and the classic laurel (*Laurus nobilus*), the former only being used for culinary purposes. The latter beautiful evergreen was consecrated by the ancients to priests and heroes, and used in their sacrifices. "A crown of bay" was the earnestly-desired reward for great enterprises, and for the display of uncommon genius in oratory or writing. It was more particularly sacred to Apollo, because according to the fable, the nymph Daphne was changed into a laurel-tree. The ancients believed, too, that the laurel had the power of communicating the gift of prophecy, as well as poetic genius; and, when they wished to procure pleasant dreams, would place a sprig under the pillow of their bed. It was the symbol, too, of victory, and it was thought that the laurel could never be struck by lightning. From this word comes that of "laureate;" Alfred Tennyson being the present Poet-Laureate, crowned with laurels as the first of living bards.

733.—MATELOTE SAUCE.

(*For Salmon, &c.*)

Ingredients.—30 button onions or shalots, ¼ lb. of butter, ½ teaspoonful of sugar, 1 glass of sherry, 1 dessertspoonful of flour, 1 gill of gravy, No. 615; ½ pint of water, salt, pepper, sugar.

Mode.—Peel the onions and put them, with the sugar, into a 2-pint saucepan and shake them over the fire, adding the butter gradually. When they are getting brown pour in the sherry and flour and stir gently with a small wooden spoon. When it boils pour in the gravy and water and simmer till the onions are soft, then season with salt and pepper and a little sugar. Strain and serve. This sauce should be of a rich brown colour, so that browning must be added if required.

Time.—1 hour. **Average Cost,** 1s. per pint.

Seasonable at any time.

734.—MAYONNAISE.

(*A Sauce or Salad-Dressing for Cold Chicken, Meat, and other Cold Dishes.*)

Ingredients.—The yolks of 2 eggs, 6 tablespoonfuls of salad-oil, 4 tablespoonfuls of vinegar, salt and white pepper to taste; 1 tablespoonful of white stock, No. 278, 2 tablespoonfuls of cream.

Mode.—Put the yolks of the eggs into a basin, with a seasoning of pepper and salt; have ready the above quantities of oil and vinegar, in separate vessels; add them *very gradually* to the eggs; continue stirring and rubbing the mixture with a wooden spoon, as herein consists the secret of having a nice smooth sauce. It cannot be stirred too frequently, and it should be made in a very cool place, or, if ice is at hand, it should be mixed over it. When the vinegar and oil are well incorporated with the eggs, add the stock and cream, stirring all the time, and it will then be ready for use. If cream is not used add so much more oil. It becomes thicker by keeping.

For a fish Mayonnaise, this sauce may be coloured with lobster-spawn,

pounded; and for poultry or meat, where variety is desired, a little parsley-juice may be used to add to its appearance. Cucumber, tarragon, or any other flavoured vinegar, may be substituted for plain, where they are liked.

Average Cost, for this quantity, *7d.*

Sufficient for a small salad.

Note.—In mixing the oil and vinegar with the eggs, put in first a few drops of oil, and then a few drops of vinegar, never adding a large quantity of either at one time. By this means, you can be more certain of the sauce not curdling. Patience and practice, let us add, are two essentials for making this sauce good.

735.—MILK SAUCE.

Ingredients.—½ pint of good milk or cream, yolks of 2 eggs, 1 teaspoonful of flour, sugar to taste.

Mode.—Beat the eggs, then put into a saucepan with the flour, sugar and milk or cream. Stir continuously till the boiling point is reached, then remove from the fire. Any flavouring liked may be added.

Time.—10 to 15 minutes. **Average Cost,** with milk, *3d.*; with cream, *1s.*

Seasonable at any time.

736.—MINT SAUCE. (*Fr.*—Sauce Menthe.)

(*To Serve with Roast Lamb.*)

Ingredients.—4 dessertspoonfuls of chopped mint, 2 dessertspoonfuls of pounded white sugar, ¼ pint of vinegar.

Mode.—Wash the mint, which should be young and fresh-gathered, free from grit; pick the leaves from the stalks, mince them very fine, and put them into a tureen; add the sugar and vinegar, and stir till the former is dissolved. This sauce is better by being made 2 or 3 hours before wanted for table, as the vinegar then becomes impregnated with the flavour of the mint. By many persons, the above proportion of sugar would not be considered sufficient; but as tastes vary, we have given the quantity which we have found to suit the general palate.

MINT.

Average Cost, *3d.*

Sufficient to serve with a middle-sized joint of lamb.

Note.—Where green mint is scarce and not attainable, mint vinegar may be substituted for it, and will be found very acceptable in early spring.

Mint.—The common mint cultivated in our gardens is known as the *Mentha viridis*, and is employed in different culinary processes, being sometimes boiled with certain dishes, and afterwards withdrawn. It has an agreeable aromatic flavour and forms an ingredient in soups, and sometimes is used in spring salads. It is valuable as a stomachic and anti-spasmodic; on which account it is generally served at table with pea-soup. Several of its species grow wild in low situations in the country.

737.—BROWN MUSHROOM SAUCE.

(*Fr.*—Sauce aux Champignons.)

(To Serve with Roast Meat, &c.)

Ingredients.—½ pint of button mushrooms, ½ pint of good beef gravy, No. 623; 1 tablespoonful of mushroom ketchup (if at hand); thickening of butter and flour.

Mode.—Put the gravy into a saucepan, thicken it, and stir over the fire until it boils. Prepare the mushrooms by cutting off the stalks and wiping them free from grit and dirt; the large flap mushrooms cut into small pieces will answer for a brown sauce, when the buttons are not obtainable. Put them into the gravy, and let them simmer very gently for about 10 minutes; then add the ketchup, and serve.

Time.—Rather more than 10 minutes.

Seasonable from August to October.

Note.—When fresh mushrooms are not obtainable, mushroom powder may be used as a substitute for brown sauce.

738.—WHITE MUSHROOM SAUCE.

(*Fr.*—Sauce aux Champignons.)

(To Serve with Boiled Fowls, Cutlets, &c.)

Ingredients.—Rather more than ½ pint of button mushrooms, lemon-juice and water, 1 oz. of butter, ½ pint of béchamel, No. 665; ¼ teaspoonful of pounded sugar.

Mode.—Turn the mushrooms white by putting them into lemon-juice and water, having previously cut off the stalks and wiped them perfectly free from grit. Chop them, and put them into a stewpan with the butter. When the mushrooms are softened, add the béchamel, and simmer for about 5 minutes; should they, however, not be done enough, allow rather more time. They should not boil longer than necessary, as they would then lose their colour and flavour. Rub the whole through a tammy, and serve very hot. After this, it should be warmed in a *bain marie*.

Time.—Altogether, ¼ hour. **Average Cost,** 1*s.*

Seasonable from August to October.

739.—WHITE MUSHROOM SAUCE.

(*Fr.*—Sauce aux Champignons.)

(A more simple Method.)

Ingredients.—½ pint of melted butter, made with milk, No. 679; ¾ pint of button mushrooms, 1 dessertspoonful of mushroom ketchup, if at hand; cayenne and salt to taste.

Mode.—Make the melted butter by Recipe No. 679, and add to it the mushrooms, which must be nicely cleaned, and free from grit, and the

stalks cut off. Let them simmer gently for about 10 minutes, or until they are quite tender. Put in the seasoning and ketchup; let it just boil, when serve.

Time.—Rather more than 10 minutes. **Average Cost,** 8*d.*

Seasonable from August to October.

Growth of the Mushroom and other Fungi.—The quick growth of the mushroom and other fungi is no less wonderful than the length of time they live, and the numerous dangers they resist while they continue in the dormant state. To spring up "like a mushroom in a night" is a Scriptural mode of expressing celerity; and this completely accords with all the observations which have been made concerning this curious class of plants. Mr. Sowerby remarks—"I have often placed specimens of the *Phallus canius* by a window over-night, while in the egg-form, and they have been fully grown by the morning."

740.—A VERY RICH AND GOOD MUSHROOM SAUCE.

(*Fr.*—Sauce aux Champignons.)

(To Serve with Fowls or Rabbits.)

Ingredients.—1 pint of mushroom-buttons, salt to taste, a little grated nutmeg, 1 blade of pounded mace, 1 pint of cream, 2 oz. of butter, flour to thicken.

Mode.—Cut off the stalks of the buttons and put them into a basin of salt and water. If they are large peel them; put them in a stewpan with the above ingredients and the butter and flour; boil the whole for about 10 minutes, stirring all the time. Pour some of the sauce over the fowls, and serve the remainder in a tureen.

Time.—10 minutes. **Average Cost,** 2*s.*

Sufficient to serve with a pair of fowls.

Seasonable from August to October.

741.—HOW TO MIX MUSTARD.

(*Fr.*—Moutarde à l'Anglaise.)

Ingredients.—Mustard, salt and water.

Mode.—Mustard should be mixed with cold water; hot water destroys its essential properties. Put the mustard in a cup, with a small pinch of salt, and mix with it very gradually sufficient water to make it drop from the spoon without being watery. Stir and mix well, and rub the lumps well down with the back of a spoon, as well-mixed mustard should be perfectly free from these. The mustard-pot should not be more than half full, or rather less if it will not be used in a day or two, as it is much better when freshly mixed.

742.—TARTAR MUSTARD.

Ingredients.—Horseradish vinegar, cayenne, ½ a teacupful of mustard.

Mode.—Have ready sufficient horseradish vinegar to mix with the above proportion of mustard; put the mustard in a cup, with a slight

seasoning of cayenne; mix it perfectly smooth with the vinegar, adding this a little at a time; rub down with the back of a spoon any lumps that may appear, and do not let it be too thin. Mustard may be flavoured in various ways, with tarragon, shalot, celery and many other vinegars, herbs, spices, &c.; but this is more customary in France than in England, as there it is merely considered a "vehicle of flavours," as it has been termed.

743.—MUSTARD SAUCE. (*Fr.*—Sauce Moutarde.)

(*For Fresh Herrings.*)

Ingredients.—1 teaspoonful of mustard, 1 dessertspoonful of flour, 3 oz. of butter, 1 gill of boiling water, 1 teaspoonful of vinegar.

Mode.—Mix the flour and mustard, knead them well with the butter, stir in the boiling water, and boil 5 minutes; add the vinegar, and serve.

744.—MUSTARD SAUCE. (*Fr.*—Sauce Moutarde.)

Ingredients.—1 tablespoonful of vinegar, 2 of dry mustard, 1 teaspoonful of flour, 1 ditto of salt, yolks of 2 eggs, 2 oz. of butter, 1 teacupful of water.

Mode.—Beat the yolks of the eggs well and put the butter to dissolve before the fire. Incorporate all the ingredients very thoroughly, put them into a saucepan, add the butter and stir continuously till it boils. The mixture should be of the consistency of cream; therefore, if it is too stiff more vinegar or water must be added. Thinly sliced pickles or a teaspoonful of tarragon vinegar are an agreeable addition to this sauce. This is excellent with any kind of meat or fish.

Time.—About 5 minutes. **Average Cost,** 5*d.*

Seasonable at any time.

745.—OLIVE SAUCE. (*Fr.*—Sauce aux Olives.)

Ingredients.—¼ lb. of French olives, ½ pint of stock, No. 272; 1 teaspoonful of lemon-juice.

Mode.—Carefully stone the olives by paring them round in ribbons so that they may recover their shape when stoned. Blanch them in boiling water, and throw them into cold water for 5 minutes, and stew slowly for half an hour in the gravy. Add the lemon and serve.

Time.—¾ hour. **Average Cost,** 10*d.* for this quantity.

Seasonable at any time.

Sufficient for a moderate-sized dish of rump-steak for 4 persons.

Note.—In choosing olives and keeping them fresh there are one or two points to be observed which, though apparently of small importance, just make the difference between having this delicious and too-seldom-used fruit in perfection, or in a second-rate condition. The best olive to choose is that

called *Picholine*—it should always be green, and very firm to the touch. If olives are too salt, let them soak in cold water for an hour before serving them. When used for dessert, they are placed in a small glass or other dish of fresh water, with a small silver fork in the dish. The olives that come from the table should be placed in a small bottle, in water slightly salted. Take care that they are completely covered, to hinder them from darkening in colour. (For OLIVE and OLIVE OIL, *see* SALAD-DRESSING.)

746.—SAUCE OF OLIVES. (*Fr.*—Sauce aux Olives.)

Ingredients.—¼ lb. of French olives, 1 pint of thickened butter, No 677; salt, nutmeg.

Mode.—Prepare the olives by cutting them and removing the stones. Simmer them in water till tender, then add a tablespoonful of lemon-juice to the thickened butter, put in the olives and serve. Caper sauce may be made in the same way.

Time.—¾ hour. **Average Cost,** 8*d.*

Seasonable at any time.

747.—FRENCH ONION SAUCE. (*Fr.*—Sauce Soubise.)

Ingredients.—½ pint of béchamel, No. 665; 1 bay-leaf, seasoning to taste of pounded mace and cayenne, 6 onions, a small piece of ham.

Mode.—Peel the onions and cut them in halves; put them in a stew-pan, with just sufficient water to cover them, and add the bay-leaf, ham, cayenne and mace; be careful to keep the lid closely shut, and simmer them until tender. Take them out and drain thoroughly; rub them through a tammy or sieve (an old one does for the purpose) with a wooden spoon, and put them to half a pint of béchamel; keep stirring over the fire until it boils, when serve. If it should require any more seasoning, add it to taste.

Time.—¾ hour to boil the onions. **Average Cost,** 10*d.* for this quantity.

Sufficient for a moderate-sized dish.

Note.—Throughout France, the purée of white onions is called *Soubise* (after the Prince of that name, *see* 640), and the purée of red onions, *Bretonne.* Soubise, well made, thoroughly drained, and carefully rubbed through the tammy, is exceedingly good. A common onion sauce, carelessly mixed, is detestable. To prevent the film which is liable to form on the surface of the sauce, a little cold gravy of fowl or beef should be stirred in with it the moment before serving.

748.—WHITE ONION SAUCE. (*Fr.*—Sauce Soubise.)

(*For Boiled Rabbits, Roast Shoulder of Mutton, &c.*)

Ingredients.—9 large onions, or 12 middling-sized ones; 1 pint of melted butter made with milk, No. 679; half a teaspoonful of salt, or rather more.

Mode.—Peel the onions and put them into water to which a little salt has been added, to preserve their whiteness, and let them remain for a quarter of an hour. Then put them in a stewpan, cover them with water, and let them boil until tender, and, if the onions should be very strong, change the water after they have been boiling for a quarter of an hour. Drain them thoroughly, chop them, and rub them through a tammy or sieve. Make 1 pint of melted butter, by recipe No. 679, and when that boils put in the onions, with a seasoning of salt; stir it till it simmers, when it will be ready to serve. If these directions are carefully attended to, this onion sauce will be delicious.

Time.—¾ to 1 hour to boil the onions. **Average Cost,** 9*d.* per pint.

Sufficient to serve with a roast shoulder of mutton or boiled rabbit.

Seasonable from August to March.

Note.—To make this sauce very mild and delicate, use Spanish onions, which can be procured from the beginning of September to Christmas. Two or three tablespoonfuls of cream, added just before serving, will be found to improve its appearance very much. Small onions, when very young, may be cooked whole, and served in melted butter. A sieve or tammy should be kept expressly for onions—an old one answers the purpose—as it is liable to retain the flavour and smell, which, of course, would be excessively disagreeable in delicate preparations.

749.—BROWN ONION SAUCE. (*Fr.*—Sauce Bretonne.)

Ingredients.—6 large onions, rather more than ½ pint of good gravy, 2 oz. of butter, salt and pepper to taste.

Mode.—Slice and fry the onions of a pale brown in a stewpan, with the above quantity of butter, keeping them well stirred, that they do not get black. When a nice colour, pour over the gravy, and let them simmer gently until tender. Now skim off every particle of fat, add the seasoning and rub the whole through a tammy or sieve; put it back in the saucepan to warm, and when it boils serve.

Time.—Altogether 1 hour.

Seasonable from August to March.

Note.—Where a very high flavouring is liked, add 1 tablespoonful of mushroom ketchup, or a small quantity of red wine.

History of the Onion.—It is not supposed that any variety of the onion is indigenous to Britain, as when the large and mild roots imported from warmer climates have been cultivated in these islands a few years, they deteriorate both in size and sweetness. It is therefore most likely that this plant was first introduced into England from Continental Europe, and that it originally was produced in a southern climate, and has gradually become acclimatised to a colder atmosphere.

750.—BROWN ONION SAUCE (without Stock. (*Fr.*—Sauce Bretonne.)

Ingredients.—2 large onions, 1 oz. of flour, 1 oz. of butter, ½ pint of stock, No. 272; salt, pepper, ½ teaspoonful of browning.

Mode.—Peel and chop the onions, then fry them with the butter in a stewpan till nicely browned, mix the flour to a smooth paste with a little water, add it to the onions with the stock and seasoning. Stir over the fire 10 minutes, then serve.

Time.—15 minutes altogether. **Average Cost,** 5*d.*

Seasonable at any time.

751.—SAUCE OF ORANGES.

(*To be eaten with Wild Ducks.*)

Ingredients.—2 Seville oranges, 1 glass of sherry, 1 breakfast-cupful of gravy, cayenne.

Mode.—Peel the oranges and boil the peel till soft, then drain and cut into thin strips. Then put the peel into a saucepan with the sherry (any white wine will do as well) and the gravy, which must be free from any particular flavouring, add the juice of the oranges and a pinch of cayenne. Simmer 5 minutes and pour over the ducks. This sauce should be acid, and if not sufficiently so, a teaspoonful or more of lemon-juice must be added.

Time.—Altogether 20 minutes. **Average Cost,** 10*d.*

752.—OYSTER SAUCE. (*Fr.*—Sauce aux Huitres.)

(*To Serve with Fish, Boiled Poultry, &c.*)

Ingredients.—3 dozen oysters, ½ pint of melted butter, made with milk, No. 679.

Mode.—Open the oysters carefully, and save their liquor; strain it into a clean saucepan (a lined one is best), put in the oysters, and let them just come to the boiling-point, when they should look plump. Take them off the fire immediately, and put the whole into a basin. Strain the liquor from them, mix with it sufficient milk to make half a pint altogether and follow the directions of No. 679. When the melted butter is ready and very smooth, put in the oysters, which should be previously bearded, if you wish the sauce to be really nice. Set it by the side of the fire to get thoroughly hot, *but do not allow it to boil*, or the oysters will immediately harden. Using cream instead of milk makes this sauce extremely delicious. When liked, add a seasoning of cayenne, or anchovy sauce; but, as we have before stated, a plain sauce *should* be plain, and not be overpowered by highly-flavoured essences; therefore we recommend that the above directions be implicitly followed, and no seasoning added.

Average Cost, for this quantity, 3*s.* 4*d.*

Sufficient for 6 persons. Never allow fewer than 6 oysters to 1 person, unless the party is very large.

Seasonable from September to April.

Note.—A more economical sauce may be made by using a smaller quantity of oysters, and not bearding them before they are added to the sauce; this may answer the purpose, but we cannot undertake to recommend it as a mode of making this delicious adjunct to fish, &c. Tinned oysters may also serve.

753.—PARSLEY AND BUTTER. (*Fr.*—Sauce Blanche aux Fines Herbes.)

(*To Serve with Calf's Head, Boiled Fowls, &c.*)

Ingredients.—2 teaspoonfuls of minced parsley, ½ pint of melted butter, No. 675; ½ teaspoonful of sweet herbs.

Mode.—Put into a saucepan a small quantity of water, slightly salted, and, when it boils, throw in a good bunch of parsley, which has been previously washed and tied together in a bunch; let it boil for 5 minutes, drain it, mince the leaves *very fine*, and put the above quantity in a tureen; pour over it half a pint of smoothly-made melted butter; stir once, that the ingredients may be thoroughly mixed, and serve.

Time.—5 minutes to boil the parsley. **Average Cost,** 4*d.*

Sufficient for 1 large fowl; allow rather more for a pair.

Seasonable at any time.

Note.—Sometimes, in the middle of winter, parsley leaves are not to be had, when the following will be found an excellent substitute:—Tie up a little parsley-seed in a small piece of muslin, and boil it for 10 minutes in a small quantity of water; use this water to make the melted butter with, and throw into it a little boiled spinach, minced rather fine, which will have an appearance similar to that of parsley.

PARSLEY.

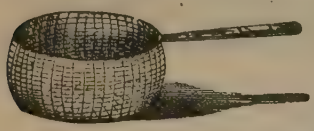
Parsley. (*Fr.*—Persil.)—If there be nothing new under the sun, there are, at any rate, different uses found for the same thing; for this pretty aromatic herb was used in ancient times, as we learn from mythological narrative, to adorn the head of a hero no less than Hercules; and now—was ever fall so great?—we moderns use it in connection with the head of—a calf. According to Homer's "Iliad," warriors fed their chariot steeds on parsley; and Pliny acquaints us with the fact that, as a symbol of mourning, it was admitted to furnish the funeral tables of the Romans. Egypt, some say, first produced this herb, thence it was introduced, by some unknown voyager, into Sardinia, where the Carthaginians found it, and made it known to the inhabitants of Marseilles.

754.—FRIED PARSLEY FOR GARNISHING. (*Fr.*—Persil frit pour Garniture.)

Ingredients.—Parsley, hot oil or clarified dripping.

Mode.—Gather some young parsley; wash, pick and dry it thoroughly in a cloth; put it into the wire basket of which we have given an en-

graving, and hold it in hot lard or dripping for a few seconds. Directly it is done, lift out the basket, and let it stand before the fire, that the parsley may become thoroughly crisp; and the quicker it is fried the better. The pan should be lifted off the fire, as parsley contains much water, and the fat may bubble over. It will want little more than dipping in, if the fat is properly hot. It is better to dip it in twice, than to keep it in too long the first time. Should the kitchen not be furnished with the above article, throw the parsley into the frying-pan, and, when crisp, lift it out with a slice, dry it before the fire, and, when thoroughly crisp, it will be ready for use. It ought to be as green as when it was growing, and quite dry.



WIRE BASKET.

Wire Basket.—For this recipe, a wire basket, as shown in the annexed engraving, will be found very useful. It is very light and handy, and may be used for other similar purposes besides that above described.

755.—PARSLEY JUICE. (*Fr.*—Jus de Persil.)

(*For Colouring various Dishes.*)

Mode.—Procure some nice young parsley; wash it and dry it thoroughly in a cloth; pound the leaves in a mortar till all the juice is extracted, and put the juice in a teacup or small jar; place this in a saucepan of boiling water, and warm it on the *bain marie* principle just long enough to take off its rawness; let it drain, and it will be ready for colouring.

756.—PLUM PUDDING SAUCE.

(*Fr.*—Sauce pour Plum Pouding.)

Ingredients.—1 wineglassful of brandy, 2 oz. of very fresh butter, 1 glass of madeira, pounded sugar to taste.

Mode.—Put the pounded sugar into a basin, with part of the brandy and the butter; let it stand by the side of the fire until it is warm, and the sugar and butter are dissolved; then add the rest of the brandy, with the madeira. Either pour it over the pudding or serve in a tureen. This is a very rich and excellent sauce.

Average Cost, 10*d.* for this quantity.

Sufficient for a pudding made for 6 persons.

757.—SOYER'S SAUCE FOR PLUM PUDDING.

Ingredients.—The yolks of 3 eggs, 1 tablespoonful of powdered sugar, 1 gill of milk, a very little grated lemon-rind, 2 small wineglassfuls of brandy.

Mode.—Separate the yolks from the whites of three eggs, and put the former into a stewpan; add the sugar, milk and grated lemon-rind, and stir over the fire until the mixture thickens; but do *not* allow it to *boil.* Put in the brandy; let the sauce stand by the side of the fire, to get quite hot; keep stirring it, and serve in a boat or tureen separately, or pour it over the pudding.

Time.—Altogether 10 minutes. **Average Cost,** 1*s.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

758.—POIVRADE SAUCE. (*Fr.*—Sauce Poivrade.)

Ingredients.—6 oz. of ham, 1 oz. of butter, 1 clove of garlic, 1 bay-leaf, 1 sprig of sweet basil, 1 of thyme, two cloves, 4 young onions, ½ pint of consommé, No. 276; 1 oz. of celery, 1 pinch of pepper and cayenne (where liked); 3 sprays of parsley, wineglassful of tarragon vinegar.

Mode.—Cut the ham into small pieces, and fry it in the butter, with the parsley, onions, garlic, bay-leaf, basil, thyme and cloves. When well fried over a quick fire, add the cayenne, sliced celery and pepper, vinegar and consommé, No. 276; let all simmer gently half an hour. Strain through a tammy and serve.

Time.—½ hour to simmer. **Average Cost,** 1*s.* for this quantity.

759.—QUIN'S SAUCE.

(*An excellent Fish Sauce.*)

Ingredients.—½ pint of walnut pickle, ½ pint of port, 1 pint of mushroom ketchup, 1 dozen anchovies, 1 dozen shalots, ¼ pint of soy, ½ teaspoonful of cayenne.

Mode.—Put all the ingredients into a saucepan, having previously chopped the shalots and anchovies very small; simmer for fifteen minutes, strain, and, when cold, bottle off for use; the corks should be well sealed, to exclude the air.

Time.—¼ of an hour.

Seasonable at any time.

760.—RASPBERRY SAUCE. (*Fr.*—Sauce aux Framboises.)

(*For Simple Puddings.*)

Ingredients.—4 eggs, 2 teaspoonfuls of flour, ¼ lb. of loaf sugar, 1 pint of fresh raspberry juice.

Mode.—Beat the eggs well, and smooth the flour with a little water; then put all into a saucepan; add the sugar and raspberry juice. Put

the pan on to the fire, and lightly whisk the contents till they thicken. It will become light and frothy, and should be served at once.

Time.—10 to 15 minutes. **Average Cost,** 1*s.* per pint.

Seasonable, June to September.

761.—FRENCH SALAD SAUCE. (*Fr.*—Sauce Ravigote.)

(*Mons. Ude's Recipe.*)

Ingredients.—1 teaspoonful of mushroom ketchup, 1 teaspoonful of cavice, 1 teaspoonful of Chili vinegar, 1 teaspoonful of Reading sauce, a piece of butter the size of an egg, 3 tablespoonfuls of thick béchamel, No. 665; 1 tablespoonful of minced parsley, 3 tablespoonfuls of cream, salt and pepper to taste.

Mode.—Scald the parsley, mince the leaves very fine, and add it to all the other ingredients; after mixing the whole together thoroughly, the sauce will be ready for use.

Average Cost, for this quantity, 10*d.*

Seasonable at any time.

762.—ROBERT SAUCE. (*Fr.*—Sauce Robert.)

(*For Steaks, &c.*)

Ingredients.—2 oz. of butter, 3 onions, 1 teaspoonful of flour, 4 tablespoonfuls of gravy, or stock No. 272, salt and pepper to taste, 1 teaspoonful of made mustard, 1 teaspoonful of vinegar, the juice of ½ lemon.

Mode.—Put the butter into a stewpan, set it on the fire, and, when browning, throw in the onions, which must be cut into small slices. Fry them brown, but do not burn them; add the flour, shake the onion in it, and give the whole another fry. Put in the gravy and seasoning, and boil it gently for 10 minutes; skim off the fat, add the mustard, vinegar and lemon-juice; give it one boil, and pour round the steaks, or whatever dish the sauce has been prepared for.

Time.—Altogether ½ hour. **Average Cost,** for this quantity, 6*d.*

Seasonable at any time.

Sufficient for about 2 lbs. of steak.

Note.—This sauce will be found an excellent accompaniment to roast goose, pork, mutton cutlets, and various other dishes.

763.—SAGINA SAUCE.

Ingredients.—6 large sage leaves, 2 onions, 1 teaspoonful of flour, 1 teaspoonful vinegar, butter, salt, pepper, ½ pint of gravy, No. 615.

Mode.—Scald the sage leaves and chop them, with the onions, to a mincemeat. Put them into a stewpan, with a piece of butter the size of a

walnut, sprinkle in the flour, cover close, and steam 10 minutes; then add the vinegar, gravy, and seasoning and simmer half an hour. This is excellent with roast pork.

Time.—40 minutes. **Average Cost,** 3½*d.* for this quantity.

Seasonable at any time.

764.—SALAD DRESSING.

(*Excellent.*)

Ingredients.—1 teaspoonful of mixed mustard, 1 teaspoonful of pounded sugar, 2 tablespoonfuls of salad oil, 4 tablespoonfuls of milk, 2 tablespoonfuls of vinegar, cayenne and salt to taste.

Mode.—Put the mixed mustard into a salad-bowl with the sugar, and add the oil drop by drop, carefully stirring and mixing all these ingredients well together. Proceed in this manner with the milk and vinegar, which must be added very *gradually*, or the sauce will curdle. Put in the seasoning, when the mixture will be ready for use. If this dressing is properly made, it will have a soft, creamy appearance, and will be found very delicious with crab or cold fried fish (the latter cut into dice), as well as with salads. In mixing salad dressings, the ingredients cannot be added *too gradually* or *stirred too much.*

Average Cost, for this quantity, 3*d.*

Sufficient for a small salad.

This recipe can be confidently recommended by the editress, to whom it was given by an intimate friend noted for her salads.

Scarcity of Salads in England.—Three centuries ago, very few vegetables were cultivated in England, and an author writing of the period of Henry VIII.'s reign, tells us that neither salad, nor carrots, nor cabbages, nor radishes; nor any other comestibles of a like nature, were grown in any part of the kingdom; they came from Holland and Flanders. We further learn that Queen Katherine herself, with all her royalty, could not procure a salad of English growth for her dinner. The king was obliged to mend this sad state of affairs, and send to Holland for a gardener in order to cultivate those pot-herbs, in the growth of which England is now, perhaps, not behind any other country in Europe.

765.—FRENCH SALAD DRESSING.

(*Fr.*—Sauce Remoulade.)

Ingredients.—4 eggs, ½ tablespoonful of made mustard, salt and cayenne to taste, 3 tablespoonfuls of olive oil, 1 tablespoonful of tarragon or plain vinegar.

Mode.—Boil 3 eggs quite hard for 10 minutes, put them into cold water, and let them remain in it for a few minutes; strip off the shells, put the yolks in a mortar, and pound them very smoothly; add to them, very gradually, the mustard, seasoning and vinegar, keeping all well stirred and rubbed down with the back of a wooden spoon. Put in the oil drop by drop, and when this is thoroughly mixed with the other ingredients,

add the yolk of a raw egg, and stir well, when it will be ready for use. This sauce should not be curdled; and to prevent this, the only way is to mix a little of everything at a time, and not to cease stirring. The quantity of oil and vinegar may be increased or diminished according to taste, as many persons would prefer a smaller proportion of the former ingredient.

TARRAGON.

GREEN REMOULADE is made by using tarragon vinegar instead of plain, and colouring with a little parsley-juice; any store sauce, or Chili vinegar, may be added at pleasure.

Time.—10 minutes to boil the eggs.

Average Cost, for this quantity, *7d.*

Sufficient for a salad made for 4 or 6 persons.

Tarragon. (Fr.—**Estragon.**)—The leaves of this plant, known to naturalists as *Artemisia dracunculus*, are much used in France as a flavouring ingredient for salads. From it also is made the vinegar known as tarragon vinegar, which is employed by the French in mixing their mustard. It originally comes from Tartary, and does not seed in France.

The Olive and Olive Oil.—This tree assumes a high degree of interest from the historical circumstances with which it is connected. A leaf of it was brought into the ark by the dove, when that vessel was still floating on the waters of the great deep, and gave the first token that the deluge was subsiding. Among the Greeks, the prize of the victor in the Olympic games was a wreath of wild olive; and the "Mount of Olives" is rendered familiar to our ears by its being mentioned in the Scriptures as near to Jerusalem. The tree is indigenous in the north of Africa, Syria and Greece; and the Romans introduced it to Italy. In Spain and in the south of France it is now cultivated; and although it grows in England, its fruit does not ripen in the open air. Both in Greece and Portugal the fruit is eaten in its ripe state; but its taste is not agreeable to many palates. To the Indian shepherd, bread and olives, with a little wine, form a nourishing diet: but in England, olives are usually only introduced by way of dessert, to destroy the taste of the viands which have been previously eaten, that the flavour of the wine may be the better enjoyed. There are three kinds of olives imported to London—the French, Spanish and Italian: the first are from Provence, and are generally accounted excellent; the second are larger but more bitter; and the last are from Lucca, and are esteemed the best. The oil extracted from olives, called olive oil, or salad oil, is, with the Continentals, in continual request, more dishes being prepared with than without it, we should imagine. With us, it is principally used in mixing a salad, and when thus employed, it tends to prevent fermentation, and is an antidote against flatulency.

THE OLIVE.

766.—SALAD DRESSING. (*Fr.*—Remoulade.)

(*Excellent.*)

Ingredients.—4 eggs, 1 teaspoonful of mixed mustard, ¼ teaspoonful of white pepper, half that quantity of cayenne, salt to taste, 4 tablespoonfuls of cream, vinegar.

Mode.—Boil the eggs until hard, which will be in about a quarter of an hour or 20 minutes; put them into cold water, take off the shells, and pound the yolks in a mortar to a smooth paste. Then add all the other ingredients, except the vinegar, and stir them well until the whole are thoroughly incorporated one with the other. Pour in sufficient vinegar to

make it of the consistency of cream, taking care to add but little at a time. The mixture will then be ready for use.

Average Cost, for this quantity, *7d.*

Sufficient for a moderate-sized salad.

Note.—The whites of the eggs, cut into rings, will serve very well as a garnishing to the salad.

767.—SALAD DRESSING.

(Another Mode. Excellent.)

Ingredients.—1 egg, 1 teaspoonful of salad oil, 1 teaspoonful of mixed mustard, ¼ teaspoonful of salt, ½ teaspoonful of pounded sugar, 2 tablespoonfuls of vinegar, 6 tablespoonfuls of cream.

Mode.—Prepare and mix the ingredients by the preceding recipe, and be very particular that the whole is well stirred.

Note.—In making salads, the vegetables, &c., should never be added to the sauce very long before they are wanted for table; the dressing, however, may always be prepared some hours before required. Where salads are much in request, it is a good plan to bottle off sufficient dressing for a few days' consumption, as, thereby, much time and trouble are saved. If kept in a cool place, it will remain good for 4 or 5 days.

Poetic Recipe for Salad.—The Rev. Sydney Smith, the witty Canon of St. Paul's, who thought that an enjoyment of the good things of this earth was compatible with aspirations for things higher, wrote the following excellent recipe for salad, which we should advise our readers not to pass by without a trial, when the hot weather invites to a dish of cold lamb. May they find the flavour equal to the rhyme:

"Two large potatoes, pass'd through kitchen sieve,
Smoothness and softness to the salad give;
Of mordent mustard add a single spoon,
Distrust the condiment that bites too soon;
But deem it not, thou man of herbs, a fault,
To add a double quantity of salt.
Four times the spoon with oil of Lucca crown,
And twice with vinegar procured from 'town;'
True flavour needs it, and your poet begs,
The pounded yellow of two well-boiled eggs.
Let onion's atoms lurk within the bowl,
And, scarce suspected animate the whole;
And, lastly, in the flavour'd compound toss
A magic spoonful of anchovy sauce.
Oh! great and glorious, and herbaceous treat,
'Twould tempt the dying anchorite to eat.
Back to the world he'd turn his weary soul,
And plunge his fingers in the salad-bowl."

768.—SARDINE SAUCE.

Ingredients.—6 large sardines, 1 shalot, rind of 1 lemon, 1 bay-leaf, pepper, salt, nutmeg, 1 pint gravy, No. 615; 1 oz. of butter, flour.

Mode.—Bone the sardines and chop them, then roll the butter in flour and put it into the gravy in a stewpan with the fish-bones and other

ingredients. Let it boil a quarter of an hour, then strain the sauce over the chopped sardines. This is a capital fish sauce.

Time.—¼ hour. **Average Cost,** 1*s.* per pint.

Seasonable at any time.

769.—SAUCE À L'AURORE.

(*For Trout, Soles, &c.*)

Ingredients.— The spawn of 1 lobster, 1 oz. of butter, ½ pint of béchamel, No. 665; the juice of ½ lemon, a high seasoning of salt and cayenne.

Mode.—Take the spawn and pound it in a mortar with the butter until quite smooth, and work it through a hair-sieve. Put the béchamel into a stewpan, add the pounded spawn, the lemon-juice, which must be strained, and a plentiful seasoning of cayenne and salt; let it just simmer, but do not allow it to boil, or the beautiful red colour of the sauce will be spoiled. A small spoonful of anchovy essence may be added at pleasure.

Time.—1 minute to simmer. **Average Cost,** for this quantity, 9*d.*

Sufficient for a pair of large soles.

Seasonable at any time.

770.—SHARP SAUCE. (*Fr.*—Sauce Piquante.)

(*For Cutlets, Roast Meats, &c.*)

Ingredients.—2 oz. of butter, 1 small carrot, 6 shalots, 1 small bunch of savoury herbs, including parsley, ½ a bay-leaf, 2 slices of lean ham, 2 cloves, 6 peppercorns, 1 blade of mace, 3 whole allspice, 4 tablespoonfuls of vinegar, ½ pint of stock, No. 272 or 273, 1 small lump of sugar, ¼ saltspoonful of cayenne, salt to taste.

Mode.—Put into a stewpan the butter, with the carrot and shalots, both of which must be cut into small slices; add the herbs, bay-leaf, spices and ham (which must be minced rather finely), and let these ingredients simmer over a slow fire, until the bottom of the stewpan is covered with a brown glaze. Keep stirring with a wooden spoon, and put in the remaining ingredients. Simmer very gently for a quarter of an hour, skim off every particle of fat, strain the sauce through a sieve, and serve very hot. Care must be taken that this sauce be not made too acid, although it should possess a sharpness indicated by its name. Of course the above quantity of vinegar may be increased or diminished at pleasure, according to taste.

Time.—Altogether ½ hour. **Average Cost,** 10*d.*

Sufficient for a medium-sized dish of cutlets.

Seasonable at any time.

771.—A GOOD SAUCE FOR VARIOUS BOILED PUDDINGS.

Ingredients.—¼ lb. of butter, ¼ lb. of pounded sugar, a wineglassful of brandy or rum.

Mode.—Beat the butter to a cream until no lumps remain; add the pounded sugar, and brandy or rum; stir once or twice until the whole is thoroughly mixed, and serve. This sauce may either be poured round the pudding or served in a tureen, according to the taste or fancy of the cook or mistress.

Average Cost, 8*d.* for this quantity.

Sufficient for a pudding.

772.—A GOOD SAUCE FOR STEAKS.

Ingredients.—1 oz. of whole black pepper, ½ oz. of allspice, 1 oz. of salt, ½ oz. of grated horseraddish, ½ oz. of pickled shalots, 1 pint of mushroom ketchup or walnut pickle.

Mode.—Pound all the ingredients finely in a mortar, and put them into the ketchup or walnut-liquor. Let them stand for a fortnight, when strain off the liquor and bottle for use. Either pour a little of the sauce over the steaks or mix it in the gravy.

Seasonable.—This can be made at any time.

Note.—In using a jar of pickled walnuts, there is frequently left a large quantity of liquor; this should be converted into a sauce like the above, and will be found a very useful relish.

The Growth of the Pepper Plant.—Our readers will see, amongst Pickles, a description, with engravings, of the qualities of black and long pepper, and an account of where these spices are found. We will here say something of the manner of the growth of the pepper-plant. Like the vine, it requires support, and it is usual to plant a thorny tree by its side to which it may cling. In Malabar, the chief pepper district of India, the jacca tree (*Artocarpus integrifolia*) is made thus to yield its assistance, the same soil being adapted to the growth of both plants. The stem of the pepper-plant entwines round its support to a considerable height; the flexile branches then droop downwards, bearing at their extremities, as well as at other parts, spikes of green flowers, which are followed by the pungent berries. These hang in large bunches, resembling in shape those of grapes; but the fruit grows distinct, each on a little stalk, like currants. Each berry contains a single seed, of a globular form, and brownish colour, but which changes to a nearly black when dried; and this is the pepper of commerce. The leaves are not unlike those of the ivy, but are larger and of rather a lighter colour; they partake strongly of the peculiar smell and pungent taste of the berry.

773.—SAVOURY JELLY FOR MEAT-PIES.
(*Fr.*—Gélée de Veau pour Pâtés.)

Ingredients.—3 lbs. of shin of beef, 1 calf's-foot, 3 lbs. of knuckle of veal, poultry trimmings (if for game-pies, any game trimmings); 2 onions stuck with cloves, 2 carrots, 4 shalots, a bunch of savoury herbs, 2 bay-leaves; when baked, 2 blades of mace and a little spice; 2 slices of lean ham, rather more than 2 quarts of water.

Mode.—Cut up the meat and put it into a stewpan with all the ingredients except the water; set it over a slow fire to draw down, and, when the gravy ceases to flow from the meat, pour in the water. Let it boil up, then carefully take away all scum from the top. Cover the stewpan closely, and let the stock simmer very gently for 4 hours, if rapidly boiled, the jelly will not be clear. When done, strain it through a fine sieve or flannel bag; and when cold, the jelly should be quite transparent. If this is not the case, clarify it with the whites of eggs, as described in recipe No. 282.

Time.—4 hours. **Average Cost,** for this quantity, 5*s.*

774.—SHRIMP SAUCE. (*Fr.*—Sauce aux Crevettes.)

(For Various Kinds of Fish.)

Ingredients.—⅓ pint of melted butter, No. 676, ¼ pint of picked shrimps, cayenne to taste.

Mode.—Make the melted butter very smoothly by recipe No. 676, shell the shrimps (sufficient to make ¼ pint when picked), and put them into the butter; season with cayenne, and let the sauce just simmer, but do not allow it to boil. When liked, a teaspoonful of anchovy sauce may be added.

Time.—1 minute to simmer. **Average Cost,** 6*d.* per pint.

Sufficient for 3 or 4 persons.

775.—SPANISH SAUCE. (*Fr.*—Sauce Espagnole.)

Ingredients.—6 lbs. of boned fillet of veal, 2 lbs. of gravy beef, 6 quarts of stock, No. 273, 1 lb. of butter, ¾ lb. of flour, ½ oz. of salt, ¼ oz. of mignonette pepper, 3 onions.

Mode.—Take a large stewpan and line it with butter using a quarter of a pound, then add the onions sliced, and on them place the veal and beef, 1 pint of stock. Set the pan on a brisk fire till the stock is reduced one-half, turn the meat frequently, and simmer gently. *The glaze must not be over cooked;* if so the sauce will taste disagreeably sharp. Take the stewpan off the fire when the meat is well glazed, cover it and do not touch it for 5 or 6 minutes; this is that the glaze may dissolve quickly. Now pour in the 6 quarts of stock, bring it to boiling point, then simmer for 2 hours, adding the salt and pepper. When the meat is quite cooked, remove it and strain the stock through a cloth. Now put the flour and the remainder of the butter into the saucepan, let it melt and mingle, then add the stock and stir with a wooden spoon. Simmer for two hours with the lid slightly raised and skim twice during the simmering and again before taking

from the fire. Strain through a cloth and put by for use. This will make 4 quarts of sauce. It will keep good for 3 or 4 days, so that, where it is much used, it will be better for the mistress to direct that a fair quantity be prepared, to save time.

Time.—5 hours.

Seasonable at any time.

776.—SPANISH SAUCE WITHOUT MEAT.
(*Fr.*—Sauce Espagnole Maigre.)

Ingredients.—3 onions, 2 carrots, 6 lbs. of gurnet, pike and whiting, 1 pint of white wine, 5 quarts of fish consommé, No. 280, 3¼ lbs. of clarified butter, ¾ lb. of flour, ¼ oz. of salt, mignonette pepper.

Mode.—Grease a stewpan with butter and put in the onions sliced, then lay the fish, cut in pieces, on top and add the wine. Boil all to a glaze, then pour in the fish consommé, add the carrots, salt, and pepper. Put the butter and flour into a stewpan, moisten with a little of the liquor and stir constantly till it boils, then add it to the other, and let it stand by the side of the fire to clear. Strain through a cloth and put by.

Time.—2 to 3 hours.

777.—BROWN SPANISH SAUCE. (*Fr.*—Espagnole.)

Ingredients.—2 slices of lean ham, 1 lb. of veal, 1½ pint of meat stock, No. 273; 2 or 3 sprigs of parsley, ½ a bay-leaf, 2 or 3 sprigs of savoury herbs, 6 green onions, 3 shalots, 2 cloves, 1 blade of mace, 2 glasses of sherry or madeira, thickening of butter and flour.

Mode.—Cut up the ham and veal into small square pieces, and put them into a stewpan. Moisten these with half a pint of the stock, No. 273, and simmer till the bottom of the stewpan is covered with a nicely-coloured glaze, when put in a few more spoonfuls to detach it. Add the remainder of the stock, with the spices, herbs, shalots and onions, and simmer very gently for 1 hour. Strain and skim off every particle of fat; and, when required for use, thicken with butter and flour, or with a little roux. Add the wine, and, if necessary, a seasoning of cayenne; when it will be ready to serve.

Time.—1½ hour. **Average Cost,** 2*s.* per pint.

Note.—The wine in this sauce may be omitted, and an onion sliced and fried of a nice brown substituted for it. This sauce or gravy is used for many dishes, and with most people is a general favourite.

778.—SPINACH-GREEN.

(For Colouring various Dishes.)

Ingredients.—2 handfuls of spinach.

Mode.—Pick and wash the spinach free from dirt, and pound the leaves in a mortar to extract the juice; then press it through a hair sieve, and put the juice into a small stewpan or jar. Place this in a *bain marie*, or saucepan of boiling water, and let it set. Watch it closely, as it should not boil; and, as soon as it is done, lay it in a sieve, so that all the water may drain from it, and the green will then be ready for colouring. If made according to this recipe, the spinach-green will be found far superior to that boiled in the ordinary way.

779.—HOT SPICE.

(A Delicious Adjunct to Chops, Steaks, Gravies, &c.)

Ingredients.—3 drachms each of ginger, black pepper and cinnamon, 7 cloves, ½ oz. of mace, ¼ oz. of cayenne, 1 oz. of grated nutmeg, 1½ oz. of white pepper.

Mode.—Pound the ingredients, and mix them thoroughly together, taking care that everything is well blended. Put the spice in a very dry glass bottle for use. The quantity of cayenne may be increased, should the above not be enough to suit the palate.

CINNAMON.

Cinnamon.—The cinnamon-tree (*Laurus Cinnamomum*) is a valuable and beautiful species of the laurel family, and grows to the height of 20 or 30 feet. The trunk is short and straight, with wide-spreading branches, and it has a smooth ash-like bark. The leaves are upon short stalks, and are of an oval shape, and 3 to 5 inches long. The flowers are in panicles, with six small petals, and the fruit is about the size of an olive, soft, insipid, and of a deep blue. This incloses a nut, the kernel of which germinates soon after it falls. The wood of the tree is white and not very solid, and its root is thick and branching, exuding a great quantity of camphor. The inner bark of the tree forms the cinnamon of commerce. Ceylon was thought to be its native island; but it has been found in Malabar, Cochin-China, Sumatra and the Eastern Islands; also in the Brazils, the Mauritius, Jamaica and other tropical localities.

780.—SUPREME SAUCE. (*Fr.*—Sauce Suprème.)

Ingredients.—½ pint of strong white stock, made entirely of fowls and veal, 2 pints of velouté, No. 798, and ½ pint of essence of mushrooms, 1 tablespoonful of béchamel, No. 665.

Mode.—Place all the ingredients (except the béchamel) in a stewpan, let them simmer gently for half an hour, after having once boiled up.

Skim and reduce it until thick enough to cover and cling to the spoon. Add the béchamel, and, if necessary, keep hot in a *bain marie*.

Time.—¾ hour. **Average Cost,** 2*s.* per pint.

Seasonable at any time.

781.—SWEET SAUCE. (*Fr.*—Sauce aux Groseilles.)

(*For Venison.*)

Ingredients.—A small jar of red-currant jelly, 1 glass of port.

Mode.—Put the above ingredients into a stewpan, set them over the fire, and, when melted, pour into a tureen and serve. It should not be allowed to boil.

Time.—5 minutes. **Average Cost,** for this quantity. 10*d.*

782.—SWEET SAUCE.

(*For Puddings.*)

Ingredients.—½ pint of melted butter made with milk, 3 heaped teaspoonfuls of pounded sugar, flavouring of grated lemon-rind, nutmeg or cinnamon.

Mode.—Make half a pint of melted butter by recipe No. 678, omitting the salt; stir in the sugar, add a little grated lemon-rind, nutmeg or powdered cinnamon, and serve. Previously to making the melted butter, the milk can be flavoured with bitter almonds, by infusing about half a dozen of them in it for about half an hour; the milk should then be strained before it is added to the other ingredients. This simple sauce may be served for children with rice, batter, or bread pudding.

Time.—Altogether, 15 minutes. **Average Cost,** 4*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

783.—TARTARE SAUCE. (*Fr.*—Sauce Tartare.)

Ingredients.—Yolks of 4 eggs, 1 teaspoonful of mustard, ½ teaspoonful of salt, olive oil, tarragon vinegar, pepper, cayenne, 2 shalots, or 2 tablespoonfuls of chopped pickled onions and gherkins.

Mode.—Break the yolks into a basin with the salt and mustard, then stir in a tablespoonful of olive oil, and then a teaspoonful of tarragon vinegar alternately until the sauce is of the right consistency. This must be done very gradually. Then add the chopped shalot or pickles.

Average Cost, 6*d.* for this quantity.

Seasonable at any time.

784.—TOMATO SAUCE—HOT. (*Fr.*—Sauce aux Tomates.)

(*To Serve with Cutlets, Roast Meats, &c.*)

Ingredients.—6 tomatoes, 2 shalots, 1 clove, 1 blade of mace, salt, sugar and cayenne to taste, ¼ pint of gravy, No. 614, or stock No. 272.

Mode.—Cut the tomatoes in two, put them in a stewpan with all the ingredients, and let them simmer *gently* until the tomatoes are tender enough to pulp; rub the whole through a sieve, boil it for a few minutes, and serve. The shalots and spices may be omitted when their flavour is objected to.

THE TOMATO.

Time.—1 hour, or rather more, to simmer the tomatoes.

Average Cost, for this quantity, 10*d.*

In full season in September and October.

Tomato, or Love-Apple.—The plant which bears this fruit is a native of South America, and takes its name from a Portuguese word. The tomato fruit is about the size of a small potato, and is chiefly used in soups, sauces and gravies. It is sometimes served to table roasted or boiled, and when green, makes a good ketchup or pickle. In its unripe state, it is esteemed as excellent sauce for roast goose or pork, and when quite ripe, a good store sauce may be prepared from it.

785.—TORTUE SAUCE. (*Fr.*—Sauce Tortue.)

Ingredients.—3 oz. of glaze, No. 715, 1 pint of essence of ham, 1 pint of essence of truffles, 1 pint of essence of mushrooms, 1 pint of madeira, 4 pints of Espagnole sauce, No. 775, cayenne.

Mode.—Put all the ingredients, except the Espagnole sauce and the cayenne into a stewpan, and simmer gently till it is reduced one half; then add the Espagnole sauce, and continue to simmer until the sauce is so reduced that it adheres thickly to a spoon. Strain the sauce through a cloth, and add to it as much cayenne as will lie on a sixpence.

Time.—3 hours. **Average Cost,** 3*s.* per pint.

Seasonable at any time.

786.—TOURNÉE SAUCE. (*Fr.*—Sauce Tournée.)

Ingredients.—1 pint of white stock, No. 278, thickening of flour and butter, or white roux, No. 799, a faggot of savoury herbs, including parsley, 5 chopped mushrooms, 6 green onions.

Mode.—Put the stock into a stewpan with the herbs, onions, and mushrooms, and let it simmer very gently for about half an hour; stir in sufficient thickening to make it of a proper consistency; let it boil for a

few minutes, then skim off all the fat, strain and serve. This sauce, with the addition of a little cream, is now frequently called Velouté.

Time.—½ hour. **Average Cost,** for this quantity, 10*d.*

Note.—If poultry trimmings are at hand, the stock should be made of these; and the above sauce should not be made too thick, as it does not then admit of the fat being nicely removed.

787.—VALOIS SAUCE. (*Fr.*—Sauce Valois.)

Ingredients.—2 dessertspoonfuls of vinegar, 2 shalots, 5 eggs, 4 oz. of butter, 1 oz. of glace de volaille, 1 teaspoonful of chopped parsley.

Mode.—Wash and finely mince the shalots, add the vinegar, and simmer gently till the vinegar is reduced. Let it cool, when add the yolks of five eggs, and one ounce of butter; stir thoroughly and add another ounce of butter. Mix thoroughly and replace on the fire, add the glace de volaille, and a third ounce of butter; again replace on the fire, when add the fourth ounce of butter, and again mix well. Add the chopped parsley, and serve.

Time.—¾ hour. **Average Cost,** 1*s.* 6*d.* per pint.

788.—GLACE DE VOLAILLE.

Ingredients.—6 lbs of knuckle of veal, 6 fowls, 1 lb. of carrots, 1 lb. of leeks, 1 lb. of onions, 1 oz. of salt, and 9 quarts of water.

Mode.—Bone and mince the veal; add salt, carrots, leeks, and onions; let all gently simmer till the meat is thoroughly cooked, remove the meat and fowls, and strain the liquor through a clean cloth; place in a large stewpan and reduce it to two-thirds of the quantity, and pour out into a large basin. When cold enough to be a fine hard jelly, remove the layer on the top, and turn the jelly out of the basin, removing the deposit at the bottom. Place the now clear and solid jelly in a stewpan, and again reduce it one-third over a fierce fire, stirring it the whole time with a wooden spoon. Pour into a basin, and use as required.

Time.—2 days. **Average Cost,** 2*s.* 6*d.* per pint.

Note.—"Glace," or strong savoury jelly, may be made of fish, game, fowls or meat.

789.—VANILLA CUSTARD SAUCE.

(*To Serve with Puddings.*)

Ingredients.—½ pint of milk, 2 eggs, 2 oz. of sugar, 10 drops of essence of vanilla.

Mode.—Beat the eggs, sweeten the milk; stir these ingredients well together, and flavour them with essence of vanilla, regulating the proportion of this latter ingredient by the strength of the essence, the size of the eggs, &c. Put the mixture into a small jug, place this jug in a saucepan of boiling water, and stir the sauce *one way* until it thickens; but do not allow it to boil, or it will instantly curdle. Serve in a boat or tureen separately, with plum, bread, or any kind of dry pudding. Essence of bitter almonds or lemon-rind may be substituted for the vanilla, when they are more in accordance with the flavouring of the pudding with which the sauce is intended to be served.

Time.—To be stirred in the jug from 8 to 10 minutes. **Average Cost,** 4*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

790.—SAUCE FOR WILD FOWL.

(*Fr.*—Sauce au Vin Rouge.)

Ingredients.—1 glass of red wine, 1 tablespoonful of Leamington sauce, No. 722, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of lemon-juice, 1 slice of lemon-peel, 1 large shalot cut in slices, 1 blade of mace, cayenne to taste.

Mode.—Put all the ingredients into a stewpan, set it over the fire, till thoroughly hot, then take out the lemon-peel and onion, and the sauce will be ready.

Time.—15 minutes. **Average Cost,** 6*d.*

Sufficient for a brace of birds.

791.—WINE SAUCE.

(*For Puddings. Excellent.*)

Ingredients.—The yolks of 4 eggs, 1 teaspoonful of flour, 2 oz. of pounded sugar, 2 oz. of fresh butter, ¼ saltspoonful of salt, ½ pint of sherry or madeira.

Mode.—Put the butter and flour into a saucepan, and stir them over the fire until the former thickens; then add the sugar, salt and wine, and mix these ingredients well together. Separate the yolks from the whites of 4 eggs; beat up the former, and stir them briskly to the sauce; let it remain over the fire until it is on the point of simmering; but do not allow it to boil, or it will instantly curdle. This sauce is delicious with plum, marrow or bread puddings; but should be served separately, and not poured over the pudding.

Time.—From 5 to 7 minutes to thicken the butter; about 5 minutes to stir the sauce over the fire. **Average Cost,** 1*s.* 6*d.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

792.—WINE SAUCE.

(*For Puddings. Another Mode.*)

Ingredients.—½ pint of sherry, ¼ pint of water, the yolks of 5 eggs, 2 oz. of pounded sugar, ½ teaspoonful of minced lemon-peel, a few pieces of candied citron cut thin.

Mode.—Separate the yolks from the whites of 5 eggs; beat them, and put them into a very clean saucepan (if at hand, a lined one is best); add all the other ingredients, place them over a sharp fire, and keep stirring until the sauce begins to thicken; then take it off and serve. If it is allowed to boil, it will be spoiled, as it will immediately curdle.

Time.—To be stirred over the fire 3 or 4 minutes; but it must not boil. **Average Cost,** 1*s.* 3*d.*

Sufficient for a large pudding; allow half this quantity for a moderate-sized one.

Seasonable at any time.

793.—WINE OR BRANDY SAUCE.

(*For Puddings.*)

Ingredients.—½ pint of melted butter, No. 676, 3 heaped teaspoonfuls of pounded sugar; 1 *large* wineglassful of port or sherry, or ¾ of a *small* wineglassful of brandy.

Mode.—Make half a pint of melted butter by recipe, No. 676, omitting the salt; then stir in the sugar and wine, or spirit, in the above proportion, and bring the sauce to the point of boiling. Serve in a boat or tureen separately, and, if liked, pour a little of it over the pudding. To convert this into punch sauce, add to the sherry and brandy a small wineglassful of rum and the juice and grated rind of half a lemon. Liqueurs, such as maraschino or curaçoa, substituted for the brandy, make excellent sauces.

Time.—Altogether, 15 minutes. **Average Cost,** 8*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

794.—SIMPLE WINE SAUCE.

(*For Plum or other Puddings.*)

Ingredients.—½ pint of sweet wine, yolks of 3 eggs, 1 lemon, 6 lumps of sugar, 1 tablespoonful of flour.

Mode.—Rub the sugar on the lemon, then squeeze the latter into the wine, add the beaten yolks of the eggs, the sugar and flour (the latter rubbed to a smooth paste with a little water). Put all in a saucepan and stir over the fire till it is like thick cream, then serve.

Time.—15 minutes. **Average Cost,** 9*d.*

Seasonable at any time.

795.—WHITE SAUCE. (*Fr.*—Sauce Blanche.)

(*Good.*)

Ingredients.—½ pint of white stock, No. 278, ½ pint of cream, 1 dessertspoonful of flour, salt to taste.

Mode.—Have ready a delicately-clean saucepan, into which put the stock, which should be well flavoured with vegetables, and rather savoury; mix the flour smoothly with the cream, add it to the stock, season with a little salt, and boil all these ingredients very gently for about 10 minutes, keeping them well stirred the whole time, as this sauce is very liable to burn.

Time.—10 minutes. **Average Cost,** 1*s.* 2*d.*

Sufficient for a pair of fowls.

Seasonable at any time.

796.—WHITE SAUCE. (*Fr.*—Sauce Blanche.)

(*Made without Meat.*)

Ingredients.—2 oz. of butter, 2 small onions, 1 carrot, ½ small teacupful of flour, 1 pint of new milk; salt and cayenne to taste.

Mode.—Cut up the onions and carrot very small, and put them into a stewpan with the butter; simmer them till the butter is nearly dried up; then stir in the flour, and add the milk; boil the whole gently until it thickens; strain it, season with salt and cayenne, and it will be ready to serve.

Time.—¼ hour. **Average Cost,** 5*d.*

Sufficient for a pair of fowls.

Seasonable at any time.

797.—WHITE SAUCE. (*Fr.*—Crême au Riz.)

(*A very Simple and Inexpensive Method.*)

Ingredients.—1½ pint of milk, 1½ oz. of rice, 1 strip of lemon-peel, 1 small blade of pounded mace, salt and cayenne to taste.

Mode.—Boil the milk with the lemon-peel and rice until the latter is perfectly tender, then take out the lemon-peel and pound the milk and rice together; put it back into the stewpan to warm, add the mace and

seasoning, give it one boil, and serve. This sauce should be of the consistency of thick cream.

Time.—About 1½ hour to boil the rice. **Average Cost,** 4*d.*

Sufficient for a pair of fowls.

Seasonable at any time.

798.—WHITE CULLIS. (*Fr.*—Velouté.)

Ingredients.—4 slices of good bacon, a knuckle of veal, the limbs of a young fowl, the white part of two carrots, 12 young onions, 1½ pint of cream, 1 bouquet of sweet herbs, 3 tablespoonfuls of rice-flour, 1 pint consommé, No. 276.

Mode.—Let the bacon, veal, fowl, carrots and onions simmer slowly over a gentle fire, until all the juice is extracted, then moisten with consommé, No. 276, and add the herbs; when all the strength is drawn from the meat, let the gravy settle; skim, strain, and reduce it by quick boiling, till it is nearly a jelly. Mix the rice-flour gradually with the cream; set it on the fire, and when it boils, add it to the sauce; boil until smooth, stir well, and remove it from the fire; pour a spoonful of meat jelly over, to prevent a skin from gathering on the surface. It should be as smooth as velvet.

Time.—2 hours. **Average Cost,** 3*s.* 4*d.* for this quantity.

Seasonable at any time.

799.—BROWN FLOUR. (*Fr.*—Roux.)

(A French Thickening for Gravies and Sauces.)

Ingredients.—6 oz. of butter, 9 oz. of flour.

Mode.—Melt the butter in a stewpan over a slow fire, and dredge in the flour very gradually, till it is of a light-brown colour; to obtain this do it very slowly, otherwise the flour will burn and impart a bitter taste to the sauce it is mixed with. Pour it in a jar, and keep it for use: it will remain good some time.

Time.—About ½ hour. **Average Cost,** 7*d.*

800.—WHITE ROUX.

(For Thickening White Sauces.)

Mode.—Allow the same proportions of butter and flour as in the preceding recipe, and proceed in the same manner as for brown roux, but do not keep it on the fire too long, and take care not to let it colour. This is used for thickening white sauce. Pour it into a jar to use when wanted.

Time.—¼ hour. **Average Cost,** 7*d.*
Sufficient.—A dessertspoonful will thicken a pint of gravy.

Note.—Besides the above, sauces may be thickened with potato flour, ground rice, baked flour, arrowroot, cornflour, &c.; the latter will be found far preferable to the ordinary flour for white sauces. A slice of bread, toasted and added to gravies, answers the two purposes of thickening and colouring them.

801.—WHITE STOCK. (*Fr.*—Blond de Veau.)

(*A good Foundation for many Sauces.*)

Mode.—This is made precisely in the same manner as stock No. 278, and, for ordinary purposes, will be found quite good enough. When, however, a stronger stock is desired, either put in half the quantity of water, or double that of the meat. This is a very good foundation for all white sauces.

802.—ZWETSCHEN SAUCE. (*Fr.*—Sauce aux Pruneaux.)

(*Piquant Sauce for Plain Puddings.*)

Ingredients.—½ lb. of best French prunes, 1 glass of wine, juice of 1 lemon and part of rind, ½ teaspoonful powdered cinnamon, sugar to taste.

Mode.—Simmer the prunes in a saucepan with just enough water to cover them, until soft. Then remove them from the pan, take out the stones, crack them, and save the kernels; then return the fruit to the pan, add the other ingredients, simmer for 7 or 8 minutes, then strain through a coarse sieve, adding more wine or water if too thick.

Time.—½ hour. **Average Cost,** 1*s.*
Seasonable at any time.

MEAT ESSENCES.

(Much Used in High-class Cookery.)

803.—ESSENCE OF CHICKEN.

Ingredients.—Legs and fillets of 6 chickens, 2 lbs. of fillet of veal, 3 quarts of chicken consommé, 1 carrot, 2 onions, a small bunch of sweet herbs, 2 cloves.

Mode.—Break the chicken-bones and cut the veal into 4 or 5 pieces; then put it, with the legs and fillets, into a stewpan. Pour the consommé over and put in the vegetables. Simmer for 2 hours or till the meat is

entirely cooked. Strain through a cloth, remove all fat and put away for use.

Time.—2 hours. **Average Cost,** 2*s.* per pint.

Seasonable at any time.

804.—ESSENCE OF PHEASANT.

Ingredients.—6 pheasants, 1 pint of madeira, 1 bunch of herbs, 1 carrot, 1 onion, ¼ teaspoonful of grated nutmeg, 2 cloves, 3 quarts of consommé, No. 276.

Mode.—Take the legs and fillets of the pheasants, break the bones and put them into a stewpan with all ingredients save the stock. Boil to a glaze, then add the stock, let it boil, and simmer for 1½ hour, strain and remove the fat. Any other game essence is made in the same way.

Time.—2 hours. **Average Cost,** 2*s.* per pint.

Seasonable, October to February.

805.—ESSENCE OF TRUFFLES.

Ingredients.—2 lbs. of truffles, 1 bunch of sweet herbs, ½ oz. of salt, ¼ teaspoonful of mignonnette pepper, same of grated nutmeg, 1 bottle of madeira, 1 quart of chicken consommé.

Mode.—Peel and wash the truffles, then put the whole of the ingredients into a stewpan and boil over a brisk fire for 20 minutes, keeping the pan lid on. When cold, strain the essence through a cloth. The truffles will do for garnishes, as all their virtue will not have left them. Essence of mushrooms is prepared in the same manner.

Time.—20 minutes. **Average Cost,** seldom bought in this country.

Seasonable from November to March.

806.—ESSENCE OF MEAT AND VEGETABLES.
(*Fr.*—Mirepoix.)

Ingredients.—2 lbs. of fillet of veal, 1 lb. of fat bacon, 2 lbs. of raw ham, 4 onions, 4 shalots, 4 bay-leaves, 1 small bunch of thyme, 5 quarts of stock, No. 274; 2 bottles of madeira, ½ oz. of mignonnette pepper.

Mode.—Cut up the meat into slips one and a half inch long, slice the onions and put meat, vegetables and herbs into a stewpan and fry of a light brown colour; then add the stock, wine and pepper, bring the whole to boiling point, then simmer very gently for 2 hours. Strain through a cloth and put aside with the fat on.

Time.—2½ hours. **Average Cost,** 1*s.* 4*d.* per pint.

Seasonable at any time.

807.—CROÛTONS AND FRIED BREAD-CRUMBS.

Croûtons for Soup.

Ingredients.—Bread, clarified butter.

Mode.—Cut up some bread, minus the crust, into dice-like pieces ½ inch square, fry them in clarified butter till they are of a light golden colour; they should be coloured evenly all over.

Sippets and Croûtons for Entrées.

Mode.—Cut bread as before, but in heart-shaped pieces about 2 inches long and half an inch thick; fry as for croûtons for soup. For a border, the sippets look well alternately dark and light, the former made by dipping one side of the sippet into beaten white of egg in which a little flour has been mixed.

Croûtons for Vegetable Entremets.

Mode.—Cut bread as before, but in triangular pieces one and a half inch long.

Fried Bread-crumbs.

Mode.—For fried bread-crumbs, put some dry crusts or thin slices of bread into a cool oven for a night, and when thoroughly dry and crisp roll them into crumbs. Fry them quickly in lard or butter, lift them out with a slice, and drain them well. They should be perfectly crisp before serving.

Liaisons of eggs for thickening sauces (see par. 645) are made by mixing well-beaten yolks of eggs with double the quantity of milk or cream. This thickening must be carefully stirred into the sauce, which must not be allowed to boil or the eggs will curdle.

Note.—Bread for croûtons should be stale, and for all the preceding recipes should be cut about half an inch thick. For even the simplest hash these croûtons (which can be fried in good dripping for this purpose) are an improvement upon sippets of toasted bread. Bread nicely fried is also preferred by many under poached eggs, instead of buttered toast, and is an excellent accompaniment to our standard breakfast dish of eggs and bacon.

VARIOUS MODES OF COOKING MEAT.

CHAPTER XI.

GENERAL REMARKS.

808. ***The Probability is that the Human Race,*** for a long period, lived wholly on fruits. Man's means of attacking animals, even if he had the desire of slaughtering them, were very limited until he acquired the use of arms. He, however, eventually made weapons for himself, and made prey of the animals that surrounded him. It is possible that man might subsist on vegetables; but their preparation needs the knowledge of art, only to be obtained after the lapse of many centuries. Man's first weapons were, perhaps, stones flung from the hand, perhaps the branches of trees; all this is little more than conjecture. Bows and arrows have been found with the natives of all climates and latitudes, but the invention and use of these indicates an advancement of civilisation only to be reached in the slow progress of centuries. Some kind of rude sling for stones is found in very early ages. It seems singular at first, how this idea presented itself to individuals so differently placed; but examined, the notion is natural enough to all. The primeval period may be divided into four epochs. First the palæolithic, or first stone age; secondly, the neolithic, or second stone age; thirdly, the bronze age; and lastly, the iron age. The antiquities of the first stone age, which consist entirely of implements of unpolished stone, bone and horn, though very old historically—far older than Egyptian or Assyrian remains—belongs to a recent period in geology, being usually found in beds of river drift or gravel. The men of this period were ignorant of pottery and metals, they possessed no domestic animals, and did not cultivate the soil. The climate of Europe was much colder than at present, but the rivers ran in the same beds and drained the same areas as they do now. The second stone age possesses marked peculiarities of its own: polished stone implements made their appearance, domestic animals were used, and cooking their flesh began.

809. ***Brillat Savarin*** says that raw flesh has but one inconvenience—from its viscousness it attaches itself to the teeth. He goes on to say that it is not, however, disagreeable; but, when seasoned with salt, that it is easily digested. He tells a story of a Croat captain whom he invited to dinner in 1815, during the occupation of Paris by the allied troops. This officer was amazed at his host's preparations, and said: "When we are campaigning, and get hungry, we knock over the first animal we find, cut off a steak, powder it with salt, which we always have in the sabretasche, put it under the saddle, gallop over it for half a mile, and then dine like princes." Again, of the huntsmen of Dauphiny it is said, that when they are out shooting in September, they take with them both pepper and salt. If they kill a very fat bird, they pluck

and season it, and, after carrying it some time in their caps, eat it. This, they declare, is the best way of serving it up.

810. ***Subsequently to the Croat Mode,*** which, doubtless, was in fashion in the earlier ages of the world, fire was discovered. This was an accident; for fire is not, although we are accustomed to call it so, an element, or spontaneous. Many savage nations have been found utterly ignorant of it, and many races had no other way of dressing their food than by exposing it to the rays of the sun.

811. ***The Inhabitants of the Marian Islands,*** which were discovered in 1521, had no idea of fire. Never was astonishment greater than theirs when they first saw it, on the descent of Magellan, the navigator, on one of their isles. At first they thought it a kind of animal that fixed itself to and fed upon wood. Some of them, who approached too near, being burnt, the rest were terrified, and durst only look upon it at a distance. They were afraid, they said, of being bit, or lest that dreadful animal should wound with his violent respirations and dreadful breath; for these were the first notions formed of the heat and flame. Such, too, probably, were the notions the Greeks originally formed of them.

812. ***Fire having been discovered,*** mankind endeavoured to make use of it for drying and afterwards for cooking their meat; but they were a considerable time before they hit upon proper and commodious methods of employing it in the preparation of their food.

813. ***Meat, then, placed on burning fuel*** was found better than when raw; it had more firmness, was eaten with less difficulty, and the ozmazome, being condensed by the carbonisation, gave it a pleasing perfume and flavour. Still, however, the meat cooked on the coal would become somewhat befouled, certain portions of the fuel adhering to it. This disadvantage was remedied by passing spits through it, and placing it a suitable height above the burning fuel. Thus grilling was invented; and it is well known that, simple as is this mode of cookery, yet all meat cooked in this way is richly and pleasantly flavoured. In Homer's time the art of cookery had not advanced much beyond this; for we read in the "Iliad," how the great Achilles and his friend Patroclus regaled the three Grecian leaders on bread, wine and broiled meat. It is noticeable, too, that Homer does not speak of boiled meat anywhere in his poems. Later, however, the Jews, coming out of their captivity in Egypt, had made much greater progress. They undoubtedly possessed kettles; and in one of these, Esau's mess of pottage, for which he sold his birthright, must have been prepared.

Having thus briefly traced a history of Gastronomical Progresses, we will now proceed to describe the various methods of cooking meat and make a few observations on the chemical changes which occur in each of the operations.

814. ***Mode of Cooking Meat in this Country.*** Broiling, plain boiling, roasting and baking are the usual methods of cooking animal food. To explain the philosophy of these simple operations, we must advert to the effects that are produced by heat on the principal constituents of flesh. When finely chopped mutton or beef is soaked for some time in a small quantity of clean water, and then subjected to slight pressure, the juice of the meat is extracted, and there is left a white, tasteless residue, consisting chiefly of muscular fibres. When this residue is heated to between 180° and 200° Fahrenheit, the fibres shrink together and become hard and horny. The influence of an elevated temperature on the soluble extract of flesh is not less remarkable. When the watery infusion, which

contains all the savoury constituents of the meat, is gradually heated, it soon becomes turbid; and, when the temperature reaches about 160°, flakes of whitish matter separate. These flakes are *albumen*, a substance precisely similar, in all its properties, to the white of egg. When the temperature of the watery extract is raised to 158°, the colouring matter of the blood coagulates, and the liquid, which was originally tinged red by this substance, is left perfectly clear, and almost colourless. When evaporated, even at a gentle heat, this residual liquid gradually becomes brown, and acquires the flavour of roast meat.

815. ***Interesting Facts,*** discovered in the laboratory, throw a flood of light upon the mysteries of the kitchen. The fibres of meat are surrounded by a liquid which contains albumen in its soluble state, just as it exists in the unboiled egg. During the operation of boiling or roasting, this substance coagulates. The tenderness of well-cooked meat is consequently proportioned to the amount of heat employed and the slight or complete coagulation of the albumen deposited in its substance. Meat is done when it has been heated throughout only to the temperature of coagulating albumen, provided the heat is continued long enough; it is thoroughly done when it has been heated through its whole mass to the temperature at which the colouring matter of the blood coagulates; it is overdone when the heat has been continued long enough to harden the fibres in the albumen.

816. ***The Juice of Flesh is Water,*** holding in solution many substances besides albumen which are of the highest possible value as articles of food. In preparing meat for the table, great care should be taken to prevent the escape of this precious juice, as the succulence and sapidity of the meat depend on its retention. The meat to be cooked should be exposed at first to a quick heat, which immediately coagulates the albumen on and near the surface. A kind of shell is thus formed, which effectually retains the whole of the juice within the meat.

817. ***During the operations of Boiling, Roasting and Baking,*** fresh beef and mutton, when moderately fat, lose, according to Johnston, on an average about—

	In boiling.	In baking.	In roasting.
4 lbs. of beef lose	1 lb.	1 lb. 3 oz.	1 lb. 5 oz.
4 lbs. of mutton lose	14 oz.	1 lb. 4 oz.	1 lb. 6 oz.

BAKING.

818. ***The difference between Roasting Meat and Baking it*** may be generally described as consisting in the fact, that, in baking it, the fumes caused by the operation are not carried off in the same way as occurs in roasting. Much, however, of this disadvantage is obviated by the improved construction of modern ovens. With meat baked in the generality of ovens without ventilators, there is apt to be a peculiar taste, which depends very much more on the cleanness of the oven, the burning of fat in the pan or on the floor, and the habit of cooking many different dishes at once, than on the oven itself. The chemistry of baking may be said to be the same as that described in roasting. Should the oven be very brisk, it will be found necessary to cover the joint with a piece of white paper, to prevent the meat from being scorched and blackened outside before the heat

TIN BAKING DISH.

can penetrate into the inside. This paper should be removed half an hour before the time of serving dinner, so that the joint may take a good colour. By means of a jar, many dishes, which will be enumerated under their special heads, may be economically prepared in the oven. The principal of these are soups, stews, gravies, jugged hare, beef tea; and this mode of cooking may be advantageously adopted with a ham, which has previously been covered with a common crust of flour and water.

819. ***All Dishes Prepared for Baking*** should be more highly seasoned than when intended to be roasted. There are some dishes which, it may be said, are at least equally well cooked in the oven as by the roaster; thus, a shoulder of mutton and baked potatoes, a fillet or breast of veal, a sucking-pig, a hare, well basted, will be received by connoisseurs as well, when baked, as if they had been roasted. Indeed, the family oven, may often, as has been said, be substituted for the cook and the spit with greater economy and convenience. The baker's oven is used for everyone's dinner at once, and, therefore, it does not produce the best results.

BOILING.

820. ***Boiling,*** or the preparation of meat by hot water, though one of the easiest processes in cookery, requires skilful management. Boiled meat should be tender, savoury, and full of its own juice, or natural gravy; but, through the carelessness and ignorance of cooks, it is too often sent to table hard, tasteless and innutritious. To insure a successful result in boiling flesh, the heat of the fire must be judiciously regulated, and the proper quantity of water must be kept up in the pot.

821. ***Many Writers on Cookery*** assert that the meat to be boiled should be put into *cold water*, and that the pot should be heated gradually; but Liebig, the highest authority on all matters connected with the chemistry of food, has shown that meat so treated loses some of its most nutritious constituents. "If the flesh," says the great chemist, "be introduced into the boiler when the water is in a state of brisk ebullition, and if the boiling be kept up for a few minutes, and the pot then placed in a warm place, so that the temperature of the water is kept at 158° to 165°, we have the united conditions for giving to the flesh the qualities which best fit it for being eaten." When a piece of meat is plunged into boiling water, the albumen which is near the surface immediately coagulates, forming an envelope which prevents the escape of the internal juice, and most effectually excludes the water, which, by mixing with this juice, would render the meat insipid. The old-fashioned way of putting a paste over half a leg of mutton or other divided joint is also an excellent precaution. Meat treated thus, is juicy and well-flavoured, when cooked, as it retains most of its savoury constituents. On the other hand, if the piece of meat be set on the fire with cold water, and this slowly heated to boiling, the flesh undergoes a loss of soluble and nutritious substances, while, as a matter of course, the soup becomes richer in these matters. The albumen is gradually dissolved, from the surface to the centre; the fibre loses, more or less, its quality of shortness or tenderness, and becomes hard and tough: the thinner the piece of meat is, the greater is its loss of savoury constituents. In order to obtain well-flavoured and eatable meat, we must relinquish the idea of making good soup from it, as that mode of boiling which yields the best soup gives the driest, toughest and most sapid meat. Slow boiling whitens the meat: and, we suspect, that it is on this account that it is in such favour with the cooks. The wholesomeness of food is, however, a matter of much greater moment than the appearance it presents on the table. It should be borne in mind, that the whiteness of meat

that has been boiled slowly is produced by the loss of some important alimentary properties.

822. ***The Objections we have raised*** to the practice of putting meat on the fire in cold water, apply with equal force to the practice of soaking meat before cooking it, which is so strongly recommended by some cooks. Fresh meat ought never to be soaked or washed unless absolutely necessary, as all its most nutritive constituents are soluble in water. Soaking, however, is an operation that cannot be entirely dispensed with in the preparation of animal food. Salted and dried meats require to be soaked for some time in water before they are cooked.

The fire must be watched with great attention during the operation of boiling, so that its heat may be properly regulated. As a rule, the pot should be kept in a simmering state; a result which cannot be attained without vigilance.

823. ***The Temperature at which Water Boils,*** at the sea level, is 212° Fahr. Water does not become hotter after it has begun to boil, however long or with whatever violence the boiling is continued. This fact is of great importance in cookery, and attention to it will save much fuel. Water made to boil in a gentle way by the application of a moderate heat is just as hot as when it is made to boil on a strong fire with the greatest possible violence. When once water has been brought to the boiling point, the fire may be considerably reduced, as a very gentle heat will suffice to keep the water at its highest temperature.

824. ***The Scum which rises*** to the surface of the pot during the operation of boiling must be carefully removed, otherwise it will attach itself to the meat, and thereby spoil its appearance. The cook must not neglect to skim during the whole process, though by far the greater part of the skum rises at first. The practice of wrapping meat in a cloth may be dispensed with if the skimming be skilfully managed. When taken from the pot, the meat should not be allowed to stand a moment longer than necessary, as boiled meat, as well as roasted, cannot be eaten too hot.

825. ***The Time allowed for the operation of Boiling*** must be regulated according to the size and quality of the meat. As a general rule, twenty minutes, reckoning from the moment when the boiling commences, may be allowed for every pound of meat. All the best authorities, however, agree in this, that the longer and slower the boiling the more perfect the operation. Weight is not the only guide, as a thick piece with skin over it always takes longer than a thin flat piece of the same weight. Boiled meat that is to be eaten cold should be underdone and left to cool in its liquor, which will finish it.

826. ***A few Observations on the Nutritive Value of Salted Meat*** may be properly introduced in this place. Every housewife knows that dry salt in contact with fresh meat gradually becomes fluid brine. The application of salt causes the fibres of meat to contract, and the juice to flow out from its pores: as much as one third of the juice of the meat is often forced out in this manner. Now, as this juice is pure extract of meat, containing albumen, osmazome, and other valuable principles, it follows that meat which has been preserved by the action of salt can never have the nutritive properties of fresh meat.

827. ***The Vessels used for Boiling*** should be made of cast iron, well tinned within, and provided with closely-fitting lids. They must be kept scrupulously clean, otherwise they will render the meat cooked in them unsightly and unwholesome. Copper pans, if used at all, should be tinned inside, as, by contact

with copper, food may become poisonous. The kettle in which a joint is dressed should be large enough to allow room for a good supply of water.

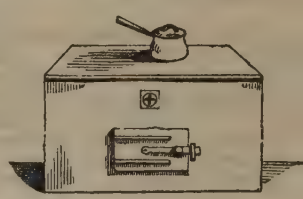
828. ***In Stewing it is not requisite*** to have so great a heat as in boiling. A gentle simmering in a small quantity of water, so that the meat is stewed almost in its own juices, is all that is necessary. It is a method much used on the Continent, and is wholesome and economical.

BOILING-POT.

STEWPAN.

Two useful culinary vessels are represented here. One is a boiling-pot in which large joints may be boiled; the other is a stewpan, with a closely-fitting lid, to which is attached a long handle, so that the cover can be removed without scalding the fingers.

829. ***The Hot-plate*** is a modern improvement on the old kitchen ranges, being used for boiling and stewing. It is a plate of cast-iron having a closed fire burning beneath it, by which it is thoroughly well heated. On this plate are set the various saucepans, stewpans, &c.; and, by this convenient and economical method, a number of dishes may be prepared at one time. The heat being small, the processes of braising and stewing are gradual and consequently the substances acted on become more tender, and the gravy is not so much reduced.



HOT-PLATE.

BROILING.

830. ***Broiling.*** Generally speaking, small dishes only are prepared by this mode of cooking; amongst these, the beef-steak and mutton chop of the solitary English diner may be mentioned as celebrated all the world over. Our beef-steak, indeed, has long crossed the Channel; and, with a view of pleasing the Britons, there is in every *carte* at every French restaurant by the side of *à la Jardinère*, and *à la Financière—bifteh à l'Anglaise*. In order to succeed in a broil, the cook must have a bright, clear fire; so that the surface of the meat may be quickly heated. The result of this is the same as that obtained in roasting; namely, a crust, so to speak, is formed outside, and thus the juices of the meat are retained. The appetite of an invalid, so difficult to minister to, is often pleased with a broiled dish, as the flavour and sapidity of the meat are so well preserved.

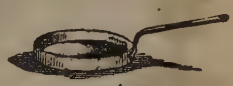
REVOLVING GRIDIRON.

831.—***The Utensils used for Broiling*** need but little description. The common gridiron, used in all our kitchens, is the same as it has been for age

past, although some little variety has been introduced into its manufacture, by the addition of grooves to the bars, by means of which the liquid fat is carried into a small trough. One point it is well to bear in mind—viz., that the gridiron should be kept in a direction slanting towards the cook, so that as little fat as possible may fall into the fire. It has been observed, that broiling is the most difficult manual office the general cook has to perform, and one that requires the most unremitting attention; for she may turn her back upon the stewpan or the spit, but the gridiron can never be left with impunity. The revolving gridiron, shown in the engraving, possesses some advantages of convenience which will be at once apparent.

FRYING.

832.—***A very favourite Mode of Cooking*** may be described as boiling in fat or oil. Substances dressed in this way are generally well received, for they introduce an agreeable variety, possessing, as they do, a peculiar flavour. By means of frying, cooks can soon satisfy many requisitions made on them, it being a very expeditious mode of preparing dishes for the table, and one which can be employed when the fire is not sufficiently large for the purposes of roasting and boiling. The great point to be borne in mind in frying is, that the liquid must be hot enough to act instantaneously, as all the merit of this operation lies in the instantaneous carbonization or charring of the body placed in the fat. It may be ascertained if the fat is heated to the proper degree, by cutting a piece of bread and dipping it in the frying-pan for five or six seconds; and if it be firm and of a dark brown when taken out, put in immediately what you wish to prepare; if it be not, let the fat be heated until of the right temperature. This having been effected, moderate the fire, so that the action may not be too hurried, and that by a continuous heat the juices of the substance may be preserved, and its flavour enhanced.



SAUTÉ-PAN.

833.—***The Philosophy of Frying*** consists in this, that liquids subjected to the action of fire do not all receive the same quantity of heat. Being differently constituted in their nature, they possess different "capacities for caloric." Thus, you may, with impunity, dip your finger in boiling spirits of wine; you would take it very quickly from boiling brandy, yet more rapidly from water: whilst the effect of the most rapid immersion in boiling oil need not be told. As a consequence of this, heated fluids act differently on the sapid bodies presented to them. Those put in water, dissolve, and are reduced to a mass; the result being *bouillon*, stock, &c. Those substances, on the contrary, treated with oil, harden, assume a more or less deep colour, and are finally carbonized. The reason of these different results is, that, in the first instance, water dissolves and extracts the interior juices of the alimentary substances placed in it; whilst, in the second, the juices are preserved, for they are insoluble in oil.

It is to be especially remembered, in connection with frying, that all dishes fried in fat or oil, of which there should be plenty, should be placed before the fire on a piece of paper, or sieve reversed, and there left for a few minutes, so that any greasy moisture may be removed. Things well fried are not greasy, however, but quite dry.

834. ***The Utensils used for the Purposes of Frying*** are iron saucepans or stewpans, frying-pans and frying-baskets, and these are of various sizes; and, for small and delicate dishes, such as collops, cutlets, pancakes, &c., the *sauté* pan, of which we give an engraving, is used.

ROASTING.

835. ***Of the various Methods of Preparing Meat,*** Roasting is that which most effectually preserves and develops its flavour. Meat is roasted by being exposed to the direct influence of the fire. This is done by placing the meat before an open grate, and keeping it in motion to prevent the scorching of any particular part. When meat is properly roasted, the outer layer of its albumen is coagulated, and thus presents a barrier to the exit of the juice. In roasting meat, the heat must be strongest at first, and it should then be much reduced. To have a good juicy roast, therefore, the fire must be red and vigorous at the very commencement of the operation. In the most careful roasting, some of the juice is squeezed out of the meat: this evaporates on the surface of the meat, and gives it a dark brown colour, a rich lustre, and a strong aromatic taste. Besides these effects on the albumen and the expelled juice, roasting converts the cellular tissue of the meat into gelatine, and melts the fat out of the fat-cells. If a spit is used to support the meat before the fire, it should be kept quite bright. Sand and water ought to be used to scour it with, for brickdust and oil may give a disagreeable taste to the meat. When well scoured, it must be wiped quite dry with a dry clean cloth; and, in spitting the meat, the dry parts should be left untouched, so as to avoid any great escape of its juices.

BOTTLE-JACK, WITH WHEEL AND HOOK.

836. ***Kitchens in large establishments*** are usually fitted with what are termed "smoke-jacks." By means of these, several spits, if required, may be turned at the same time. This not being, of course, necessary in smaller establishments, a roasting apparatus, more economical in its consumption of coal, is more frequently in use.

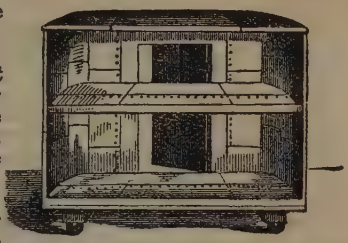
837. ***The Bottle-jack,*** of which we here give an illustration, with the wheel and hook, and showing the precise manner of using it, is now commonly used in most kitchens. This consists of a spring enclosed in a brass cylinder, and requires winding up before it is used, and sometimes, also, during the operation of roasting. The joint is fixed to an iron hook, which is suspended by a chain connected with a wheel, and which, in its turn, is connected with the bottle-jack. Beneath it stands the dripping-pan, which we have also engraved, together with the basting-ladle, the use of which latter should not be spared; as there can be no good roast without good basting. "Spare the rod, and spoil the child," might easily be paraphrased into "Spare the basting, and spoil the meat." If the joint is small and light, and so turns unsteadily, this may be remedied by fixing to the wheel one of the kitchen weights. Sometimes this wheel is fixed inside a screen; or a common meat-screen is used such as is shown in the woodcut. This contains shelves for warming plates and dishes; and with this, the roast may be very excellently cooked. The brighter it is kept the more the fuel is economized.

DRIPPING PAN AND BASTING LADLE.

In stirring the fire, or putting fresh coals on it, the dripping-pan should alway

be drawn back, so that there may be no danger of the coal, cinders or ashes falling down into it.

Under each particular recipe there is stated the time required for roasting each joint; but, as a general rule, it may be here given, that for every pound of meat, in ordinary-sized joints, a quarter of an hour may be allowed, and a quarter of an hour over; or twenty minutes to each pound, and twenty minutes over for white meat or very solid joints.



MEAT SCREEN.

838. ***White Meats, and the Meat of Young Animals,*** require to be very well roasted, both to be pleasant to the palate and easy of digestion. Thus veal, pork and lamb, should be thoroughly done to the centre.

839. ***Mutton and Beef,*** on the other hand, do not, generally speaking, require to be so thoroughly done, and they should be dressed to the point, that, in carving them, the gravy should just run, but not too freely. Of course, in this, as in most other dishes, the tastes of individuals vary; and there are many who cannot partake, with satisfaction, of any joint unless it is what others would call overdressed.

840. ***Choosing Meat.***—Every housekeeper ought to know how to choose a good piece of meat in the butcher's shop, and how to detect a bad piece sent to her kitchen.

The first necessity is that the meat should be wholesome. It may be unwholesome from a variety of causes.

841. ***Disease.***—The animal may have died in a state of disease. There is a good deal of contrary evidence as to the result of eating diseased meat. No doubt, in the time of the cattle plague, the flesh of many animals that died was sold and eaten, but no specific disease among men was traced thereto. Again, sheep that have died of apoplexy, "staggers," as shepherds call it, is constantly eaten. "Braxy" mutton is the perquisite of the Scotch shepherds, who remove the internal organs if they are greatly congested, and salt some, or all of the flesh, but who never think of throwing the meat away.

In the London markets the inspectors condemn about two tons weekly, according to Dr. Letheby, or about one pound out of every seven hundred and fifty brought for sale; but much escapes notice in the four hundred tons sold daily. Most of the bad meat comes from our country districts, where it is the custom to send to London whatever is unfit for home consumption.

The worst meat is sold in the poorest districts after dark, so that one is tempted to long for a renewal of the old enactment: "Butchers shall close their shops before candle-light, and shall not sell flesh meat by light of candle." The Jews, as is well known, only eat meat that has been duly inspected and certified by the officer appointed for the purpose: what he discards is habitually sold to and eaten by Christians. We may consider many Jewish observances unnecessary and over-scrupulous; but we must allow that their remarkable vitality is strong proof of the good effect of their sanitary laws, of which those relating to food form a considerable part.

Prof. Gamgee, in his report to the Privy Council, expresses his belief that one-fifth of the meat sold in this country is derived from animals killed in a state of disease. If, on the one hand, it is difficult to point to any effect that invariably

follows upon a cause so wide-spread, there are, on the other hand, many authentic cases of persons and even of animals who have died with symptoms of violent poisoning after eating diseased meat, and it may be that often the *effects* of sudden and unaccounted-for illness are observed, and are not traced to the *cause, i.e.* meat bought in the ordinary way of business. At any rate, it may be taken for granted that it is better to eat no meat than to eat any that is doubtful in quality.

Meat may also be unwholesome because some strong drug has been administered to the animal before it was killed.

842. ***Parasites.***—It may also be infested with parasites, and this condition is known to be without doubt most injurious to the consumer. We shall have to speak again of "measly pork" in another chapter, and of the parasite known as "Trichina spiralis," that also frequently infests the pig. The chief, indeed the only, safeguard against this danger lies in the thorough cooking of the meat, every part of which should be raised to the temperature of boiling water. This applies strictly to all the visceral organs, where these are eaten, because it is in this part of the animal that parasites are most often found.

843. ***Putrefaction.***—Even if the animal be killed in a healthy condition, the meat may become unwholesome by putrefaction. Habit has much to do in accommodating mankind to various kinds of food. Some American Indians prefer putrid meat, and they bury salmon for some months in order to bring it to what they consider a state of perfection. Modern Englishmen eat half putrid game; but such food "has caused severe cholera in persons unaccustomed to eat it in that state."

844. ***To Choose Good Meat*** free from these dangers, it is necessary to see that it possesses the following qualifications. We give Dr. Letheby's rules:

I. "It is neither of a pale pink colour nor of a deep purple tint, for the former is a sign of disease, and the latter indicates that the animal has not been slaughtered, but has died with the blood in it, or has suffered from acute fever."

In walking through the wholesale markets, or in looking at a butcher's shop in a doubtful neighbourhood, both these characteristics may be seen. The inside fat surrounding the kidneys and the liver is often suffused with blood, showing plainly that there has been inflammation of those organs.

II. "It has a marbled appearance, from the ramifications of little veins of fat among the muscles."

Meat may be wholesome, yet not fat, as we shall explain later. But a sickly animal never fattens.

III. "It should be firm and elastic to the touch, and should scarcely moisten the fingers; bad meat being wet, and sodden, and flabby, with the fat looking like wet jelly or parchment."

IV. "It should have little or no odour, and the odour should not be disagreeable, for diseased meat has a sickly, cadaverous smell, and sometimes a smell of physic. This is very discoverable when the meat is chopped up and drenched with warm water."

V. "It should not shrink or waste much in cooking." This also depends on the mode of cooking, as, for instance, roast meat wastes more than baked, and some joints than others. Badly fed meat, not necessarily unwholesome, wastes, such as pork fed on nuts and offal instead of meal. But it is one reason of the non-economy of dealing with inferior butchers.

VI. "It should not run to water or become very wet on standing for a day or so, but should on the contrary, be dry upon the surface." It is not uncommon

to see meat in the butchers' shops lying in a pool of blood or water on the block or board; this is a sure sign of inferiority.

VII. "When dried at a temperature of 212° or thereabouts, it should not lose more than 70 to 74 per cent. of its weight, whereas bad meat will often lose as much as 80 per cent." That is to say, in all meat there is nearly three-quarters of the total weight of water. We shall recur to this point later. In bad meat four-fifths may be water.

845. ***Inferior Meat.***—Meat may be quite wholesome and yet may be of inferior quality. Ordinary purchasers do not understand this in theory, though they are accustomed to it in practice. An ox that had worked at the plough would be hard and somewhat strong-flavoured; but suitably cooked it would be unobjectionable from a health point of view. Cow-beef is habitually sold in the markets, and the poor gladly buy it at a low price. Even in the best quarters of the town the best meat hangs side by side with the second quality. Not enough comes to town of the best short-horned beef, or of Southdown mutton, to supply one tenth of the customers, and in all market-lists the prices at per stone vary according to the breed and the quality. It answers the grazier's purpose to take a lower price per stone for an animal that arrives quickly at maturity, and that grows to the greatest weight on a given amount of food. As a rule, the larger the animal the coarser the flesh. This is markedly true of different varieties of the same species. In providing for a large number of persons where quantity and cheapness are of more importance than first-rate quality, joints of large full-flavoured beef and mutton are by far the most advantageous to buy, and for strong soups, stews with vegetables, and such dishes there is no reason for choosing the most delicate meat.

846. ***Fat Meat.***—As regards fat, that can be bought more cheaply than on a joint of meat, and many persons object to eat much fat. But it is always risky to buy any part of an unusually lean animal, in case its condition should be due to disease. It is better to buy a lean joint off a fat beast, or to cut off the fat before cooking the meat. Again, if economy is an object, it is well to buy a cheap part of a first-rate animal rather than a prime joint off an inferior beast. Generally speaking, the fore quarter costs less than the hind; and in a bullock it is easy to get a solid lump of meat from the fore-quarter with little or no bone; of course if a joint is cheap because it is bony there is no economy in buying it.

FAT HEREFORD STEER.

CHAPTER XII.

GENERAL OBSERVATIONS ON QUADRUPEDS.

847. ***The Empire of Nature,*** by the general assent of mankind, has been divided into three kingdoms: the first consisting of minerals, the second of vegetables, and the third of animals. The Mineral Kingdom comprises all things and substances which are without parts or organs; where one part is exactly the same as any other part. They are composed of the aggregated particles, which, under certain circumstances, take a constant and regular figure, which are frequently found without any definite conformation. They also occupy the interior parts of the earth, as well as compose those huge masses by which we see the land in some parts guarded against the encroachments of the sea. The Vegetable Kingdom covers and beautifies the earth with an endless variety of form and colour. It consists of bodies with parts or organs, though many are far from being as highly organised as the plants we see and recognise as such, and which we often take to represent the whole Vegetable Kingdom. The higher orders of plants are usually nourished by means of roots; breathe by means of leaves; and propagate by means of seed, dispersed within certain limits. The Animal Kingdom comprises all sentient beings, that enliven the external parts of the earth. They possess the powers of voluntary motion, respire air, and are forced into action by the cravings of hunger or the parching of thirst,

by the instincts of animal passion, or by pain. Like the vegetable kingdom, they are limited within the boundaries of certain countries by the conditions of climate and soil; and some of the species prey upon each other. Linnæus has divided them into six classes:—Mammalia, Birds, Fishes, Amphibious Animals, Insects and Worms. The three latter do not come within the limits of our domain; of fishes we have already treated, of birds we treat hereafter; and of Mammalia we now treat.

MAMMALIA.

848. ***This Class of Animals*** embraces all those that nourish their young by means of lacteal glands or teats, and are so considered as to have a warm or red blood. In it the whale is placed—an order which, from external habits, has usually been classed with the fishes; but although this animal exclusively inhabits the water, and is supplied with fins, it nevertheless exhibits a striking alliance to quadrupeds. It has warm blood, and produces its young alive; it nourishes them with milk, and for that purpose is furnished with teats. It is also supplied with lungs, and two auricles and two ventricles to the heart; all of which bring it still closer into an alliance with the quadrupedal species of the animal kingdom.

849. ***The General Characteristics of the Mammalia*** have been frequently noticed. The bodies of nearly the whole species are covered with hair, a kind of clothing which is both soft and warm, little liable to injury, and bestowed in proportion to the necessities of the animal and the nature of the climate it inhabits. In all the higher orders of animals, the head is the principal seat of the organs of sense. It is there that the eyes, the ears, the nose and the mouth are placed. Through the last they receive their nourishment. In it are the *teeth*, which, in most of the mammalia, are used not only for the mastication of food, but as weapons of defence. They are inserted into two moveable bones called jaws, and the front teeth are so placed that their sharp edges may easily be brought in contact with their food, in order that its fibres may readily be separated. Next to these, on each side, are situated the canine teeth or tusks, which are longer than the other teeth, and being pointed, are used to tear the food. In the back jaws are placed another form of teeth called grinders. They are for masticating the food; and in those animals that live on vegetables they are flattened at the top; but in carnivora, their upper surfaces are furnished with sharp-pointed protuberances. From the numbers, form and disposition of the teeth, the various genera of quadrupeds have been arranged. The *nose* is a cartilaginous body, pierced with two holes, which are called nostrils. Through these the animal is affected by the sense of smell; and in some it is prominent, whilst in others it is flat, compressed, turned upwards or bent downwards. In beasts of prey it is frequently longer than the lips; and in some other animals it is elongated into a moveable trunk or proboscis, whilst in the rhinocerous tribe it is armed with a horn. The *eyes* of quadrupeds are generally defended by moveable lids, on the outer margins of which are fringes of hair called eyelashes. The opening of the pupil is in general circular; but in some species, as in those of the Cat and Hare, it is contracted into a perpendicular line, whilst in the Horse, the Ox and a few others, it forms a transverse bar. The *ears* are openings, generally accompanied with a cartilage which defends and covers them, called the external ears. In water-animals the latter are wanting; sound, in them, being transmitted merely through orifices in the head, which have the name of

auditory-holes. The most defenceless animals are extremely delicate in the sense of hearing, as are likewise most beasts of prey. Most of the mammiferous animals *walk* on four feet, which, at the extremities, are usually divided into toes or fingers. In some, however, the feet end in a single corneous substance called a hoof. The toes of a few end in broad, flat nails, and of most others in pointed claws. Some, again, have the toes connected by a membrane, which is adapted to those that are destined to pass a considerable portion of their lives in water. Others, again, as in the Bat, have the digitations of the anterior feet greatly elongated, the intervening space being filled by a membrane, which extends round the hinder legs and tail, and by means of which they are enabled to rise into the air. In Man, the hand alone comprises fingers separate, free and flexible; but Apes and some other kinds of Animals, have fingers both to the hands and feet. These, therefore, are the only animals that can hold moveable objects in a single hand. Others, such as Rats and Squirrels, have the fingers sufficiently small and flexible to enable them to pick up objects; but they are compelled to hold them in both hands. Others, again, have the toes shorter, and must rest on the fore-feet, as is the case with dogs and cats when they want to hold a substance firmly on the ground with their paws. There are still others that have their toes united and drawn under the skin, or enveloped in corneous hoofs, and are thereby enabled to exercise no prehensible power whatever.

850. ***According to the Design and End of Nature,*** mammiferous animals are calculated, when arrived at maturity, to subsist on various kinds of food—some to live wholly upon flesh, other upon grain, herbs or fruits; but in their infant state, milk is the appropriate food of the whole. That this food may never fail them, it is universally ordained that the young should no sooner come into the world than the milk should flow in abundance into the members with which the mother is supplied for the secretion of that nutritious fluid. By a wonderful instinct of Nature, too, the young animal, almost as soon as it has come into life, searches for the teat, and knows perfectly at the first, how, by the process of suction, it will be able to extract the fluid necessary to its existence. In the general economy of Nature, this class of animals seems destined to preserve a constant equilibrium in the number of animated beings that hold their existence on the surface of the earth. To man they are immediately useful in various ways. Some of their bodies afford him food, their skin shoes, and their fleece clothes. Some of them unite with him in participating the dangers of combat with an enemy, and others assist him in the chase, in exterminating wilder sorts, or banishing them from the haunts of civilisation. Many, indeed, are injurious to him; but most of them, in some shape or other, he turns to his service. Of these there is none he has made more subservient to his purposes than the common ox, of which there is scarcely a part that he has not been able to convert into some useful purpose. Of the horns he makes drinking-vessels, knife-handles, combs and boxes; and when they are softened by means of boiling water, he fashions them into transparent plates for lanterns, &c. This invention is ascribed to King Alfred, who is said to have been the first to use them to preserve his candle time-measures from the wind. Glue and gelatine is made of the cartilages, gristles and the finer pieces of the parings and cuttings of the hides. Their bone is a cheap substitute for ivory. The thinnest of the calf-skins are manufactured into vellum. Their blood is made the basis of Prussian blue, and saddlers use a fine sort of thread prepared from their sinews. The hair is used in various valuable manufactures; the suet, fat and tallow are moulded into candles; and the milk and cream of the cow yield butter and cheese. Thus is every part of this animal valuable to man, who has spared no pains to bring it to the highest state of perfection.

851. ***Among the Various Breeds of the Ox,*** upon which man has bestowed his highest powers of culture, there is now none that takes a higher place than that known by the name of Short-Horns. From the earliest ages, Great Britain has been distinguished for the excellence of her native breeds of cattle, and there are none in England that have attained greater celebrity than those who have this name, and which originated about seventy years ago, on the banks of the Tees. Thence they have spread into the valleys of the Tweed, thence to the Lothians in Scotland, and southward into the fine pastures of England. They are now esteemed the most profitable breed of cattle, as there is no animal which attains sooner to maturity, and none that supplies meat of a superior quality. The value of some of the improved breeds is something enormous. At the sale of Mr. Charles Colling, a breeder in Yorkshire, in 1810, his bull "Comet" sold for 1,000 guineas. At the sale of Earl Spencer's herd in 1846, 104 cows, heifers and calves, with nineteen bulls, fetched £8,468 5*s.* being an average of £68 17*s.* apiece. The value of such animals is scarcely to be estimated by those who are unacquainted with the care with which they are tended, and with the anxious attention which is

SHORT-HORN COW.

SHORT-HORN BULL.

paid to the purity of their breed. A modern writer, well acquainted with this subject says: "There are now at least five hundred herds, large and small, in this kingdom, and from six to seven thousand head registered every alternate year in the 'Herd-book.'" The necessity for thus recording the breeds is greater than might, at first sight, be imagined, as it tends directly to preserve the character of the cattle, while it sometimes adds to the value and reputation of the animal thus entered. Besides, many of the Americans, and large purchasers for the foreign market, will not look at an animal without the breeder has taken care to qualify him for such reference. Of short-horned stock, there is annually sold from £40,000 to £50,000 worth by public auction, independent of the vast numbers disposed of by private contract. The breed is highly prized in Belgium, Prussia, France, Italy and Russia; it is imported into most of the British Colonies, and is greatly esteemed, both for its meat and its dairy produce, wherever it is known. The quickness with which it takes on flesh and the weight which it frequently makes, are well known. Bullocks from four to five years old often weigh from 800 to 1,000 lbs. Such animals command from the butcher from £30 to £40 per head, according to the quality; whilst steers, of two or three years old, and, of course, of less weight, bring as much as £20 apiece.

852. ***Long-Horns.***—This is the prevailing breed in our midland counties and in Ireland; but they are greatly inferior to the short-horns, and are fast being supplanted by them. Even where they have been cultivated with the nicest care, and brought to the greatest perfection, they are inferior to the others, and must ultimately be driven from the farm.

LONG-HORN BULL.

LONG-HORN COW.

853. ***The Alderney.***—Among the dairy breeds of England, the Alderney takes a prominent place, not on account of the quantity of milk which it yields, but on account of the excellent quality of the cream and butter which are produced from it. Its docility is marvellous, and in appearance it greatly resembles the Ayrshire breed of Scotland, the excellence of which is supposed to be, in some degree, derived from a mixture of the Alderney blood with that breed. The distinction between them, however, lies both in the quantity and quality of the milk which they severally produce; that of the Alderney being rich in quality, and that of the Ayrshire abundant in quantity. The merit of the former, however, ends with its milk, for as a grazer it is worthless.

ALDERNEY COW.

ALDERNEY BULL.

854. ***Scottish Breeds.***—Of these the Kyloe, which belongs to the Highlands of Scotland; the Galloway, which has been called the Kyloe without horns, and the Ayrshire, are the breeds most celebrated. The first has kept its place; and on account of the compactness of its form, and the excellent quality

of his flesh, he is a great favourite with butchers who have a select family trade. It is alike unsuitable for the dairy and the arable farm; but in its native Highlands it attains to great perfection, thriving upon the scanty and coarse herbage which it gathers on the sides of the mountains. The Galloway has a larger frame, and when fattened makes excellent beef. But it has given place to the short-horns in its native district, where turnip-husbandry is pursued with advantage. The Ayrshire is peculiarly adapted for the dairy, and for the abundance of its milk cannot be surpassed in its native district. In this it stands unrivalled, and there is no other breed capable of converting the produce of a poor soil into such fine butter and cheese. It is difficult to fatten, however, and its beef is of a coarse quality. We have chosen these as among the principal representative breeds of the ox species; but there are other breeds which at all events have a local, if not a general celebrity.

GALLOWAY BULL.

GALLOWAY COW.

855. ***Australian Beef,*** although not considered so good in flavour or quality as the English, is nevertheless excellent, and can always be obtained at a lower price. The best parts only used to be sent, but now that the means of import are so much improved, it arrives frozen in quarters and is cut up and sold as English beef, only at a lower rate, thus putting good meat within the reach of all.

856. ***Buying Beef.***—Beef should never be hung until it is in the least high. In dry weather it will keep some days; but it very soon spoils in damp weather, even if the thermometer is low. At such times joints of meat may often be bought very cheaply, especially in the large markets on Saturday nights. The meat may be quite good at the time it is sold, but it would not be good in twenty-four or thirty-six hours. And thrifty housekeepers, having more time than money at disposal, in this way do their marketing to great advantage. It is not wise at such times—perhaps not at any time when economy is studied—to go out with a fixed idea of the joint that is to be bought. A general idea of the relative value of each joint, of its usual price, and its average proportion of bone and fat, is all that is wanted. The prices of meat, and of all perishable articles, are only fixed so long as the circumstances that surround them are fixed, and when there is a glut in the market of anything that cannot be held back it is sure to be sold for whatever it will fetch.

857. ***To keep Beef.***—If meat cannot be kept until *rigor mortis*) the stiffening that takes place after death) has passed off it should be cooked while it is warm, before the stiffening has set in. Meat should always be kept in a dry and

airy place. The larder is the only room in the house that should always face due north, so that the sun never comes in. There should be thorough ventilation and no direct communication with the drains, such as an untrapped sink in the floor, which is very commonly seen. The joint should be hung up, not laid on a dish or plate. It should be wiped; and to dust it over with flour or flour and pepper is a good plan. The kernel, often seen in the fat of the round or silver side, and the marrow from the backbone, should always be removed, as it taints before the joint itself. Meat from a sickly animal, or one that has been over-driven or bruised, does not keep well. All old meat keeps better than young.

858 ***Tainted Meat.***—If meat is slightly tainted, the best thing to do is to wash it in water containing vinegar or some other non-poisonous disinfectant as permanganate of potash is, perhaps, the best to use. Another plan is to powder it with charcoal and then wash it. At any rate, it should be roasted, not boiled or stewed, if it is really tainted enough to give it a flavour. It is much better to half-roast or parboil a joint a day or two before it is eaten than to hang it too long, and it is really not hurt by so doing if it is plunged into boiling water, or put down to a very hot fire for a few minutes.

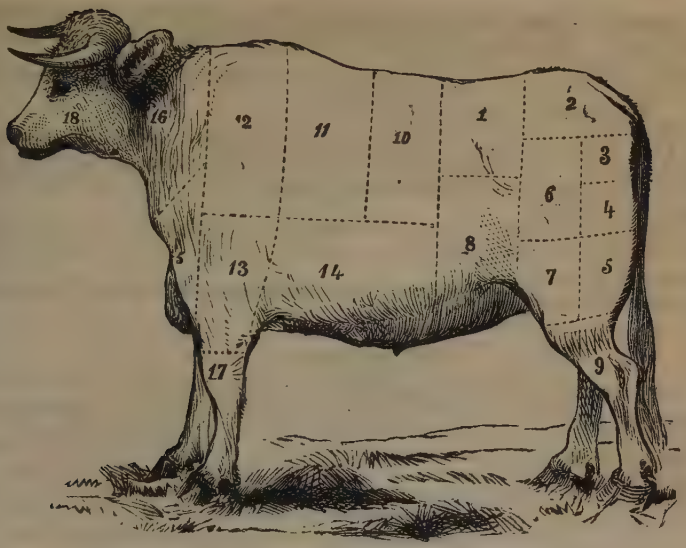
859. ***The General Mode of Slaughtering Oxen*** in this country is by striking them a smart blow with a hammer or poleaxe on the head, a little above the eyes. By this means, when the blow is skilfully given, the beast is brought down at one blow, and, to prevent recovery, a cane is generally inserted by which the spinal cord is perforated, which instantly deprives the ox of all sensation of pain. In Spain, and some other countries on the Continent, it is also usual to deprive oxen of life by the operation of pithing or dividing the spinal cord in the neck, close to the back part of the head. This is, in effect, the same mode as is practised in the celebrated Spanish bull-fights by the matador; and it is instantaneous in depriving the animal of sensation, if the operator be skilful. We hope and believe that those men whose disagreeable duty it is to slaughter the "beasts of the field" to provide meat for mankind inflict as little punishment and cause as little suffering as possible.

860. ***The Manner in which a Side of Beef*** is cut up in London is shown in the engraving on page 383. The custom varies in different parts of the country, and in some places no difference is made in price between one joint and another. But this is rare. Meat is sold wholesale at per stone of eight pounds.

In the Metropolis, on account of the large number of its population possessing the means to indulge in the "best of everything," the demand for the most delicate joints of meat is great; the price, at the same time, being much higher for these than for the other parts. The consequence is that in London the carcass is there divided so as to obtain the greatest quantity of meat on the most esteemed joints. In many places, however, where, from a greater equality in the social condition and habits of the inhabitants, the demand and prices for the different parts of the carcass are more equalised, there is not the same reason for the butcher to cut the best joints so large.

The meat on those parts of the animal in which the muscles are least called into action is most tender and succulent; as, for instance, along the back from the rump to the hinder part of the shoulder; whilst the limbs, shoulder and neck are the toughest, driest, and least esteemed.

On page 381 we give an engraving of the animal, with the parts indicated from whence the different joints are cut, followed by a list of their names, their comparative value, and the way in which they are generally cooked.



OX, SHOWING THE MODE OF CUTTING UP THE VARIOUS JOINTS.

861. ***The Names of the Several Joints*** are as follows :—

HIND QUARTER.	FORE QUARTER.
1. Sirloin.	10. Fore rib (5 ribs).
2. Rump.	11. Middle rib (4 ribs).
3. Aitchbone.	12. Chuck rib (3 ribs).
4. Buttock.	13. Leg of mutton piece.
5. Mouse-round	14. Brisket.
6. Veiny piece.	15. Clod.
7. Thick flank.	16. Neck.
8. Thin flank.	17. Shin.
9. Leg.	18. Cheek.

HIND QUARTER.

(1.) *Sirloin.*—Corresponds to loin of mutton, without the chump-end. Two together correspond to saddle of mutton, and is known as a baron of beef, but is very seldom seen. Almost invariably roasted, and for that purpose considered the best joint. Some of the kidney suet is always taken away, and some persons cook the under-cut or roll separately, instead of roasting it with the sirloin. The under-cut can seldom be bought alone, but if it can it is better than any part for entrées, such as grenadines, olives, &c.

(2.) *Rump.*—Broiling steaks should be cut from here, but very often are not. For stewing, steak from another part does as well, and costs several pence less. Also roasted. A first-rate joint for any purpose.

(3.) *Aitchbone.*—Often salted and boiled.

(4.) *Buttock.*—A large lump of solid meat without much fat. Buttock steaks are often sold. The joint is also roasted in large establishments where economy is studied. Better boiled or stewed.

(5.) *Mouse-round.*—Only fit for soups, stews, or family puddings. Lean and sinewy. This is sent if leg of beef is ordered.

(6.) *Veiny piece.*—Steaks for stewing.

(7.) *Thick Flank.*—Coarser fibred than some parts, but well flavoured, and generally tender. No bone and little fat, and sold at a reasonable price, so that it is one of the most economical parts to buy, whether for pies and puddings, or for a roast, or for boiling.

(8.) *Thin Flank.*—May be used for stews, but is rather fat. Is always low priced. Perhaps the best use for it is to salt or pickle and eat cold, when it is a very economical joint.

(9.) *Leg.*—Only purchased for soup meat, or the lean part for slow stewing.

Fore Quarter.

(10.) *Fore Rib.*—The five ribs nearest the sirloin are the best for any purpose. Always ask for the best end of the ribs, and see that you get it, as someone must eat the remaining six. The best end of the ribs has no strip of yellow gristle running round about an inch from the outer skin : nor has the worst very often, inasmuch as the butchers cut it out. But you can see where it has been. It always should be cut out before it comes to table. It is not necessary to buy all five ribs at once, nor more than makes a piece thick enough to roast, *i.e.*, one or two ribs. It is generally thought more economical to have the bones taken out and the meat rolled round; then the bones serve for soup.

(11.) *Middle Rib.*—Almost always roasted.

(12.) *Chuck Rib.*—Roasted by the less particular. Also cut into steaks, &c.

(13.) *Leg of Mutton Piece.*—Solid meat with little fat. The best for pies and puddings, as it is full of gravy. Good steaks are cut from it, and it is very economical to roast.

(14.) *Brisket, or Breast.*—Sold at a low price for stewing and salting. Very good for either purpose, but rather fat. Cooked in either way, it is excellent cold.

(15.) *Clod.*—Part of this is often sent if soup meat is ordered. If it is not fat, it makes good pies and puddings, but the meat should be stewed first. It is also suitable for an economical stew.

(16.) *Neck.*—Used in the same way as the clod.

(17.) *Shin.*—Soups, gravies and cheap stews.

(18.) *Ox Cheek.*—This is too bony to be a very cheap joint, although it is sold at a low price, and can be made very palatable by slow stewing, or is good for soup. The brains, well soaked and boiled or fried, make a good dish.

Besides these joints the following parts of the ox are sold for food—

(19.) *Cow-heel.*—These are sold by butchers with the skin on, and by tripe dressers with the skin off. The former is the more economical way to buy them, but they are troublesome to clean. They make as good jelly as calves' feet, and what remains of them is very good eating. They can be used for soup in the same way as calves head.

(20.) *Ox-tail.*—For soups and stews. Considered a delicacy, and, therefore, not cheap.

(21.) *Heart.*—Generally roasted. Economical; but, on account of the closeness and hardness of the muscular tissue, is very indigestible.

(22.) *Tongue.*—Can be bought fresh or salted. Is considered a delicacy. Usually boiled and eaten cold, but also stewed as an entrée.

(23.) *Liver.*—Very nutritious and very cheap, but coarse flavoured. Finds a

ready sale in the poorest quarters. The food known as "faggots," is made of the liver and lights of sheep and bullocks, mixed with some fat.

(24.) *Lights, or Lungs.*—Only eaten by the very poor, and in some parts is not sold as human food.

(25.) *Kidneys.*—For puddings, pies, or stewing. They are cheaper and less delicate than the kidneys of young animals, and are always difficult of digestion. Kidney needs thorough but light cooking, as when it is exposed to a high temperature it dries up and becomes tasteless and horny.

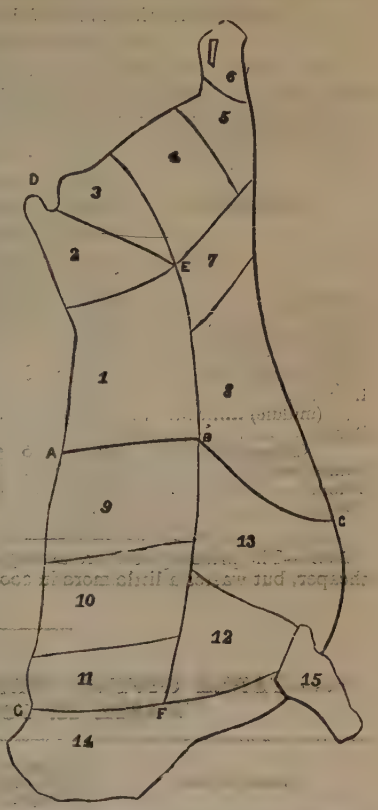
(26.) *Tripe.*—Sold partially cleaned by the tripe dressers. Is said to be the most digestible of meats, and specially suited for invalids, although rather fat. Sometimes served as an entrée. It consists of the paunch or ruminant stomach of the ox. "Blanket tripe," "honeycomb tripe," and "book tripe" are popular names derived from its conformation.

(27.) *Sweetbread.*— Coarse, and needs long and careful cooking. The pancreas of the ox, often substituted for the thymus gland of the calf. If sold for what it is may be served with advantage.

(28.) *Suet.* — The inside fat. That which surrounds the kidneys is the firmest and best for all purposes, especially for puddings, but at Christmas time any pieces of white fat are sold in its stead.

(29.) *Spleen, or Milt,* of bullock, sheep and pig is sold for food. It is generally stuffed and roasted, or stewed, or boiled for stock.

It is not possible to lay down any exact precept as to the relative cheapness of each joint of meat. The joint itself varies, the prices vary, the tastes of eaters vary, perhaps, most of all. But by way of a rough calculation the following may be offered :—



SIDE OF BEEF, SHOWING THE SEVERAL JOINTS.

1, Sirloin; 2, Rump; 3, Aitchbone; 4, Buttock; 5, Round; 6, Hock; 7, Thick Flank; 8, Thin Flank; 9, Five Ribs; 10, Four Ribs; 11, Two Ribs; 12 Leg of Mutton Piece; 13, Brisket; 14, Neck; 15, Shin.

Rumpsteak, beefsteak and bullock's liver are all three without any bone. Spend one shilling and you will get 2 lbs. of liver, 1 lb. of beefsteak, or 12 ozs. of rumpsteak. Of shin of beef cut without bone a shilling buys 1¼lb., and of the solid roasting joint cut from the shoulder about 1 lb. 3 ozs. Among these are the cheapest of animal food. Rumpsteak is the only one that can never be recommended for economy. The shin of beef is only capable of good results in the hands of a good and patient cook. Ribs of beef cost a little less than beefsteak per lb., but then there are 2 ozs. or 3 ozs. of bone in each shilling's-worth, besides a good deal of fat. The shoulder costs less than the ribs, and has no bone.

862.—TABLE OF THE RELATIVE VALUE OF VARIOUS PARTS OF BEEF.

Giving the actual cost of the eatable portion of the different joints of Beef, after deducting Loss of Weight from Waste and Bone, by different modes of Cooking.

Great care has been taken in the preparation of these tables; all the joints have been specially cooked, and the different weights carefully tested. It will surprise many to see the actual relative amount of food obtained and the doubtful economy of some of the cheaper joints.

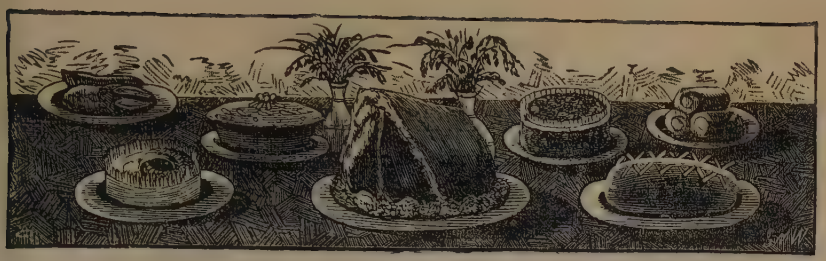
Name of Joint.	How usually Cooked.	Weight before Cooking.	Weight when Cooked, bone & waste deducted.	Total Loss per lb.	Average cost per lb.	Cost per lb. after Cooking, bone & waste deducted.
		lbs. oz.	lbs. oz.	oz.	s. d.	s. d.
Aitchbone	Boiled	8 9	3 5	9¾	0 7½	1 7
Brisket	Boiled	4 13	2 13	6½	0 8	1 1½
Buttock (in steaks)	Stewed	2 4	2 3	½	0 11	0 11½
Heart	Roasted	5 0	4 13½	½	0 6	0 6½
Leg of Mutton piece	Roasted	6 8	5 0	3¾	0 10	1 1
Ribs (fore)	Roasted	7 8	4 4	7	0 11	1 7½
„ (middle)	Roasted	8 4	4 13	6½	0 11	1 6½
Round	Baked	5 2	4 7¾	2	0 10	0 11½
„ (silver side)	Boiled	6 5	5 2	3	0 9	0 11
Rump (steaks)	Broiled	1 8	1 7½	½	1 2	1 2½
Sirloin	Roasted	11 8	8 4	4½	0 11	1 3½
Tongue	Boiled	6 0	4 8½	4	0 8	0 10½

Note.—The prices quoted are average ones for English beef; Australian beef is cheaper, but wastes a little more in cooking.

862A.—TABLE GIVING WEIGHT OF BONE, SKIN AND WASTE IN JOINTS OF BEEF.

Name of Joint.	Weight of Joint when Bought.	Weight of bone, skin and waste.	Loss of weight by Cooking.	Total weight of waste.	Weight of eatable matter.
	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.
Aitchbone	8 9	2 3	3 1	5 4	3 5
Brisket	4 13	0 12	1 4	2 0	2 13
Leg of Mutton piece	6 8	0 8	1 0	1 8	5 0
Ribs (fore)	7 8	2 0	1 4	3 4	4 4
„ (middle)	8 4	2 1	1 6	3 7	4 13
Round	5 2	0 2	0 8½	0 10½	4 7½
„ (silver side)	6 5	0 11	0 8	1 3	5 2
Rumpsteak	1 8	none.	0 0½	0 0½	1 7½
Sirloin	11 8	1 12	1 8	3 4	8 4
Tongue	6 0	0 1	1 6½	1 7½	4 8½

THE JOINTS OF BEEF.



RECIPES FOR COOKING BEEF.

CHAPTER XIII.

863.—BAKED BEEF. (*Fr.*—Bœuf.)

(*Cold Meat Cookery.*)

Ingredients.—About 2 lbs. of cold roast beef, 2 small onions, 1 large carrot or 2 small ones, 1 turnip, a small bunch of savoury herbs, salt and pepper to taste, 12 tablespoonfuls of gravy, 3 tablespoonfuls of ale, crust of mashed potatoes.

Mode.—Cut the beef in slices, allowing a small amount of fat to each slice; place a layer of this in the bottom of a pie-dish, with a portion of the onions, carrots and turnips, which must be sliced; mince the herbs, strew them over the meat, and season with pepper and salt. Then put another layer of meat, vegetables, and seasoning; and proceed in this manner until all the ingredients are used. Pour in the gravy and ale (water may be substituted for the former, but it is not so nice), cover with a crust or mashed potatoes, and bake for half an hour, or rather longer.

Time.—Rather more than ½ hour. **Average Cost,** exclusive of the meat and gravy, 4*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—It is as well to parboil the carrots and turnips before adding them to the meat, and to use some of the liquor in which they were boiled as a substitute for gravy; that is to say, when there is no gravy at hand. Be particular to cut the onions in *very thin* slices.

864.—BAKED BEEF.

(*Cold Meat Cookery. Another Mode.*)

Ingredients.—Slices of cold roast beef, salt and pepper to taste, 1 sliced onion, 1 teaspoonful of minced savoury herbs, about ¼ of a pint of gravy or sauce of any kind, mashed potatoes.

Mode.—Butter the sides of a deep dish, and spread mashed potatoes

over the bottom of it; on this place layers of beef in thin slices (this may be minced if there is not sufficient beef to cut into slices), well seasoned with pepper and salt, and a very little onion and herbs, which should be previously fried of a nice brown; then put another layer of mashed potatoes, and beef, and other ingredients, as before; pour in the gravy or sauce, cover the whole with another layer of potatoes, and bake for half an hour. This may be served in the dish, or turned out.

Time.—½ hour. **Average Cost,** exclusive of the cold beef, *6d.*

Sufficient.—A large pie-dish full for 5 or 6 persons.

Seasonable at any time.

Beef.—The quality of beef depends on various circumstances: such as the age, the sex, the breed of the animal, and also on the food upon which it has been raised. Bull beef is, in general, dry and tough, and by no means possessed of an agreeable flavour; whilst the flesh of the ox is not only highly nourishing and digestible, but, if not too old, extremely agreeable. The flesh of the cow is, also, nourishing, but it is not so agreeable as that of the ox, although that of a heifer is held in high estimation. The flesh of the smaller breeds is much sweeter than that of the larger, which is best when the animal is about seven years old, but beef now-a-days is seldom or never kept so long. That of the smaller breeds is best at about five years, and that of the cow can hardly be eaten too young.

865.—BAKED BEEF-STEAK PUDDING.

Ingredients.—6 oz. of flour, 2 eggs, not quite 1 pint of milk, salt to taste, 1½ lb. of steak, 1 kidney, pepper and salt.

Mode.—Cut the steak into nice square pieces, with a small quantity of fat, and the kidney divided into small pieces. Make a batter of flour, eggs and milk in the above proportion; lay a little of it at the bottom of a pie-dish; then put in the steak and kidney, which should be well seasoned with pepper and salt, and pour over the remainder of the batter, and bake for 1½ hour in a brisk, but not fierce, oven.

Time.—1½ hour. **Average Cost,** *2s.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

866.—BEEF À LA MODE. (*Fr.*—Bœuf à la Mode.)

(*Excellent.*)

Ingredients.—About 3 lbs. of clod or flank of beef, 2 oz. of clarified dripping, 1 large onion, flour, 2 quarts of water, 12 berries of allspice, 2 bay-leaves, ½ teaspoonful of whole black pepper, salt to taste.

Mode.—Cut the beef into small pieces, and roll them in flour; put the dripping into a stew-pan with the onion, which should be sliced thin. Let it get quite hot; lay in the pieces of beef, and stir them well about. When nicely browned all over, add *by degrees* boiling water in the above proportion, and, as the water is added, keep the whole well stirred. Put in the spice, bay-leaves, and seasoning, cover the stewpan closely, and

set it by the side of the fire to stew *very gently*, till the meat becomes quite tender, which will be in about 3 hours, when it will be ready to serve. Remove the bay-leaves before it is sent to table.

Time.—3 hours. **Average Cost,** 1*s.* 8*d.*

Sufficient for 6 persons.

Seasonable at any time.

867.—BEEF À LA MODE. (*Fr.*—Bœuf à la Mode.)

(*Another Mode.*)

Ingredients.—6 lbs. of the thick flank of beef, a few slices of fat bacon, 1 teacupful of vinegar; black pepper, allspice, 2 cloves, well mixed and finely pounded, making altogether 1 heaped teaspoonful; salt to taste, 1 bunch of savoury herbs, including parsley, all finely minced and well mixed; 2 onions, 2 large carrots, 1 turnip, 1 head of celery, 1½ pint of water, 1 glass of port wine.

Mode.—Slice and fry the onions of a pale brown, and cut up the other vegetables in small pieces, and prepare the beef for stewing in the following manner:—Choose a fine piece of beef, cut the bacon into long slices, about an inch in thickness, dip them into vinegar, and then into a little of the above seasoning of spices, &c., mixed with the same quantity of minced herbs. With a sharp knife make holes deep enough to let in the bacon; then rub the beef over with the remainder of the seasoning and herbs, and bind it up in a nice shape with tape. Have ready a well-tinned stew-pan (it should not be much larger than the piece of meat you are cooking), into which put the beef, with the vegetables, vinegar and water. Let it simmer *very gently* for 5 hours, or rather longer should the meat not be extremely tender, and turn it once or twice. When ready to serve, take out the beef, remove the tape, and put it on a hot dish. Skim off every particle of fat from the gravy, add the port wine, just let it boil, pour it over the beef, and it is ready to serve. Great care must be taken that this does not boil fast, or the meat will be tough and tasteless; it should only just bubble. When convenient, all kinds of stews, &c., should be cooked on a hot-plate, as the process is so much more gradual than on an open fire.

Time.—5 hours, or rather more. **Average Cost,** 5*s.*

Sufficient for 12 persons.

Seasonable all the year, but more suitable for a winter dish.

Good Meat.—The lyer of meat when freshly killed (and the animal, when slaughtered, being in a state of perfect health) adheres firmly to the bones. Beef of the best quality is of a deep-red colour, and when the animal has approached maturity, and been well-fed, the lean is intermixed with fat, giving it the mottled appearance which is so much esteemed. It is also full of juice, which resembles in colour claret wine. The fat of the best beef is of a firm and waxy consistency, of a colour resembling that of the finest grass butter; bright in appearance, neither greasy nor friable to the touch, but moderately unctuous, in a medium degree between the last-mentioned properties.

868.—BEEF-STEAK AND OYSTER SAUCE. (*Fr.*—Bifteck aux Huitres.)

Ingredients.—3 dozen oysters, ingredients for oyster sauce (*see* No. 752), 2 lbs. of rump-steak, seasoning to taste, of pepper and salt.

Mode.—Make the oyster sauce by recipe No. 752, and when that is ready put it by the side of the fire, but do not let it keep boiling. Have the steaks cut of an equal thickness, broil them over a very clear fire, turning them often, that the gravy may not escape. In about eight minutes they will be done, when put them on a very hot dish; smother with the oyster sauce, and the remainder send to table in a tureen. Serve quickly.

Time.—About 8 to 10 minutes, according to the thickness of the steak. **Average Cost,** 5*s.* 8*d.*

Sufficient for 6 persons.

Seasonable from September to April.

869.—BEEF-STEAK PIE. (*Fr.*—Pâté de Bifteck Chaud.)

Ingredients.—3 lbs. of steak, seasoning to taste, of salt, cayenne and black pepper, crust, water, the yolk of an egg.

Mode.—Have the steaks cut from a rump that has hung a few days, that they may be tender, and be particular that every portion is perfectly sweet. Cut the steaks into pieces about three inches long and two wide, allowing a *small* piece of fat to each piece of lean, and arrange the meat in layers in a pie-dish. Between each layer sprinkle a seasoning of salt, pepper and, when liked, a few grains of cayenne. Fill the dish sufficiently with meat to support the crust, and to give it a nice raised appearance when baked, and not to look flat and hollow. Pour in sufficient water to half fill the dish, cover it with a tin, and bake for ¾ of an hour. Take it out of the oven, and when cold put on the crust, first putting a rim of paste round the edge. Ornament the pie with leaves or pieces of paste, cut in any shape that fancy may direct, brush it over with the beaten yolk of an egg; make a hole in the top of the crust, and bake in a hot oven for about an hour and a half. The addition of some sheep's kidneys is an improvement; or, if these cannot be had, some bullock's kidney, cut up small, is almost as good, and forms an excellent gravy.

BEEF-STEAK PIE.

Time.—In a hot oven, 1½ hour. **Average Cost,** for this size, 4*s.*

Sufficient for 8 persons.

Seasonable at any time.

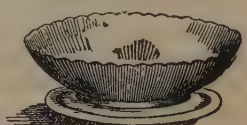
Note.—Beef-steak pies may be flavoured in various ways, with oysters and their liquor, mushrooms, minced onions, &c. For family pies, suet may be

used instead of butter or lard for the crust, and clarified beef dripping answers very well where economy is an object. Pieces of underdone roast or boiled meat may in pies be used very advantageously; but always remove the bone from pie-meat, unless it be chicken or game. We have directed that the meat shall be cut smaller than is usually the case; for, on trial, we have found it much more tender, more easily helped, and with more gravy, than when put into the dish in one or two large steaks.

870.—BEEF-STEAK AND KIDNEY PUDDING.

Ingredients.—2 lbs. of rump-steak, 2 kidneys, seasoning to taste, of salt and black pepper, suet crust made with milk (*see* PASTRY), in the proportion of 6 oz. of suet to each 1 lb. of flour.

Mode.—Procure some tender rump-steak (that which has been hung a little time), and divide it into pieces about an inch square, and cut each kidney into eight pieces. Line the dish (of which we have given an engraving) with crust made with suet and flour in the above proportion, leaving a small piece of crust to overlap the edge. Then cover the bottom with a portion of the steak and a few pieces of kidney; season with salt and pepper (some add a little flour to thicken the gravy, but it is not necessary), and then add another layer of steak, kidney and seasoning. Proceed in this manner till the dish is full, when pour in sufficient water to come within two inches of the top of the basin. Moisten the edges of the crust, cover the pudding over, press the two crusts together, that the gravy may not escape, and turn over the overhanging paste. Wring out a cloth in hot water, flour it, and tie up the pudding. Put it into boiling water, and let it boil for at least four hours. If the water diminishes, always replenish with some, hot in a jug, as the pudding should be kept covered all the time, and not allowed to stop boiling. When the cloth is removed, cut out a round piece in the top of the crust, to prevent the pudding bursting, and send it to table in the basin, either in an ornamental dish or with a napkin pinned round it. Serve quickly.



SUSSEX PUDDING DISH.

Time.—For a pudding with 2 lbs. of steak and 2 kidneys allow 4 hours.

Average Cost, 3*s.*

Sufficient for 8 persons.

Seasonable all the year; especially suitable in winter, after a hard day's hunting or other sport.

871.—ROAST BEEF PUDDING.

Ingredients.—Cold roast beef, chopped onion and parsley 1 tablespoonful, 1 dessert-spoonful of fine flour, salt, pepper, ½ pint of water. pudding-crust made without suet.

Mode.—Mince a pound or so of cold roast beef, mixing a teaspoonful of salt, some pepper and the flour with it. Make a paste as directed in No. 1676, put the pudding-cloth in a basin and mould the crust on it. Put in the meat, the mixed onion and parsley and quarter pint of water; put a paste cover on, tie up the cloth, and boil for an hour and a quarter. A little chopped pickles may be added, or some good vinegar, if liked.

Time.—1½ hour. **Average Cost,** exclusive of meat, 6*d*.

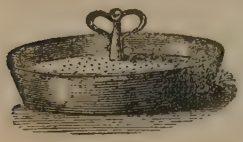
Sufficient for 4 persons.

Seasonable at any time.

871A.—POTATO PASTY.

Ingredients.—1½ lb. of rump-steak or mutton cutlets, pepper and salt to taste, ½ pint of gravy, 1 oz. of butter, mashed potatoes.

Mode.—Place the meat, cut in small pieces, at the bottom of the pan; season it with pepper and salt, and add the gravy and butter broken into small pieces. Put on the perforated plate, with its valve-pipe screwed on, and fill up the whole space to the top of the tube with nicely-mashed potatoes mixed with a little milk. If carefully baked, the potatoes will be covered with a delicate brown crust, retaining all the savoury steam rising from the meat. Send it to table as it comes from the oven, with a napkin folded round it.



POTATO PASTY PAN.

Time.—40 to 60 minutes. **Average Cost,** 1*s*. 10*d*.

Sufficient for 4 or 5 persons.

Seasonable at any time.

872.—BEEF-STEAKS WITH FRIED POTATOES.
(*Fr.*—Bifteck aux Pommes-de-terre.)

Ingredients.—2 lbs. of steak, 8 potatoes, ¼ lb. of butter, salt and pepper to taste, 1 teaspoonful of minced herbs.

Mode.—Put the butter into a frying or *saute* pan, set it over the fire, and let it get very hot; peel and cut the potatoes into long thin slices; put them into the hot butter, and fry them till of a nice brown colour. Now broil the steaks over a bright clear fire, turning them frequently, that every part may be equally done; as they should not be thick, 5 minutes will broil them. Put the herbs and seasoning in the butter the potatoes were fried in, pour it under the steak, and place the fried potatoes round, as a garnish. To have this dish in perfection, a portion of the fillet of the sirloin should be used, as the meat is generally so much more tender than that of the rump, and the steaks should be cut about one third of an inch in thickness.

Time.—5 minutes to broil the steaks, and about the same time to fry the potatoes. **Average Cost,** 2*s.* 6*d.*

Sufficient for 4 persons.

Seasonable all the year; but not so good in warm weather, as the meat cannot hang to get tender.

873.—BOILED AITCHBONE OF BEEF.

Ingredients.—Beef, water.

Mode.—After this joint has been in salt for 5 or 6 days, it will be ready for use, and will not take so long boiling as a round, for it is not so solid. Wash the meat, and, if too salt, soak it for a few hours, changing the water once or twice, till the required freshness is obtained. Put into a saucepan, or boiling-pot, sufficient water to cover the meat; set it over the fire, and when it boils, plunge in the joint (*see* No. 223), and let it boil up quickly. Now draw the pot to the side of the fire, and let the process be very gradual, as the water must only simmer, or the meat will be hard and tough. Carefully remove the scum from the surface of the water, and continue doing this for a few minutes after it first boils. Carrots and turnips are served with this dish, and sometimes suet dumplings, which may be boiled with the beef.

AITCHBONE OF BEEF.

Time.—An aitchbone of 10 lbs., 2½ hours after the water boils; one of 20 lbs., 4 hours.

Average Cost, 7*d.* per lb.

Sufficient 10 lbs., for 7 or 8 persons.

Seasonable all the year, but best from September to March.

Note.—The liquor in which the meat has been boiled may be easily converted into a very excellent pea-soup. As a joint of fresh meat, boned and roasted, it is tender and economical, the bones making excellent soup.

The Action of Salt on Meat.—The manner in which salt acts in preserving meat is not difficult to understand. By its strong affinity, it, in the first place, extracts the juices from the substance of meat in sufficient quantity to form a saturated solution with the water contained in the juice, and the meat then absorbs the saturated brine in place of the juice extracted by the salt. In this way, matter incapable of putrefaction takes the place of that portion in the meat which is most perishable. Such, however, is not the only office of salt as a means of preserving meat; it acts also by its astringency in contracting the fibres of the muscles, and so excludes the action of air on the interior of the substance of the meat. The last-mentioned operation of salt as an antiseptic is evinced by the diminution of the volume of meat to which it is applied. The astringent action of *saltpetre* on meat is much greater than that of salt, and thereby renders meat to which it is applied very hard; but in small quantities, it considerably assists the antiseptic action of salt, and also prevents the destruction of the florid colour of meat, which is caused by the application of salt. Thus it will be perceived, from the foregoing statement, that the application of salt and saltpetre diminishes, in a considerable degree, the nutritive, and, to some extent, the wholesome qualities of meat; and, therefore, in their use, the quantity applied should be as small as possible, consistent with the perfect preservation of the meat.

874.—BOILED ROUND OF BEEF. (*Fr.*—Rouelle.)

Ingredients.—Beef, water.

Mode.—As a whole round of beef, generally speaking, is too large for small families, and very seldom required, we here give the recipe for dressing a portion of the silver side of the round. Take from 12 to 16 lbs. after it has been in salt about 10 days; just wash off the salt, skewer it up in a nice round-looking form, and bind it with tape to keep the skewers in their places. Put it in a saucepan of boiling water, as in the preceding recipe, set it upon a good fire, and when it begins to boil, carefully remove all scum from the surface, as, if this is not attended to, it sinks on to the meat, and, when brought to table, presents a very unsightly appearance. When it is well-skimmed, draw the pot to the corner of the fire, and let it simmer very gently until done. Remove the tape and skewers, which should be replaced by a silver one; pour over it a little of the pot-liquor, and garnish with carrots. Carrots, turnips, parsnips, and sometimes suet dumplings, accompany this dish; and these may all be boiled with the beef. The pot liquor should be saved, and converted into pea-soup; and the outside slices, which are generally hard, and of an uninviting appearance, may be cut off before being sent to table, and potted. These make an excellent relish for the breakfast or luncheon table.

Time.—Part of a round of beef, weighing 12 lbs., about 3 hours after the water boils. **Average Cost,** 8½*d* per lb.

Sufficient for 10 persons.

Seasonable all the year, but more suitable for winter.

Note.—The Brisket and Rump may be boiled by the above recipe; of course, allowing more or less time, according to the size of the joint.

875.—SOYER'S RECIPE FOR PRESERVING THE GRAVY IN SALT MEAT, when it is to be served cold.

Fill two tubs with cold water, into which throw a few pounds of rough ice; and when the meat is done, put it into one of the tubs of ice-water; let it remain 1 minute, when take out, and put it into the other tub. Fill the first tub again with water, and continue this process for about 20 minutes; then set it upon a dish, and let it remain until quite cold. When cut, the fat will be as white as possible, besides having saved the whole of the gravy. If there is no ice, spring water will answer the same purpose, but will require to be more frequently changed.

876.—BEEF CAKE.

Ingredients.—The remains of cold roast beef; to each pound of cold meat allow ¼ lb. of bacon or ham; seasoning to taste, of pepper and salt, 1 small bunch of minced savoury herbs, 1 or 2 eggs.

Mode.—Mince the beef very finely (if underdone, it will be better), add to it the bacon, which must also be chopped very small, and mix well together. Season, stir in the herbs, and bind with an egg, or 2, should 1 not be sufficient. Make it into small square cakes, about half an inch thick, fry them in hot dripping, and serve in a dish with good gravy poured round them.

Time.—10 minutes. **Average Cost,** exclusive of the cold meat, 6*d.*
Seasonable at any time.

877.—BROILED BEEF-STEAKS or RUMP-STEAKS.
(*Fr.*—Bifteck à l'Anglaise.)

Ingredients.—Steaks, a piece of butter the size of a walnut, salt to taste, 1 tablespoonful of good mushroom ketchup or Harvey's sauce.

Mode.—As the success of a good broil so much depends on the state of the fire, see that it is bright and clear, and perfectly free from smoke, and do not add any fresh fuel just before you require to use the gridiron. Sprinkle a little salt over the fire, put on the gridiron for a few minutes, to get thoroughly hot through; rub it with a piece of fresh suet, to prevent the meat from sticking, and lay on the steaks, which should be cut of an equal thickness, about three quarters of an inch, or rather thinner, and level them by beating them as *little* as possible with a rolling-pin. Turn them frequently with steak-tongs (if these are not at hand, stick a fork in the edge of the fat, so that no gravy escapes), and in from 8 to 10 minutes they will be done. Have ready a very hot dish, into which put the ketchup, and, when liked, a little minced shalot; dish up the steaks, rub them over with butter, and season with pepper and salt. The exact time for broiling steaks must be determined by taste, whether they are liked underdone or well done; more than from 8 to 10 minutes for a steak three quarters of an inch in thickness, we think, would spoil and dry up the juices of the meat. Great expedition is necessary in sending broiled steaks to table; and, to have them in perfection, they should not be cooked till everything else prepared for dinner has been dished up, as their excellence entirely depends on their being served very hot. Garnish with scraped horseradish, or slices of cucumber. Oyster, tomato, onion, and many other sauces are frequent accompaniments to rump-steak, but true lovers of this English dish generally reject all additions but pepper and salt.

Time.—8 to 10 minutes. **Average Cost,** 1*s.* to 1*s.* 2*d.* per lb.

Sufficient.—Allow ½ lb. to each person; if the party consists entirely of gentlemen, ¾ lb. will not be too much, if this be the only dish of meat.

Seasonable all the year; but not good in the height of summer, as the meat cannot hang long enough to be tender.

Different Seasons for Beef.—We have already stated that the Scots breed of oxen, like the South-Down in mutton, stands first in excellence. It should be borne in mind, however, that each county has its particular season, and that the London and other large markets are supplied by those counties whose meat, from local circumstances, is in the best condition at the time. Thus, the season in Norfolk, from which the Scots come (these being the principle oxen bred by the Norfolk and Suffolk graziers), commences about Christmas and terminates about June, when this breed begins to fall off, their place being taken by grass-fed oxen. A large quantity of most excellent meat is sent to the "dead markets" from Scotland, and some of the best London butchers are supplied from this source.

878.—BROILED BEEF AND MUSHROOM SAUCE.
(*Fr.*—Bœuf Grillé aux Champignons.)

(*Cold Meat Cookery.*)

Ingredients.—2 or 3 dozen small button-mushrooms, 1 oz. of butter, salt and cayenne to taste, 1 tablespoonful of mushroom ketchup, mashed potatoes, slices of cold roast beef.

Mode.—Wipe the mushrooms free from grit with a piece of flannel, and salt: put them in a stewpan with the butter, seasoning, and ketchup; stir over the fire until the mushrooms are quite done, when pour it in the middle of mashed potatoes, browned. Then place round the potatoes slices of cold roast beef nicely broiled over a clear fire. In making the mushroom sauce, the ketchup may be dispensed with, if there is sufficient gravy.

Time.—¼ hour. **Average Cost,** exclusive of the meat, 8*d.*

Seasonable from August to October.

879.—BROILED BEEF AND OYSTER SAUCE.
(*Fr.*—Bœuf Grillé aux Huitres.)

(*Cold Meat Cookery.*)

Ingredients.—2 dozen oysters, 3 cloves, 1 blade of mace, 2 oz. of butter, ½ teaspoonful of flour, cayenne and salt to taste, mashed potatoes, a few slices of cold roast beef.

Mode.—Put the oysters in a stewpan, with their liquor, strained; add the cloves, mace, butter, flour, and seasoning, and let them simmer gently for 5 minutes. Have ready, in the centre of a dish round walls of mashed potatoes, browned; into the middle pour the oyster sauce, quite hot, and round the potatoes place, in layers, slices of the beef, which should be previously broiled over a nice clear fire.

Time.—5 minutes. **Average Cost,** 2*s.* 4*d.*, exclusive of the cold meat.

Sufficient for 4 or 5 persons.

Seasonable from September to April.

880.—BROILED BEEF-BONES.

Ingredients.—The bones of ribs or sirloin; salt pepper and cayenne.

Mode.—Separate the bones, taking care that the meat on them is not too thick in any part: sprinkle them well with the above seasoning, and broil over a very clear fire. When nicely browned, they are done; but do not allow them to blacken.

881.—TO DRESS A BULLOCK'S HEART.

(*Fr.*—Cœur de Bœuf.)

Ingredients.—1 heart, stuffing of veal forcemeat, No. 629.

Mode.—Put the heart into warm water to soak for 2 hours; then wipe it well with a cloth, and, after cutting off the lobes, stuff the inside with a highly-seasoned forcemeat, No. 629. Fasten it in by means of a needle and coarse thread; tie the heart up in paper, and set it before a good fire, being very particular to keep it well basted, or it will eat dry, there being very little of its own fat. Two or three minutes before serving, remove the paper; baste well, and serve with good gravy and red-currant jelly or melted butter. If the heart is very large it will require 2 hours, and, covered with a caul, may be baked as well as roasted.

Time.—Large hearts, 2 hours. **Average Cost,** 2*s.* 8*d.*

Sufficient for 6 or 8 persons.

Seasonable all the year.

Note.—This is an excellent family dish, is very savoury, and, though not seen at many good tables, may be recommended for its cheapness and economy.

882.—BUBBLE-AND-SQUEAK.

(*Cold Meat Cookery*).

Ingredients.—A few thin slices of cold boiled beef; butter, cabbage, 1 sliced onion, pepper and salt to taste.

Mode.—Fry the slices of beef gently in a little butter, taking care not to dry them up. Lay them on a flat dish, and cover with fried greens. The greens may be prepared from cabbage sprouts or green savoys. They should be boiled till tender, well drained, minced, and placed, till quite hot, in a frying-pan, with butter, a sliced onion, and seasoning of pepper and salt. When the onion is done, it is ready to serve.

Time.—Altogether, ½ hour. **Average Cost,** exclusive of the cold beef, 3*d.*

Seasonable at any time.

883.—COLLARED BEEF. (*Fr.*—Galantine de Bœuf.)

Ingredients.—7 lbs. of thin end of the flank of beef, 2 oz. of coarse sugar, 6 oz. of salt, 1 oz. of saltpetre, 1 large handful of parsley minced, 1 dessertspoonful of minced sage, a bunch of savoury herbs, half a teaspoonful of pounded allspice; salt and pepper to taste.

Mode.—Choose fine tender beef, but not too fat; lay it in a dish, rub in the sugar, salt and saltpetre, and let it remain in the pickle for a week or ten days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, spice and seasoning in the above proportion, taking care that the former are finely minced, and the latter well pounded. Roll the meat up in a cloth as tightly as possible, in the same shape as shown in the engraving; bind it firmly with broad tape, and boil it gently for 6 hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold. This dish is a very nice addition to the breakfast-table.

COLLARED BEEF.

Time.—6 hours. **Average Cost,** for this quantity, 3*s.* 6*d.*
Seasonable at any time.

Note.—During the time the beef is in pickle, it should be kept cool, and regularly rubbed and turned every day.

884.—BEEF-COLLOPS.
(*Fr.*—Escalopes de Bœuf aux Câpres.)

Ingredients.—2 lbs. of rumpsteak, ¼ lb. of butter, 1 pint of gravy (water may be substituted for this), salt and pepper to taste, 1 shalot finely minced, ½ a pickled walnut, 1 teaspoonful of capers.

Mode.—Have the steak cut thin, and divide it in pieces about 3 inches long; beat these with the blade of a knife, and dredge with flour. Put them in a frying-pan with the butter, and let them fry for about 3 minutes; then lay them in a small stewpan, and pour over them the gravy. Add a piece of butter, kneaded with a little flour, put in the seasoning and all the other ingredients, and let the whole simmer, but not boil, for 10 minutes. Serve in a hot covered dish.

Time.—10 minutes. **Average Cost,** for this quantity, 2*s.* 9*d.*
Sufficient for 4 or 5 persons.
Seasonable at any time.

885.—CURRIED BEEF. (*Fr.*—Bœuf à l'Indienne.)

(*Cold Meat Cookery.*)

Ingredients.—A few slices of tolerably lean cold roast or boiled beef, 3 oz. of butter, 2 onions, 1 wineglassful of beer, 1 dessertspoonful of curry powder.

Mode.—Cut up the beef into pieces about 1 inch square, put the butter into a stewpan, with the onions sliced, and fry them of a light-brown colour. Add all the other ingredients, and stir gently over a brisk fire for about 10 minutes. Should this be thought too dry, more beer, or a spoonful or two of gravy or water, may be added; but a good curry should not be very thin. Place it in a deep dish, with an edging of dry boiled rice, in the same manner as for other curries.

Time.—10 minutes. **Average Cost,** exclusive of the meat, 5*d.*

Seasonable in winter.

886.—TO CLARIFY BEEF DRIPPING.

Mode.—Good and fresh dripping answers very well for basting everything except game and poultry; and, when well clarified, serves for frying nearly as well as lard; it should be kept in a cool place, and will remain good some time. To clarify it, put it into a saucepan and when melted pour it into boiling water, and keep stirring the whole to wash away the impurities. Let it stand to cool, when the water and dirty sediment will settle at the bottom of the fat. Remove the dripping, and put it away in jars or basins for use.

887.—BEEF DRIPPING.

(*Another Mode.*)

Mode.—Put the dripping into a clean saucepan, and let it boil for a few minutes over a slow fire, and be careful to skim it well. Let it stand to cool a little, then strain it through a piece of muslin into jars for use. Beef dripping is preferable to any other for cooking purposes, as, with mutton dripping, there is a liability to a tallowy taste and smell.

888.—FRICANDEAU OF BEEF.

(*Fr.*—Fricandeau à l'Oseille.)

Ingredients.—About 3 lbs. of the inside fillet of the sirloin (a piece of the rump may be substituted for this), pepper and salt to taste, 3 cloves, 2 blades of mace, 6 whole allspice, 1 pint of stock, No. 274, or water, 1 glass of sherry, 1 bunch of savoury herbs, 2 shalots, bacon.

Mode.—Cut some bacon into thin strips, and sprinkle over them a seasoning of pepper and salt, mixed with cloves, mace, and allspice, well pounded. Lard the beef with these, put it into a stewpan, with the stock or water, sherry, herbs, shalots, 2 cloves, and more pepper and salt. Stew the meat gently until tender, when take it out, cover it closely, skim off all the fat from the gravy, and strain it. Set it on the fire, and boil till it becomes a glaze. Glaze the larded side of the beef with this, and serve on sorrel sauce, which is made as follows :—Wash and pick some sorrel, and put it into a stewpan with only the water that hangs about it. Keep stirring to prevent its burning, and when done, lay it in a sieve to drain. Chop it, and stew it with a small piece of butter and 4 or 5 tablespoonfuls of good gravy for an hour, and rub it through a tammy. If too acid, add a little sugar. A little cabbage-lettuce boiled with the sorrel will be found an improvement.

Time.—2 hours to gently stew the meat. **Average Cost,** for this quantity, 4*s.*

Sufficient for 6 persons.

Seasonable at any time.

889.—FRICASSÉE OF BEEF. (*Fr.*—Bœuf en Fricassée).

Ingredients.—1 lb. of cold roast beef, 1 pint of water, 1 tablespoonful of flour, salt, pepper, and butter the size of a walnut.

Mode.—Put the water into a frying-pan, and, when it boils, add flour smoothed, a little butter, pepper and salt; cut the beef in thin slices, put them into the gravy and let them boil 5 minutes; if you have beef gravy, use it and omit the butter. Serve with boiled potatoes, tomatoes, rice or macaroni.

Time.—15 minutes. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

890.—FRIED SALT BEEF.

(*Cold Meat Cookery.*)

Ingredients.—A few slices of cold salt beef, pepper to taste, ¼ lb. of butter, mashed potatoes.

Mode.—Cut any part of cold salt beef into thin slices, fry them gently in butter, and season with a little pepper. Have ready some very hot mashed potatoes, lay the slices of beef on them, and garnish with 3 or 4 pickled gherkins. Cold salt beef, warmed in a little liquor from mixed pickle, drained and served as above, will be found good.

Time.—About 5 minutes. **Average Cost,** exclusive of the meat, 5*d.*

Seasonable at any time.

891.—FRIED RUMPSTEAK. (*Fr.*—Biftecks Frits.)

Ingredients.—Steaks, butter or clarified dripping.

Mode.—Although broiling is a far superior method of cooking steaks to frying them, yet, when the cook is not very expert, the latter mode may be adopted; and, when properly done, the dish may really look very inviting, and the flavour be good. The steaks should be cut rather thinner than for broiling, and with a small quantity of fat to each. Put some butter or clarified dripping into a frying-pan; let it get quite hot, then lay in the steaks. Turn them frequently until done, which will be in about 8 minutes, or rather more should the steaks be very thick. Serve on a very hot dish, in which put a small piece of butter and a tablespoonful of ketchup, and season with pepper and salt. They should be sent to table quickly, as, when cold, the steaks are entirely spoiled.

Time.—8 minutes for a medium-sized steak; rather longer for a very thick one. **Average Cost,** 1*s.* to 1*s.* 2*d.* per lb.

Seasonable all the year, but not good in summer, as the meat cannot hang to get tender.

Note.—Where much gravy is liked, make it in the following manner:—As soon as the steaks are done, dish them, pour a little boiling water into the frying-pan, add a seasoning of pepper and salt, a small piece of butter, and a tablespoonful of Harvey's sauce or mushroom ketchup. Hold the pan over the fire for a minute or two, just let the gravy simmer, then pour on the steak, and serve.

A Frenchman's Opinion of Beef.—The following is translated from a celebrated modern French work, the production of one who in Paris enjoys a great reputation as cook and chemist:—The flesh of the ox, to be in the best condition, should be taken from an animal of from four to six years old, and neither too fat nor too lean. This meat, which possesses in the highest degree the most nutritive qualities, is generally easily digested; stock is made from it, and it is eaten boiled, broiled, roasted, stewed, braised, and in a hundred other different ways. Beef is the foundation of stock, gravies, braises, &c.; its nutritious and succulent gravy gives body and flavour to numberless ragoûts. It is an exhaustless mine in the hands of a skilful artist, and is truly the king of the kitchen. Without it, no soup, no gravy; and its absence would produce almost a famine in the civilised world.

892.—BEEF FRITTERS. (*Fr.*—Beignets de Bœuf.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast beef, pepper and salt to taste, ¾ lb. of flour, ½ pint of water, 2 oz. of butter, the whites of 2 eggs.

Mode.—Mix very smoothly, and by degrees, the flour with the above proportion of water; stir in 2 oz. of butter, which must be melted, but not oiled, and, just before it is to be used, add the whites of two well-whisked eggs. Should the batter be too thick, more water must be added. Pare down the cold beef into thin shreds, season with pepper and salt, and mix it with the batter. Drop a small quantity at a time into a pan of boiling lard, and fry from 7 to 10 minutes, according to the size. When done on one side, turn and brown them on the other. Let them dry for a minute

or two before the fire, and serve on a folded napkin. A small quantity of finely-minced onions, mixed with the batter, is an improvement.

Time.—From 7 to 10 minutes.

Average Cost, exclusive of the meat, 6*d.*

Seasonable at any time.

893.—HASHED BEEF. (*Fr.*—Emincé de Filet de Bœuf.)

(*Cold Meat Cookery.*)

Ingredients.—Gravy saved from the meat, 1 teaspoonful of tomato sauce, 1 teaspoonful of Harvey's sauce, 1 teaspoonful of good mushroom ketchup, ½ a glass of port or strong ale, pepper and salt to taste, a little flour to thicken, 1 onion finely minced, a few slices of cold roast beef.

Mode.—Put all the ingredients but the beef into a stewpan with whatever gravy may have been saved from the meat the day it was roasted; let these simmer gently for 10 minutes, then take the stewpan off the fire; let the gravy cool, and skim off the fat. Cut the beef into thin slices, dredge them with flour, and lay them in the gravy; let the whole simmer gently for 5 minutes, but not boil, or the meat will be tough and hard. Serve very hot, and garnish with sippets of toasted bread.

Time.—20 minutes. **Average Cost,** exclusive of the cold meat, 6*d.*

Seasonable at any time.

894.—HASHED BEEF. (*Fr.*—Emincé de Bœuf.)

(*Cold Meat Cookery. Another Mode.*)

Ingredients.—The remains of ribs or sirloin of beef, 2 onions, 1 carrot, 1 bunch of savoury herbs, pepper and salt to taste, ½ blade of pounded mace, thickening of flour, rather more than 1 pint of water.

Mode.—Take off all the meat from the bones of ribs or sirloin of beef; remove the outside brown and gristle; place the meat on one side; and well stew the bones and pieces, with the above ingredients, for about 2 hours, till it becomes a strong gravy, and is reduced to rather more than half a pint; strain this, thicken with a teaspoonful of flour, and let the gravy cool; skim off all the fat; lay in the meat, let it get hot through, but do not allow it to boil, and garnish with sippets of toasted bread. The gravy may be flavoured as in the preceding recipe.

Time.—Rather more than 2 hours.

Average Cost, exclusive of the cold meat, 2*d.*

Seasonable at any time.

Note.—Either of the above recipes may be served in walls of mashed potatoes browned; in which case the sippets should be omitted. Be careful that hashed meat does not boil, or it will become tough.

895.—TO PREPARE HUNG BEEF.

Mode.—This is preserved by salting and drying, either with or without smoke. Hang up the beef 3 or 4 days, till it becomes tender, but take care it does not begin to spoil; then salt it in the usual way, either by drysalting or by brine, with bay-salt, brown sugar, saltpetre, and a little pepper and allspice; afterwards roll it tight in a cloth, and hang it up in a warm, but not hot place, for a fortnight or more, till it is sufficiently hard. If required to have a little of the smoky flavour, it may be hung for some time in a chimney-corner, or smoked in any other way; it will keep a long time.

896.—HUNTER'S BEEF. (*Fr.*—Bœuf au Chasseur.)

Ingredients.—For a round of beef weighing 25 lbs. allow 3 oz. of saltpetre, 3 oz. of coarse sugar, 1 oz of cloves, 1 grated nutmeg, ½ oz. of allspice, 1 lb. of salt, ½ lb. of bay-salt.

Mode.—Let the beef hang for 2 or 3 days, and remove the bone. Pound spices, salt, &c., in the above proportion, and let them be reduced to the finest powder. Put the beef into a pan, rub all the ingredients well into it, and turn and rub it every day for rather more than a fortnight. When it has been sufficiently long in pickle, wash the meat, bind it up securely with tape, and put it into a pan with half a pint of water at the bottom; mince some suet, cover the top of the meat with it, and over the pan put a common crust of flour and water; bake for 6 hours, and, when cold, remove the paste. Save the gravy that flows from it, as it adds greatly to the flavour of hashes, stews, &c. The beef may be glazed and garnished with meat jelly.

Time.—6 hours.

Seasonable all the year.

Note.—In salting or pickling beef or pork for family consumption, it not being generally required to be kept for a great length of time, a less quantity of salt, and a larger quantity of other matters more adapted to retain mellowness in meat, may be employed, which could not be adopted by the curer of the immense quantities of meat required to be preserved for victualling the shipping of this maritime country. Sugar, which is well known to possess the preserving principle in a very great degree, without the pungency and astringency of salt, may be, and is, very generally used in the preserving of meat for family consumption. Although it acts without corrugating or contracting the fibres of meat, as is the case in the action of salt, and, therefore, does not impair its mellowness, yet its use in sufficient quantities for preservative effect, without the addition of other antiseptics, would impart a flavour not agreeable to the taste of many persons. It may be used, however, together with salt, with the greatest advantage in imparting mildness and mellowness to cured meat, in a proportion of about one part by weight to four of the mixture; and, perhaps, now that sugar is so much lower in price than it was in former years, one of the obstructions to its more frequent use is removed.

897.—TO DRESS BEEF KIDNEY.
(*Fr.*—Rognon de Bœuf.)

Ingredients.—1 kidney, clarified butter, pepper and salt to taste, a small quantity of highly-seasoned gravy, 1 teaspoonful of lemon-juice, ½ teaspoonful of powdered sugar.

Mode.—Cut the kidney into neat slices, put it into warm water to soak for 2 hours, and change the water 2 or 3 times; then put it on a clean cloth to dry the water from it and lay it in a frying-pan with some clarified butter, and fry it of a nice brown; season each side with pepper and salt, put it round the dish, and the gravy in the middle. Before pouring the gravy into the dish, add the lemon-juice and sugar.

Time.—From 5 to 10 minutes. **Average Cost,** 1*s.* each.

Seasonable at any time.

898.—BEEF KIDNEY.
(*Fr.*—Rognon de Bœuf au Vin Blanc.)

Ingredients.—1 kidney, 1 dessertspoonful of minced parsley, 1 teaspoonful of minced shalot, salt and pepper to taste, ¼ pint of gravy, No. 623, 3 tablespoonfuls of sherry.

Mode.—Take off a little of the kidney fat, mince it very fine, and put it in a frying-pan; slice the kidney, sprinkle over it parsley and shalots in the above proportion, add a seasoning of pepper and salt, and fry it of a nice brown. When it is done enough, dredge over a little flour, and pour in the gravy and sherry. Let it just simmer, but not boil any more, or the kidney would harden; serve very hot, and garnish with croûtons. Where the flavour of the shalot is disliked, it may be omitted, and a small quantity of savoury herbs substituted for it.

Time.—From 5 to 10 minutes, according to the thickness of the slices.

Average Cost, 1*s.* each. **Sufficient** for 3 persons.

Seasonable at any time.

899.—BEEF KIDNEY. (*Fr.*—Rognon.)
(*A more Simple Method.*)

Mode.—Cut the kidney into thin slices, flour them, and fry of a nice brown. When done, make a gravy in the pan by pouring away the fat, putting in a small piece of butter, ¼ pint of boiling water, pepper and salt, and a tablespoonful of mushroom ketchup. Let the gravy just boil up, pour over the kidney and serve.

900.—DEVILLED LIVER. (*Fr.*—Foie à la Diable.)

Ingredients.—3 lbs. of liver (uncooked), ¼ lb. of uncooked salt pork, ½ pint of bread-crumbs, 3 tablespoonfuls of salt, a teaspoonful of pepper, ½ teaspoonful of Cayenne pepper, ½ teaspoonful of mace and cloves.

Mode.—Chop the liver and pork very fine; add the other ingredients, mixing well; put in a covered mould, and set in a saucepan of cold water; cover the saucepan, and place on the fire to boil 2 hours. Take out the mould, uncover, and let it stand in an open oven to let the steam off. This is a cold dish.

Time.—2½ hours. **Average Cost,** 1*s.* 10*d.* for this quantity.

Sufficient for 6 persons.

Seasonable at any time.

901.—ROASTED LIVER. (*Fr.*—Foie Rôti.)

Ingredients.—Take 4 lbs. of beef or calf's liver, a teaspoonful of pepper, salt and cloves mixed, ½ pint of cold water.

Mode.—Lard the liver with salt pork. Sprinkle in the pan the spice and pepper; place the liver in the pan, and sprinkle with another spoonful of the spices. Add half a pint of cold water; baste the liver well with flour and butter, till the gravy is rich enough, then baste with that. Bake it an hour or more; dish the liver; boil the gravy and turn over it. A glass of wine improves the gravy.

Time.—1½ hour. **Average Cost,** 2*s.*

Sufficient for 6 persons.

Seasonable in winter.

902.—BOILED MARROW-BONES.

Ingredients.—Bones, a small piece of common paste, a flowered cloth.

Mode.—Have the bones neatly sawed into convenient sizes, and cover the ends with a small piece of common crust, made with flour and water. Over this tie a floured cloth, and place them upright in a saucepan of boiling water, taking care there is sufficient to cover the bones. Boil them for 2 hours, remove the cloth and paste, and serve them upright on a napkin with dry toast. Many persons clear the marrow from the bones after they are cooked, spread it over a slice of toast, and add a seasoning of pepper; when served in this manner, it must be very expeditiously sent to table, as it soon gets cold.

Time.—2 hours.

Seasonable at any time.

Note.—Marrow-bones may be baked after preparing them as in the preceding recipe; they should be laid in a deep dish, and baked for 2 hours.

Marrow Bones.—Bones are formed of a dense cellular tissue of membranous matter, made stiff and rigid by insoluble earthy salts; of which, phosphate of lime is the most abundant. In a large bone, the insoluble matter is generally deposited in such a manner as to leave a cavity, into which a fatty substance, distinguished by the name of marrow, is thrown. Hollow cylindrical bones possess the qualities of strength and lightness in a remarkable degree. If bones were entirely solid they would be unnecessarily heavy; and if their materials were brought into smaller compass, they would be weaker, because the strength of the bone is in proportion to the distance at which its fibres are from the centre. Some animals, it must, however, be observed, have no cavities in the centre of their bones: such as the whale tribe, skate, and turtles.

MARROW-BONES.

903.—MOULDED MINCEMEAT.
(*Fr.*—Boudin de Bœuf, Mouton, &c.)

Ingredients.—1 lb. of lean meat chopped fine, an onion chopped fine, a tablespoonful of fine bread-crumbs, a teaspoonful of salt, a saltspoonful of white pepper, a teacupful of gravy of meat (this may be obtained by boiling the pieces left after cutting the lean for mincing, straining and seasoning the liquor).

Mode.—Stir all these ingredients together till well mixed, and let them stand 30 minutes. Rub a deep bowl with butter, press the mincemeat well into it, and cover it with a plate. Stand the bowl in a pan of water, and cook in a moderate oven for an hour. Turn it out carefully, and serve with any of the following sauces hot: For mutton, gravy with a dessertspoonful of red-currant jelly stirred in; for beef, gravy flavoured with mushrooms or horseradish sauce; for veal or fowl, tomato sauce; for pork, apple sauce, fresh onions, or onion sauce.

Time.—1 hour. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

904.—MINCED BEEF. (*Fr.*—Emincé de Bœuf.)
(*Cold Meat Cookery.*)

Ingredients.—1 oz. of butter, 1 small onion, 2 tablespoonfuls of gravy left from the meat, 1 tablespoonful of strong ale, ½ a teaspoonful of flour, salt and pepper to taste, a few slices of lean roast beef.

Mode.—Put into a stewpan the butter, with an onion chopped fine; add the gravy, ale and half a teaspoonful of flour to thicken; season with pepper and salt, and stir these ingredients over the fire until the onion is a rich brown. Cut, but not chop the meat *very fine*, add it to the gravy, stir till quite hot, and serve. Garnish with sippets of toasted bread. Be careful in not allowing the gravy to boil after the meat is added, as it would render it hard and tough.

Time.—About ½ hour. **Average Cost,** exclusive of the meat, 3*d.*

Seasonable at any time.

905.—MIROTON OF BEEF. (*Fr.*—Miroton de Bœuf.)

Ingredients.—A few slices of cold roast beef, 3 oz. of butter, salt and pepper to taste, 3 onions, ½ pint of gravy.

Mode.—Slice the onions and put them into a frying-pan with the cold beef and butter; place it over the fire, and keep turning and stirring the ingredients to prevent them burning. When of a pale brown, add the gravy and seasoning; let it simmer for a few minutes, and serve very hot. This dish is excellent and economical.

Time.—5 minutes. **Average Cost,** exclusive of the meat, 6*d.*

Seasonable at any time.

906.—STEWED OX-CHEEK. (*Fr.*—Tête de Bœuf.)

Ingredients.—1 cheek, salt and water, 4 or 5 onions, butter and flour, 6 cloves, 3 turnips, 2 carrots, 1 bay-leaf, 1 head of celery, 1 bunch of savoury herbs, cayenne, black pepper and salt to taste, 1 oz. of butter, 2 dessertspoonfuls of flour, 2 tablespoonfuls of chili-vinegar, 2 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of port, 2 tablespoonfuls of Harvey's sauce.

Mode.—Have the cheek boned, and prepare it the day before it is to be eaten, by cleaning and putting it to soak all night in salt and water. The next day wipe it dry and clean, and put it into a stewpan. Just cover it with water, skim well when it boils, and let it gently simmer till the meat is quite tender. Slice and fry, 3 onions in a little butter and flour, and put them into the gravy; add 2 whole onions, each stuck with three cloves, 3 turnips quartered, 2 carrots sliced, a bay-leaf, 1 head of celery, a bunch of herbs, and seasoning to taste of cayenne, black pepper and salt. Let these stew till perfectly tender; then take out the cheek, divide into pieces fit to help at table, skim and strain the gravy, and thicken one pint and a half of it, with butter and flour in the above proportions. Add the vinegar, ketchup, and port; put in the pieces of cheek; let the whole boil up, and serve quite hot. Send it to table in a ragoût-dish. If the colour of the gravy should not be very good, add a teaspoonful of the browning, No. 616.

Time.—4 hours. **Average Cost,** 1*s.* 3*d.* half head.

Sufficient for 8 persons. **Seasonable** at any time.

907.—FRIED OX-FEET, or COW-HEEL. (*Fr.*—Pied de Bœuf Frit.)

Ingredients.—Ox-feet, the yolk of 1 egg, bread-crumbs, parsley, salt and cayenne to taste, boiling butter

Mode.—Wash, scald and thoroughly clean the feet, and cut them into pieces about 2 inches long; have ready some fine bread-crumbs mixed with a little minced parsley, cayenne and salt; dip the pieces of heel into the yolk of egg, sprinkle them with the bread-crumbs, and fry them in boiling butter until of a nice brown.

Time.—¼ hour. **Average Cost,** 9*d.* each.

Seasonable at any time.

Note.—Ox-feet may be dressed in various ways, stewed in gravy or plainly boiled, and served with melted butter. When plainly boiled, the liquor will answer for making sweet or relishing jellies, and also to give richness to soups or gravies.

908.—STEWED OX-TAILS.

(*Fr.*—Queue de Bœuf à la Sauce Piquante.)

Ingredients.—2 ox-tails, 1 onion, 3 cloves, 1 blade of mace, ½ teaspoonful of whole black pepper, ½ teaspoonful of allspice, ½ a teaspoonful of salt, a small bunch of savoury herbs, thickening of butter and flour, 1 tablespoonful of lemon-juice, 1 tablespoonful of mushroom ketchup.

Mode.—Divide the tails at the joints, wash and put them into a stewpan with sufficient water to cover them, and set them on the fire; when the water boils remove the scum, and add the onion cut into rings, the spice, seasoning and herbs. Cover the stewpan closely, and let the tails simmer very gently until tender, which will be in about two and a half hours. Take them out, make a thickening of butter and flour, add it to the gravy, and let it boil for a quarter of an hour. Strain it through a sieve into a saucepan, put back the tails, add the lemon-juice and ketchup; let the whole just boil up, and serve. Garnish with croûtons or sippets of toasted bread.

Time.—2½ hours to stew the tails.

Average Cost, 1*s.* 9*d.* each.

Sufficient for 8 persons.

Seasonable all the year.

The Tails of Animals.—In the class Mammalia, the vertebral column, or backbone, presents only slight modifications, and everywhere shows the same characteristics as in man, who stands at the head of this division of the animal kingdom. The length of this column however, varies much, and the number of vertebræ of which it is composed is far from being uniform. These numerical differences principally depend on the unequal development of the caudal portion, or tail-end, of the column. Thus, the tail-forming vertebræ sometimes do not exist at all—amongst certain bats, for example; in other instances we reckon forty, fifty and even sixty of these bones. Among the greater number of mammals, the tail is of little use for locomotion, except that it acts in many cases as does the rudder of a ship, steadying the animal in his rapid movements, and enabling him to turn more easily and quickly. Among some animals, it becomes a very powerful instrument of progression. Thus, in the kangaroos and jerboas the tail forms, with the hind feet, a kind of tripod from which the animal makes its spring. With most of the American monkeys it is prehensile, and serves the animal as a fifth hand to suspend itself from the branches of trees; and lastly, among the whales, it grows to an enormous size, and becomes the principal instrument for swimming.

909.—BEEF PATTIES. (*Fr.*—Patés de Bœuf.)

Ingredients.—Underdone beef, 1 onion, pepper, salt, some lard crust.

Mode.—Cut the meat into small square pieces, chop the onion finely and mix with the meat, adding salt and pepper. Roll the paste out rather thinly, cut it in rounds with a small saucer; put a little of the chopped meat on one half, fold the other over and pinch the edges together. Fry the patties in hot lard till of a nice light brown, or bake them in a good oven.

Time.—20 minutes. **Average Cost,** exclusive of meat, 5*d.*

Seasonable at any time.

910.—A PICKLE FOR BEEF OR TONGUES. (*Fr.*—Bœuf Salé.)

(*Newmarket Recipe.*)

Ingredients.—1 gallon of soft water, 3 lbs. of coarse salt, 6 oz. of coarse brown sugar, ½ oz. of saltpetre.

Mode.—Put all the ingredients into a saucepan, and let them boil for half an hour; clear off the scum as it rises, and, when done, pour the pickle into a pickling-pan. Let it get cold, then put in the meat, and allow it to remain in the pickle from eight to fourteen days, according to the size. It will keep good for six months, if well boiled once a fortnight. Tongues will take one month or six weeks to be properly cured; and, in salting meat, beef and tongues should always be put in separate vessels.

Time.—A moderate-sized tongue should remain in the pickle about a month, and be turned every day.

911.—POTTED BEEF. (*Fr.*—Terrine de Bœuf.)

Ingredients.—2 lbs. of lean beef, 1 tablespoonful of water, ¼ lb. of butter, seasoning to taste of salt, cayenne, pounded mace, black pepper and anchovy sauce.

Mode.—Procure a nice piece of lean beef, as free as possible from gristle, skin, &c., and put it into a jar (one with a lid, if at hand) with a tablespoonful of water. Cover it *closely*, and put the jar into a saucepan of boiling water, letting the water come within two inches of the top of the jar. Boil gently for three hours and a half, then take the beef, chop it very small with a chopping-knife, and pound it thoroughly in a mortar. Mix with it by degrees all, or a portion, of the gravy that will have run from it and a little clarified butter; add the seasoning, put it into small pots for use, and cover with a little butter just warmed, and

POTTING-JAR.

poured over. If much gravy is added to it, it will keep but a short time; on the contrary, if a large proportion of butter is used, it may be preserved for some time.

Time.—3½ hours. **Average Cost,** for this quantity, 2*s.*

Seasonable at any time.

912.—POTTED BEEF. (*Fr.*—Bœuf en Terrine.)

(*Cold Meat Cookery. Another Mode.*)

Ingredients.—The remains of cold roast or boiled beef, ¼ lb. of butter, cayenne to taste, 2 blades of pounded mace.

Mode.—As we have stated in recipe No. 974, the outside slices of boiled beef may, with a little trouble, be converted into a very nice addition to the breakfast table. Cut up the meat into small pieces and pound it well, with a little butter, in a mortar; add a seasoning of cayenne and mace, and be very particular that the latter ingredient is reduced to the finest powder. When all the ingredients are thoroughly mixed, put it into glass or earthen potting-pots, and pour over the top a coating of clarified butter.

Seasonable at any time.

Note.—If cold roast beef is used, remove all pieces of gristle and dry outside pieces, as these do not pound well.

913.—RIB OF BEEF BONES.

(*A Pretty Dish.*)

Ingredients.—Rib of beef bones, 1 onion chopped fine, a few slices of carrot and turnip, ¼ pint of gravy.

Mode.—The bones for this dish should have left on them a slight covering of meat; saw them into pieces three inches long; season them with pepper and salt, and put them into a stewpan with the remaining ingredients. Stew gently, until the vegetables are tender, and serve on a flat dish, within walls of mashed potatoes.

Time.—¾ hour. **Average Cost,** exclusive of the bones, 2*d.*

Seasonable at any time.

914.—ROLLED BEEF.

(*Fr.*—Bœuf Farci à la Sauce Piquante.)

(*To Eat like Hare.*)

Ingredients.—About 5 lbs. of the inside of the sirloin, 2 glasses of port, 2 glasses of vinegar, a small quantity of forcemeat, No. 629, 1 teaspoonful of pounded allspice.

Mode.—Take the inside of a large sirloin, soak it in 1 glass of port and 1 glass of vinegar mixed, and let it remain for 2 days. Make a forcemeat by recipe No. 629, lay it on the meat, and bind it up securely. Roast it before a nice clear fire, and baste it with 1 glass each of port and vinegar, with which mix a teaspoonful of pounded allspice. Serve, with a good gravy in the dish, and send red currant jelly to table with it.

Time.—A piece of 5 lbs. about 1½ hour before a brisk fire. **Average Cost,** for this quantity, 6*s.*

Sufficient for 4 persons.

Seasonable at any time.

915.—BEEF ROLLS. (*Fr.*—Petits Pâtés de Bœuf.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold roast or boiled beef, seasoning to taste of salt, pepper and minced herbs; puff paste.

Mode.—Mince the beef tolerably fine with a small amount of its own fat; add a seasoning of pepper, salt and chopped herbs; put the whole into a roll of puff paste, and bake for half an hour, or rather longer, should the roll be very large. Beef patties may be made of cold meat, by mincing and seasoning beef as directed above, and baking in a rich puff paste in patty tins.

Time.—½ hour.

Seasonable at any time.

916.—MINIATURE ROUND OF BEEF.

(*Fr.*—Rouelle de Bœuf.)

(*An Excellent Dish for a Small Family.*)

Ingredients.—From 5 to 10 lbs. of ribs of beef, sufficient brine to cover the meat.

Mode.—Choose a fine rib, have the bone removed, rub some salt over the inside, and skewer the meat up into a nice round form, and bind it with tape. Put it into sufficient brine to cover it (the brine should be made by recipe No. 910), and let it remain for 6 days, turning the meat every day. When required to be dressed, drain from the pickle, and put the meat into very hot water; let it boil rapidly for a few minutes, when draw the pot to the side of the fire, and let it simmer very gently until done. Remove the skewer, and replace it by a plated or silver one. Carrots and turnips should be served with this dish, and may be boiled with the meat.

Time.—A small round of 8 lbs., about 2 hours after the water boils; one of 12 lbs. about 3 hours. **Average Cost,** 8½*d.* per lb.

Sufficient for 10 persons.

Seasonable at any time.

Note.—Should the joint be very small, 4 or 5 days will be sufficient time to salt it.

917.—BRISKET OF BEEF.
(*Fr.*—Poitrine de Bœuf à la Flamande.)

Ingredients.—About 6 or 8 lbs. of the brisket of beef, 4 or 5 slices of bacon, 2 carrots, 1 onion, a bunch of savoury herbs, salt and pepper to taste, 4 cloves, 4 whole allspice, 2 blades of mace.

Mode.—Choose that portion of the brisket which contains the gristle, trim it, and put it into a stewpan with the slices of bacon, which should be put under and over the meat. Add the vegetables, herbs, spices and seasoning, and cover with a little weak stock or water; close the stewpan as hermetically as possible, and simmer very gently for 4 hours. Strain the liquor, reserve a portion of it for sauce, and the remainder boil quickly over a sharp fire until reduced to a glaze, with which glaze the meat. Garnish the dish with scooped carrots and turnips, and when liked, a little cabbage; all of which must be cooked separately. Thicken and flavour the liquor that was saved for sauce, pour it round the meat, and serve. The beef may also be garnished with glazed onions, artichoke-bottoms, &c.

Time.—4 hours. **Average Cost,** 4½*d* per lb.

Sufficient for 8 persons.

Seasonable at any time.

French Beef.—It has been all but universally admitted that the beef of France is greatly inferior in quality to that of England, owing to inferiority of pasturage. M. Curmer, however, one of the latest writers on the culinary art, tells us that this is a vulgar error, and that French beef is far superior to that of England. This is mere vaunting on the part of our neighbours, who seem to want *la gloire* in everything; and we should not deign to notice it, if it had occurred in a work of small pretensions; but M. Curmer's book professes to be a complete exposition of the scientific principles of cookery, and holds a high rank in the didactic literature of France. We half suspect that M. Curmer obtained his knowledge of English beef in the same way as did the poor Frenchman whom the late Mr. Mathews, the comedian, so humorously described. Mr. Lewes, in his "Physiology of Common Life," has thus revived the story of the beef-eating son of France:—"A Frenchman was one day blandly remonstrating against the supercilious scorn expressed by Englishmen for the beef of France, which he, for his part, did not find so inferior to that of England. 'I have been two times in England,' he remarked, 'but I nevère find the bif so superior to ours. I find it vary convenient that they bring it you on leetle pieces of stick, for one penny; but I do not find the bif supérieur.' On hearing this, the Englishman, red with astonishment, exclaimed, 'Good heavens, sir! you have been eating cats' meat.'" No, M. Curmer, we are ready to acknowledge the superiority of your cookery, but we have long since made up our minds as to the inferiority of your raw material.

918.—BEEF PICKLE. (*Fr.*—Marinade.)

(*Which may also be used for any kind of Meat, Tongues, or Hams.*)

Ingredients.— 6 lbs. of salt, 2 lbs. of fine sugar, 3 oz. of powdered saltpetre, 3 gallons of spring water.

Mode.—Boil all the ingredients gently together, so long as any scum or impurity arises, which carefully remove; when quite cold, pour it over the meat, every part of which must be covered with the brine. This may be used for pickling any kind of meat, and may be kept for some time, if boiled up occasionally with an addition to the ingredients.

Time.—A ham should be kept in the pickle for a fortnight; a piece of beef weighing 14 lbs., 12 or 15 days; a tongue, 10 days or a fortnight.

Note.—For salting and pickling meat, it is a good plan to rub in only half the quantity of salt directed, and to let it remain for a day or two to disgorge and effectually to get rid of the blood and slime; then rub in the remainder of the salt and other ingredients, and proceed as above. This rule may be applied to all the recipes we have given for salting and pickling meat.

919.—TO PICKLE PART OF A ROUND OF BEEF FOR HANGING. (*Fr.*—Bœuf Mariné.)

Ingredients.—For 14 lbs. of a round of beef allow 1½ lb. of salt, ½ oz. of powdered saltpetre; or, 1 lb. of salt, ½ lb. of sugar, ½ oz. of powdered saltpetre.

Mode.—Rub in and sprinkle either of the above mixtures on 14 lbs. of meat. Keep it in an earthenware pan, or a deep wooden tray, and turn twice a week during 3 weeks; then bind up the beef tightly with coarse linen tape, and hang in a kitchen in which a fire is constantly kept for 3 weeks. Pork, hams and bacon may be cured in a similar way, but will require double the quantity of the salting mixture; and, if not smoke-dried, they should be taken down from hanging after 3 or 4 weeks, and afterwards kept in boxes or tubs, amongst dry oat-husks.

Time.— 2 or 3 weeks to remain in the brine; to be hung 3 weeks.

Seasonable at any time.

Note.—The meat may be boiled fresh from this pickle, instead of smoking it.

920.—BEEF RAGOUT. (*Fr.*—Ragoût de Bœuf.)

(Cold Meat Cookery.)

Ingredients.—About 2 lbs. of cold roast beef, 6 onions, pepper, salt, and mixed spices to taste; ½ pint of boiling water, 3 tablespoonfuls of gravy.

Mode.—Cut the beef into rather large pieces, and put them into a stewpan with the onions, which must be sliced. Season well with pepper, salt and mixed spices, and pour over about half a pint of boiling water, and gravy in the above proportion (gravy saved from the meat answers the purpose); let the whole stew very gently for about 2 hours, and serve with pickled walnuts, gherkins, or capers just warmed in the gravy.

Time.—2 hours. **Average Cost,** exclusive of the meat, *4d.*

Seasonable at any time.

921.—ROAST RIBS OF BEEF. (*Fr.*—Côtes de Bœuf.)

Ingredients.—Beef, a little salt.

Mode.—The fore-rib is considered the primest roasting piece, but the middle-rib is considered the most economical. Let the meat be well hung (should the weather permit), and cut off the thin ends of the bones, which should be salted for a few days, and then boiled. Put the meat down to a nice clear fire, put some clean dripping into the pan, dredge the joint with a little flour, and keep continually basting the whole time. Sprinkle some fine salt over it (this must never be done until the joint is dished, as it draws the juices from the meat); pour the dripping from the pan, put in a little boiling water slightly salted, and *strain* the gravy over the meat. Garnish with tufts of scraped horseradish, and send horse-radish sauce to table with it (*see* No. 717). A Yorkshire pudding (*see* PUDDINGS) sometimes accompanies this dish, and, if lightly made and well cooked, will be found a very agreeable addition.

Time.—10 lbs. of beef, 2½ hours; 14 to 16 lbs., from 3½ to 4 hours. **Average Cost,** 8½*d.* per lb.

Sufficient.—A joint of 10 lbs., for 12 persons.

Seasonable at any time.

Memoranda in Roasting.—The management of the fire is a point of primary importance in roasting A radiant fire throughout the operation is absolutely necessary to insure a good result. When the article to be dressed is thin and delicate, the fire may be small; but when the joint is large, the fire must fill the grate. Meat must never be put down before a hollow or exhausted fire, which may soon want recruiting; on the other hand, if the heat of the fire becomes too fierce, the meat must be removed to a considerable distance till it is somewhat abated. Some cooks always fail in their roasts, though they succeed in nearly everything else. A French writer on the culinary art says that anybody can learn how to cook, but one must be born a roaster. According to Liebig, beef or mutton cannot be said to be sufficiently roasted until it has acquired, throughout the whole mass, a temperature of 158°; but poultry may be well cooked when the inner parts have attained a temperature of from 130° to 140°. This depends on the greater amount of blood which beef and mutton contain, the colouring matter of blood not being coagulable under 158°.

922.—ROAST RIBS OF BEEF, Boned and Rolled. (*Fr.*—Côtes de Bœuf.)

(A very Convenient Joint for a Small Family.)

Ingredients.—1 or 2 ribs of beef.

Mode.—Choose a fine rib of beef, and have it cut, according to the weight you require, either wide or narrow. Bone and roll the meat round, secure it with wooden skewers, and, if necessary, bind it round with a piece of tape. Spit the beef firmly, or, if a bottle-jack is used, put the joint on the hook, and place it *near* a nice clear fire. Let it remain so till the outside of the meat is set, when draw it to a distance, and keep continually basting till the meat is done, which can be ascertained by the steam from it drawing towards the fire. As this joint is solid, rather more than a quarter of an hour must be allowed for each pound. Remove

JOINTS & ENTREES.

the skewers, put in a plated or silver one, and send the joint to table with gravy in the dish, and garnish with tufts of horseradish. Horseradish sauce, No. 717, is a great improvement to roast beef.

Time.—For 10 lbs. of the rolled ribs, 3 hours (as the joint is very solid, we have allowed an extra ½ hour) for 6 lbs., 1½ hour. **Average Cost,** 10*d.* per lb.

Sufficient.—A joint of 10 lbs., for 12 persons.

Seasonable all the year.

Note.—When the weight exceeds 10 lbs., we would not advise the above method of boning and rolling; only in the case of 1 or 2 ribs, when the joint cannot stand upright in the dish, and would look awkward. The bones should be put on with a few vegetables and herbs, and made into stock.

Roast Beef has long been a national dish in England. In most of our patriotic songs it is contrasted with the fricasseed frogs, popularly supposed to be the exclusive diet of Frenchmen.

"O the roast beef of old England,
And O the old English roast beef."

This national chorus is appealed to whenever a song-writer wishes to account for the valour displayed by Englishmen at sea or on land.

923.—SEA PIE.

Ingredients.—1 lb. of gravy beef, 3 lbs. of potatoes, 1 onion, pepper, salt, flour, ¾ lb. of suet crust.

Mode.—Wash and peel the potatoes, then put them into clean cold water until wanted. Line a large dish with the suet-crust, then cut the beef into small pieces, lay it in the dish, add the sliced onion, salt and pepper, and dredge some flour over it. Fill up the dish with the potatoes, pour in half a pint of water, then put on the top crust, tie the dish in a cloth and plunge into a saucepan filled with boiling water. Let it boil very gently for 2 hours. This is a very nourishing dish when well cooked.

Time.—2 hours. **Average Cost,** 1*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

924.—ROAST SIRLOIN OF BEEF.
(*Fr.*—Aloyau de Bœuf.)

Ingredients.—Beef, a little salt.

Mode.—As a joint cannot be well roasted without a good fire, see that it is well made up about three-quarters of an hour before it is required, so that when the joint is put down, it is clear and bright. Choose a nice sirloin, the weight of which should not exceed 16 lbs., as the outside would be too much done, whilst the inside would not be done enough. Spit it or hook it on the jack firmly, dredge it slightly with flour, and place it near the fire at first, as directed in the preceding recipe. Then

draw it to a distance, and keep continually basting until the meat is done. Sprinkle a small quantity of salt over it, empty the dripping-pan of all the dripping, pour in some boiling water slightly salted, stir it about, and *strain* over the meat. Garnish with tufts of horseradish, and send horseradish sauce and Yorkshire pudding to table with it.

Time.—A sirloin of 10 lbs., 2½ hours; 14 to 16 lbs., about 4 or 4½ hours.

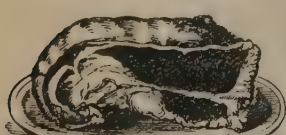
Average Cost, 9*d.* per lb.

Sufficient.—A joint of 10 lbs., for 12 persons.

Seasonable at any time.

The rump, round and other pieces of beef are roasted in the same manner, allowing for solid joints ¼ hour to every pound.

Note.—The above is the usual method of roasting meat; but to have it in perfection, and the juices kept in, the meat should at first be laid *close* to the fire, and, when the outside is set and firm, drawn away to a good distance, and then left to roast very slowly; where economy is studied, this plan would not answer, as the meat requires to be at the fire double the time of the ordinary way of cooking; consequently, double the quantity of fuel would be consumed.



SIRLOIN.

Origin of the word "Sirloin."—The loin of beef is said to have been knighted by King Charles II., at Friday Hall, Chingford. "The Merry Monarch" returned to this hospitable mansion from Epping Forest literally "as hungry as a hunter," and beheld, with delight, a huge loin of beef steaming upon the table. "A noble joint!" exclaimed the king. "By St. George, it shall have a title." Then drawing his sword, he raised it above the meat, and cried, with mock dignity, "Loin, we dub thee knight; henceforth be Sir Loin!" This anecdote is doubtless apocryphal, although the oak table upon which the joint was supposed to have received its knighthood might have been seen by anyone who visited Friday Hill House a few years ago. It is, perhaps, a pity to spoil so noble a story; but the interests of truth demand that we declare *sirloin* is probably a corruption of *surloin*, which signifies the upper part of a loin, the prefix *sur* being equivalent to *over* or *above*. In French we find this joint called *surlonge*, which so closely resembles our *sirloin*, that we may safely refer the two words to a common origin.

925.—TO SALT BEEF. (*Fr.*—Bœuf Salé).

Ingredients.—½ round of beef, 4 oz. of sugar, 1 oz. of powdered saltpetre, 2 oz. of black pepper, ¼ lb. of bay-salt, ½ lb. of common salt.

Mode.—Rub the meat well with salt, and let it remain for a day, to disgorge and clear it from slime. The next day, rub it well with the above ingredients on every side, and let it remain in the pickle for about a fortnight, turning it every day. It may be boiled fresh from the pickle, or smoked.

Time.—½ round of beef to remain in pickle about a fortnight.

Average Cost, 8½*d.* per lb.

Seasonable at any time.

Note.—The aitchbone, flank, or brisket may be salted and pickled by any of the recipes we have given for salting beef, allowing less time for small joints to remain in the pickle; for instance, a joint of 8 or 9 lbs. will be sufficiently salt in about a week.

926.—THE DUTCH WAY TO SALT BEEF. (*Fr.*—Bœuf Salé à l'Hollandaise.)

Ingredients.—10 lbs. of lean beef, 1 lb. of treacle, 1 oz. of saltpetre, 1 lb. of common salt.

Mode.—Rub the beef well with the treacle, and let it remain for 3 days, turning and rubbing it often; then wipe it, pound the salt and saltpetre very fine, rub these well in, and turn it every day for 10 days. Roll it up tightly in a coarse cloth, and press it under a large weight; have it smoked, and turn it upside down every day. Boil it, and, on taking it out of the pot, put a heavy weight on it to press it.

Time.—17 days. **Average Cost,** 10*d.* per lb.

Seasonable at any time.

927.—BEEF SAUSAGES. (*Fr.*—Saucisses de Bœuf.)

Ingredients.—1 lb. of suet, 2 lbs. of lean beef; seasoning to taste of salt, pepper, and mixed spices.

Mode.—Clear the suet from skin, and chop that and the beef as finely as possible; season with pepper, salt and spices, and mix the whole well together. Make into flat cakes, or put into the skins prepared for the purpose, and fry of a nice brown. Many persons pound the meat in a mortar after it is chopped; but this is not necessary when the meat is minced finely.

Time.—10 minutes. **Average Cost,** for this quantity, 2*s.* 8*d.*

Seasonable at any time.

928.—BEEF STEAK. (*Fr.*—Bifteck Farci et Rôti.)

(*Rolled, Roasted, and Stuffed.*)

Ingredients.—2 lbs. of rump-steak, forcemeat No. 629, pepper and salt to taste, clarified butter.

Mode.—Have the steaks cut rather thick from a well-hung rump of beef, and sprinkle over them a seasoning of pepper and salt. Make a forcemeat by recipe No. 629; spread it over *half* of the steak; roll it up, bind and skewer it firmly, that the forcemeat may not escape, and roast it before a nice clear fire for about one-and-a-half hour, or rather longer, should the roll be very large and thick. Keep it constantly basted with butter, and serve with brown gravy, some of which must be poured round the steak, and the remainder sent to table in a tureen.

Time.—1½ hour. **Average Cost,** 1*s.* to 1*s.* 2*d.* per lb.

Sufficient for 4 persons.

Seasonable all the year, but best in winter.

929.—SLICED AND BROILED BEEF.

(*Fr.*—Bœuf Grillé aux Pommes de Terre.)

(*A Pretty Dish. Cold Meat Cookery.*)

Ingredients.—A few slices of cold roast beef, 4 or 5 potatoes, a thin batter, pepper and salt to taste.

Mode.—Pare the potatoes as you would peel an apple; fry the parings in a thin batter, seasoned with salt and pepper, until they are of a light brown colour, and place them on a dish over some slices of beef, which should be nicely seasoned and broiled

Time.—5 minutes to broil the meat.

Seasonable at any time.

930.—SPICED BEEF.

(*To Serve Cold.*)

Ingredients.—14 lbs. of the thick flank or rump of beef, ½ lb. of coarse sugar, 1 oz. of saltpetre, ¼ lb. of pounded allspice, 1 lb. of common salt.

Mode.—Rub the sugar well into the beef, and let it lay for 12 hours; then rub the saltpetre and allspice, both of which should be pounded, over the meat, and let it remain for another 12 hours; then rub in the salt. Turn daily in the liquor for a fortnight, soak it for a few hours in water, dry with a cloth, cover with a coarse paste, put a little water at the bottom of the pan, and bake in a moderate oven for 4 hours. If it is not covered with a paste, be careful to put the beef into a deep vessel, and cover with a plate, or it will be too crisp. During the time the meat is in the oven it should be turned once or twice.

Time.—4 hours. **Average Cost,** 6*d.* per lb.

Seasonable at any time.

Baking Meat.—Baking exerts some unexplained influence on meat, rendering it less savoury and less agreeable than meat which has been roasted. "Those who have travelled in Germany and France," writes Mr. Lewis, one of our most popular scientific authors, "must have repeatedly marvelled at the singular uniformity in the flavour, or want of flavour, of the various 'roasts' served up at the *table d'hote.*" The general explanation is, that the German and French meat is greatly inferior in quality to that of England and Holland, owing to the inferiority of pasturage; and doubtless this is one cause, but it is not the chief cause. The meat is inferior, but the cooking is mainly at fault. The meat is scarcely ever *roasted*, because there is no coal, and firewood is expensive. The meat is therefore *baked;* and the consequence of this baking is, that no meat is eatable as eaten, with its own gravy, but is always accompanied by some sauce more or less piquant. The Germans generally believe that in England we eat our beef and mutton almost raw; they shudder at our gravy, as if it were so much blood.

931.—STEWED BEEF AND CELERY SAUCE.

(*Fr.*—Filets de Bœuf, Sauce Céléri.)

(*Cold Meat Cookery.*)

Ingredients.—3 roots of celery, 1 pint of gravy, No. 614, 2 onions sliced, 2 lbs. of cold roast or boiled beef.

Mode.—Cut the celery into 2-inch pieces, put them in a stewpan, with the gravy and onions, simmer gently until the celery is tender, when add the beef cut into rather thick pieces; stew gently for 10 minutes, and serve with fried potatoes.

Time.—From 20 to 25 minutes to stew the celery. **Average Cost,** exclusive of the meat, 8*d.*

Seasonable from September to January.

932.—STEWED BEEF WITH OYSTERS.

(*Fr.*—Bœuf aux Huitres.)

(Cold Meat Cookery.)

Ingredients.—A few thick steaks of cold ribs or sirloin of beef, 2 oz. of butter, 1 onion sliced, pepper and salt to taste, ½ glass of port wine, a little flour to thicken, 1 dozen oysters, rather more than ½ pint of water.

Mode.—Cut the steaks rather thick, from cold sirloin or ribs of beef; brown them lightly in a stewpan, with the butter and a little water; add half a pint of water, the onion, pepper and salt, and cover the stewpan closely, and let it simmer very gently for half an hour; then mix about a teaspoonful of flour smoothly with a little of the liquor; add the port wine and oysters, their liquor having been previously strained and put into the stewpan; stir till the oysters plump, and serve. It should not boil after the oysters are added, or they will harden.

Time.—½ hour. **Average Cost,** exclusive of the meat, 1*s.* 6*d.*

Seasonable from September to April.

933.—STEWED BRISKET OF BEEF.

(*Fr.*—Poitrine de Bœuf à la Bourgeoise.)

Ingredients.—7 lbs. of a brisket of beef, vinegar and salt, 6 carrots, 6 turnips, 6 small onions, 1 blade of pounded mace, 2 whole allspice pounded, thickening of butter and flour, 2 tablespoonfuls of ketchup; stock, or water.

Mode.—About an hour before dressing it, rub the meat over with vinegar and salt; put it into a stewpan, with sufficient stock to cover it (when this is not at hand, water may be substituted for it), and be particular that the stewpan is not much larger than the meat. Skim well, and when it has simmered very gently for 1 hour, put in the vegetables, and continue simmering till the meat is perfectly tender. Draw out the bones, dish the meat, and garnish either with tufts of cauliflower or braised cabbage cut in quarters. Thicken as much gravy as required, with a little butter and flour; add spices and ketchup in the above proportion, give

one boil, pour some of it over the meat, and the remainder send to table in a tureen.

Time.—Rather more than 3 hours. **Average Cost,** 4½*d.* per lb.

Sufficient for 7 or 8 persons.

Seasonable at any time.

Note.—The remainder of the liquor in which the beef was boiled may be served as a soup, or it may be sent to table with the meat in a tureen

934.—STEWED RUMP OF BEEF.

(*Fr.*—Culotte de Bœuf à la Sauce Piquante.)

Ingredients.—½ rump of beef, sufficient stock to cover it (No. 273), 4 tablespoonfuls of vinegar, 2 tablespoonfuls of ketchup, 1 large bunch of savoury herbs, 2 onions, 12 cloves, pepper and salt to taste, thickening of butter and flour, 1 glass of port.

Mode.—Cut out the bone, sprinkle the meat with a little cayenne (this must be sparingly used), and bind and tie it firmly up with tape; put it into a stewpan with sufficient stock to cover it, and add vinegar, ketchup, herbs, onions, cloves, and seasoning in the above proportion, and simmer very gently for 4 or 5 hours, or until the meat is perfectly tender, which may be ascertained by piercing it with a thin skewer. When done, remove the tape, lay it into a deep dish, which keep hot; strain and skim the gravy, thicken it with butter and flour, add a glass of port wine and any flavouring to make the gravy rich and palatable; let it boil up, pour over the meat, and serve. This dish may be very much enriched by garnishing with forcemeat balls, or filling up the space whence the bone is taken with a good forcemeat; sliced carrots, turnips, and onions boiled with the meat are also a great improvement, and, where expense is not objected to, it may be glazed. This, however, is not necessary where a good gravy is poured round and over the meat.

Time.—½ rump stewed gently from 4 to 5 hours. **Average Cost,** 10*d.* per lb.

Sufficient for 10 or 12 persons.

Seasonable at any time.

Note.—A stock or gravy in which to boil the meat may be made of the bone and trimmings by boiling them with water, and adding carrots, onions, turnips, and a bunch of sweet herbs. To make this dish richer and more savoury, half-roast the rump, and afterwards stew it in strong stock and a little Madeira. This is an expensive method, and is not, after all, much better than a plainer-dressed joint.

The Baron of Beef.—This noble joint, which consisted of two sirloins not cut asunder, was a favourite dish of our ancestors. It is rarely seen now-a-days: indeed, it seems out of place on a modern table, as it requires the grim boar's head and Christmas pie as supporters. When a lord's son came of age, in the olden time, the baron of beef was too small a joint, by many degrees, to satisfy the retainers who would flock to the hall: a whole ox was therefore generally roasted over a pit built up of huge logs. We may here mention that an ox was roasted entire on the frozen Thames in the early part of the present century

935.—STEWED BEEF.

(*Fr.*—Culotte de Bœuf à la Polonaise.)

(*A Polish Dish.*)

Ingredients.—A thick beef or rump steak of about 2 lbs., 1 onion, some bread-crumbs, pepper and salt, 2 oz. of butter.

Mode.—Mince the onion fine, mix it with the bread, pepper and salt; make deep incisions in the beef, but do not cut it through; fill the spaces with the bread, &c. Roll up the steak and put it in a stewpan with the butter; let it stew very gently for more than 2 hours; serve it with its own gravy, thickened with a little flour, and flavoured, as may be required, either with tomato sauce, Harvey sauce, or ketchup.

Time.—About two hours, or rather more. **Average Cost,** 2*s.* 3*d.*

Sufficient for 6 persons.

Seasonable at any time.

936.—STEWED SHIN OF BEEF. (*Fr.*—Jarret de Bœuf.)

Ingredients.—A shin of beef, 1 head of celery, 1 onion, a faggot of savoury herbs, ½ teaspoonful of allspice, ½ teaspoonful of whole black pepper, 4 carrots, 12 button onions, 2 turnips, thickening of butter and flour, 3 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of port; pepper and salt to taste.

Mode.—Have the bone sawn into 4 or 5 pieces, cover with hot water, bring it to a boil, and remove any scum that may rise to the surface. Put in the celery, onions, herbs, spice and seasoning, and simmer very gently until the meat is tender. Peel the vegetables, cut them into any shape fancy may dictate, and boil them with the onions until tender; lift out the beef, put it on a dish, which keep hot, and thicken with butter and flour as much of the liquor as will be wanted for gravy; keep stirring till it boils, then strain and skim. Put the gravy back into the stewpan, add the seasoning, port and ketchup, give one boil, and pour it over the beef; garnish with the boiled carrots, turnips and onions.

Time.—The meat to be stewed about 4 hours. **Average Cost,** 3½*d.* per lb., with bone.

Sufficient for 7 or 8 persons.

Seasonable at any time.

937.—TOAD-IN-THE-HOLE.

(*A Homely but Savoury dish.*)

Ingredients.—1½ lb. of rump steak, 1 sheep's kidney, pepper and salt to taste. For the batter, 3 eggs, 1 pint of milk, 4 tablespoonfuls of flour, ½ saltspoonful of salt.

Mode.—Cut up the steak and kidney into convenient-sized pieces, and put them into a pie-dish, with a good seasoning of salt and pepper; mix the flour with a small quantity of milk at first, to prevent its being lumpy; add the remainder, and the 3 eggs, which should be well beaten; put in the salt, stir the batter for about 5 minutes, and pour it over the steak. Place it in a tolerably brisk oven immediately, and bake for one and a half hour.

Time.—1½ hour. **Average Cost,** 2*s.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

Note.—The remains of cold beef, rather underdone, may be substituted for the steak, and, when liked, the smallest possible quantity of minced onion or shalot may be added.

938.—BOILED TONGUE. (*Fr.*—Langue de Bœuf.)

Ingredients.—1 tongue, a bunch of savoury herbs, water.

Mode.—In choosing a tongue, ascertain how long it has been dried or pickled, and select one with a smooth skin, which denotes its being young and tender. If a dried one, and rather hard, soak it at least for 12 hours previous to cooking it; if, however, it is fresh from the pickle, 2 or 3 hours will be sufficient for it to remain in soak. Put the tongue into a stewpan with plenty of cold water and a bunch of savoury herbs; let it gradually come to a boil, skim well, and simmer very gently until tender. Peel off the skin, garnish with tufts of cauliflowers or Brussels sprouts and serve. Boiled tongue is frequeutly sent to table with boiled poultry, instead of ham, and is, by many persons, preferred. If to serve cold, peel it, fasten it down to a piece of board by sticking a fork through the root, and another through the top to straighten it. When cold, glaze it, and put a paper ruche round the root, and garnish with tufts of parsley.

Time.—A large smoked tongue, 4 to 4½ hours; a small one, 2½ to 3 hours. A large unsoaked tongue, 3 to 3½ hours; a small one, 2 to 2½ hours. **Average Cost,** for a moderate sized unsmoked tongue, 2*s.* 6*d.*

Seasonable at any time.

939.—TO CURE TONGUE. (*Fr.*—Langue de Bœuf Salée.)

Ingredients.—For a tongue of 7 lbs., 1 oz. of saltpetre, ½ oz, of black pepper, 4 oz. of sugar, 3 oz. of juniper berries, 6 oz. of salt.

Mode.—Rub the above ingredients well into the tongue, and let it remain in the pickle for 10 days or a fortnight; then drain it, tie it up in brown paper, and have it smoked for about 20 days over a wood fire; or it may be boiled out of this pickle.

Time.—From 10 to 14 days to remain in the pickle; to be smoked 24 days. **Average Cost,** for a medium-sized uncured tongue, 2*s.* 6*d.*

Seasonable at any time.

Note.—If not wanted immediately, the tongue will keep 3 or 4 weeks without being too salt; then it must not be rubbed, but only turned in the pickle.

940.—TO CURE TONGUES.

(Another Mode.)

Ingredients.—9 lbs. of salt, 8 oz. of sugar, 9 oz. of powdered saltpetre.

Mode.—Rub the above ingredients well into the tongues, and keep them in this curing mixture for 2 months, turning them every day. Drain them from the pickle, cover with brown paper, and have them smoked for about 3 weeks.

Time.—The tongues to remain in pickle for 2 months: to be smoked 3 weeks.

Sufficient.—The above quantity of brine is sufficient for 12 tongues, of 5 lbs. each.

Seasonable at any time.

The Tongues of Animals.—The tongue, whether in the ox or in man, is the seat of the sense of taste. This sense warns the animal against swallowing deleterious substances. Dr. Carpenter says that, among the lower animals, the instinctive perceptions connected with this sense are much more remarkable than our own; thus, an omnivorous monkey will seldom touch fruits of a poisonous character, although their taste may be agreeable. However this may be, man's instinct has decided that ox-tongue is better than horse-tongue; nevertheless, the latter is frequently substituted by dishonest dealers for the former. The horse's tongue may be readily distinguished by a spoon-like expansion at its end.

BEEF TONGUE.

941.—POTTED OX-TONGUE.

(*Fr.*—Terrine de Langue de Bœuf.)

Ingredients.—1 unsmoked tongue, 3 lbs. in weight, ¾ lb. of butter, ¼ teaspoonful of cayenne, 3 teaspoonfuls of pounded mace, ¼ teaspoonful of nutmeg and pounded cloves.

Mode.—Boil the tongue and allow it to cool, then remove the rind and pound the tongue in a mortar, with the other ingredients, as fine as possible; then press it into small pots and pour clarified butter on the top.

Time.—2 hours. **Average Cost,** 3*s.* 6*d.*

942.—TO PICKLE & DRESS A TONGUE TO EAT COLD.

Ingredients.—6 oz. of salt, 2 oz. of bay-salt, 1 oz. of saltpetre, 3 oz. of coarse sugar; cloves, mace, and allspice to taste; butter, common crust of flour and water.

Mode.—Lay the tongue for a fortnight in the above pickle, turn it every day, and be particular that the spices are well pounded; put it into a small pan just large enough to hold it, place some pieces of butter on it, and cover with a common crust. Bake in a slow oven until so tender that a straw would penetrate it; take off the skin, fasten it down to a piece of board by running a fork through the root and another through the tip, at the same time straightening it and putting it into shape. When cold, glaze it, put a paper ruche round the root, which is generally very unsightly, and garnish with tufts of parsley.

Time.—From 3 to 4 hours in a slow oven, according to size. **Average Cost,** for a medium-sized uncured tongue, 2*s.* 6*d.*

Seasonable at any time.

943.—POTTED HEAD.

Ingredients.—½ an ox-head, 2 cow-heels, pepper, salt and mace.

Mode.—Soak the head in salt and water, till it is quite free of blood, and cleanse the heels thoroughly, then put all into a large stewpan and boil for 4 hours; then strain off the liquor, and when the meat is cold cut it up into small pieces. Skim all fat from the liquor, then put the meat back into it and simmer the whole slowly for 5½ hours till it is thick and tender. Now boil up quickly, add salt, pepper and pounded mace to taste, then put into pots.

Time.—9½ hours. **Average Cost,** 4*d.* per lb., cow-heels 9*d.* each.

Seasonable at any time.

944.—TO DRESS TRIPE. (*Fr.*—Gras-Double aux Oignons.)

Ingredients.—Tripe, onion sauce, No. 748, milk and water.

Mode.—Ascertain that the tripe is quite fresh, and have it cleaned and dressed. Cut away the coarsest fat, and boil it in equal proportions of milk and water for three-quarters of an hour. Should the tripe be entirely undressed, more than double that time should be allowed for it. Have ready some onion sauce made by recipe No. 748, dish the tripe, smother it with the sauce, and the remainder send to table in a tureen.

Time.—¾ hour; for undressed tripe, from 2½ to 3 hours. **Average Cost,** 7*d.* per lb.

Seasonable at any time.

Note.—Tripe may be dressed in a variety of ways; it may be cut in pieces and fried in batter, stewed in gravy with mushrooms, or cut into collops, sprinkled with minced onion and savoury herbs, and fried a nice brown in clarified butter.

BEEF ENTRÉES.

945.—ROAST FILLET OF BEEF (Larded).
(*Fr.*—Filet de Bœuf à l'Espagnole.)

Ingredients.—About 4 lbs. of the inside fillet of the sirloin, 1 onion, a small bunch of parsley, salt and pepper to taste, sufficient vinegar to cover the meat, glaze, Spanish sauce.

Mode.—Lard the beef with bacon, and put it into a pan with sufficient vinegar to cover it, with an onion sliced, parsley, and seasoning, and let it remain in this pickle for 12 hours. Roast it before a nice clear fire for about 1¼ hour, and, when done, glaze it. Pour some Spanish sauce round the beef, and the remainder serve in a tureen. It may be garnished with Spanish onions, boiled and glazed.

Time.—1¼ hour. **Average Cost,** exclusive of the sauce, 4*s.* 6*d.*
Sufficient for 6 or 8 persons. **Seasonable** at any time.

946.—MINCED COLLOPS. (*Fr.*—Escalopes de Bœuf).

Ingredients.—1 lb. of rump steak, salt and pepper to taste, 2 oz. of butter, 1 onion minced, ¼ pint of water, 1 tablespoonful of Harvey's sauce, or lemon-juice, or mushroom ketchup; 1 small bunch of savoury herbs.

Mode.—Mince the beef and onion very small, and fry the latter in butter until of a pale brown. Put all the ingredients together in a stew-pan, and boil gently for about 10 minutes; garnish with sippets of toasted bread, and serve very hot.

Time.—10 minutes. **Average Cost,** 1*s.* 3*d.*
Sufficient for 4 persons. **Seasonable** at any time.

947.—BEEF RISSOLES, (*Fr.*—Croquettes de Bœuf.)
(*Cold Meat Cookery.*)

Ingredients.—The remains of cold roast beef; to each pound of meat allow ¾ lb. of bread-crumbs, salt and pepper to taste, a few chopped savoury herbs, ½ a teaspoonful of minced lemon-peel, 1 or 2 eggs, according to the quantity of meat.

Mode.—Mince the beef very fine, which should be rather lean, and mix with this bread-crumbs, herbs, seasoning and lemon-peel in the above proportion, to each pound of meat. Make all into a thick paste with 1 or 2 eggs; divide into balls or cones, and fry a rich brown. Garnish the dish with fried parsley, and send with them to table some good brown gravy in a tureen. Instead of garnishing with fried parsley,

gravy may be poured in the dish, round the rissoles; in this case, it will not be necessary to send any in a tureen.

Time.—From 5 to 10 minutes, according to size. **Average Cost,** exclusive of the meat, 4*d.*

Seasonable at any time.

The same made with cold potatoes mashed instead of the bread-crumbs are very good, and the addition of a little sauce is an improvement.

948.—BEEF OLIVES. (*Fr.*—Olives de Bœuf.)

Ingredients.—2 lbs. of rump-steak, 1 egg, 1 tablespoonful of minced savoury herbs, pepper and salt to taste, 1 pint of stock, No. 273, 2 or 3 slices of bacon, 2 tablespoonfuls of any store sauce, a slight thickening of butter and flour.

Mode.—Have the steaks cut rather thin, slightly beat them to make them level, cut them into 6 or 7 pieces, brush over with egg, and sprinkle with herbs, which should be very finely minced; season with pepper and salt, and roll up the pieces tightly, and fasten with a small skewer. Put the stock into a stewpan that will exactly hold them, for by being pressed together, they will keep their shape better; lay in the rolls of meat, cover them with the bacon, cut in thin slices, and over that put a piece of paper. Stew them *very gently* for full 2 hours; for the slower they are done the better. Take them out, remove the skewers, thicken the gravy with butter and flour, and flavour with any store sauce that may be preferred. Give one boil, pour over the meat, and serve.

Time.—2 hours. **Average Cost,** 2*s.* 9*d.*

Sufficient for 6 persons. **Seasonable** at any time.

949.—BEEF OLIVES.

(*Economical.*)

Ingredients.—The remains of underdone cold roast beef, bread-crumbs, 1 shalot, finely minced, pepper and salt to taste, gravy made from the beef bones, thickening of butter and flour, 1 tablespoonful of mushroom ketchup.

Mode.—Cut some slices of underdone roast beef about half an inch thick; sprinkle over them some bread-crumbs, minced shalot, and a little of the fat and seasoning; roll them, and fasten with a small skewer. Have ready some gravy made from the beef bones; put in the pieces of meat and stew them till tender, which will be in about 1¼ hour, or rather longer. Arrange the meat in a dish, thicken and flavour the gravy, and pour it over the meat when it is ready to serve.

Time.—1½ hour. **Average Cost,** exclusive of the beef, 2*d.*

Seasonable at any time.

950.—BROILED OX-TAIL. (*Fr.*—Queue de Bœuf Grillée.)

Ingredients.—2 tails, 1½ pint of stock, No. 273, salt and cayenne to taste, bread-crumbs, 1 egg.

Mode.—Joint and cut up the tails into convenient-sized pieces, and put them into a stewpan, with the stock, cayenne and salt, and, if liked very savoury, a bunch of sweet herbs. Let them simmer gently for about 2½ hours; then take them out, drain them and let them cool. Beat an egg upon a plate; dip in each piece of tail, and, afterwards, throw them into a dish of bread-crumbs; broil them over a clear fire, until of a brownish colour on both sides, and serve with a good gravy, or any sauce that may be preferred.

Time.—About 2½ hours.

Average Cost, 1*s.* 9*d.*

Sufficient for 8 persons.

Seasonable at any time.

Note.—These may be more easily prepared by putting the tails in a brisk oven, after they have been dipped in egg and bread-crumbs; and, when brown, they are done. They must de boiled the same time as for broiling.

Strange Tails.—Naturalists cannot explain the uses of some of the strange tails borne by animals. In the Egyptian and Syrian sheep, for instance, the tail grows so large that it is not unfrequently supported upon a sort of little cart, in order to prevent inconvenience to the animal. This monstrous appendage sometimes attains a weight of seventy, eighty, or even a hundred pounds.

951.—TO DRESS BEEF PALATES.
(*Fr.*—Palais de Bœuf à la Sauce Piquante.)

Ingredients.—4 palates, sufficient gravy to cover them (No. 614), cayenne to taste, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of pickled-onion liquor, thickening of butter and flour.

Mode.—Wash the palates, and put them into a stewpan, with sufficient water to cover them, and let them boil until perfectly tender, or until the upper skin may be easily peeled off. Have ready sufficient gravy (No. 614) to cover them; add a good seasoning of cayenne, and thicken with roux, No. 799, or a little butter kneaded with flour; let it boil up and skim. Cut the palates into square pieces, put them in the gravy, and let them simmer gently for half an hour; add ketchup and onion liquor, give one boil, and serve.

Time.—From 3 to 5 hours to boil the palates.

Sufficient for 4 persons.

Seasonable at any time.

Note.—Palates may be dressed in various ways—with sauce tournée, good onion sauce, tomato sauce, and also served in a vol-au-vent; but the above will be found a more simple method of dressing them.

952.—STEWED BEEF or RUMP-STEAK.
(*Fr.*—Bifteck à la Sauce Piquante.)

Ingredients.—About 2 lbs. of beef or rump-steak, 3 onions, 2 turnips, 3 carrots, 2 or 3 oz. of butter, ½ pint of water, 1 teaspoonful of salt, ½ teaspoonful of pepper, 1 tablespoonful of ketchup, 1 tablespoonful of flour.

Mode.—Have the steaks cut tolerably thick and rather lean; divide them into convenient-sized pieces, and fry them in the butter a nice brown on both sides. Cleanse and pare the vegetables, cut the onions and carrots into thin slices, and the turnips into dice, and fry these in the same fat that the steaks were done in. Put all into a saucepan, add half a pint of water, or rather more should it be necessary, and simmer very gently for 2½ or 3 hours; when nearly done, skim well, add salt, pepper and ketchup in the above proportions, and thicken with a tablespoonful of flour mixed with 2 of cold water. Let it boil up for a minute or two after the thickening is added, and serve. When a vegetable scoop is at hand, use it to cut the vegetables in fanciful shapes; and tomato, Harvey's sauce, or walnut-liquor may be used to flavour the gravy. It is less rich if stewed the previous day, so that the fat may be taken off when cold; when wanted for table, it will merely require warming through.

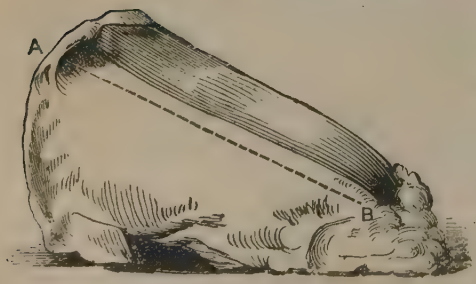
Time.—3 hours. **Average Cost,** 1*s.* to 1*s.* 2*d.* per lb.

Sufficient for 6 persons.

Seasonable at any time.

GENERAL DIRECTIONS FOR CARVING BEEF.

953.—AITCHBONE OF BEEF.



AITCHBONE OF BEEF.

A boiled aitchbone of beef is not a difficult joint to carve, as will be seen on reference to the accompanying engraving. By following with the knife the direction of the line from A to B, nice slices will be easily cut. It may be necessary, as in a round of beef, to cut a slice off the outside before commencing to serve.

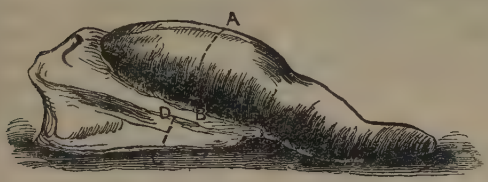
954.—BRISKET OF BEEF.

There is but little description necessary to add, to show the carving of a boiled brisket of beef, beyond the engraving here inserted. The only point to be observed is that the joint should be cut evenly and firmly quite across the bones, so that on its re-appearance at table, it should not have a jagged and untidy look.

BRISKET OF BEEF.

955.—BEEF TONGUE.

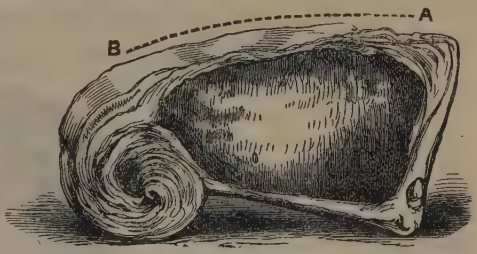
Passing the knife down in the direction of from A to B, a not too thin slice should be helped; and the carving of a tongue may be continued in this way until the best portions of the upper side are served. The fat which lies about the root of the tongue can be served by turning the tongue, and cutting in the direction of from C to D.



BEEF TONGUE.

956.—RIBS OF BEEF.

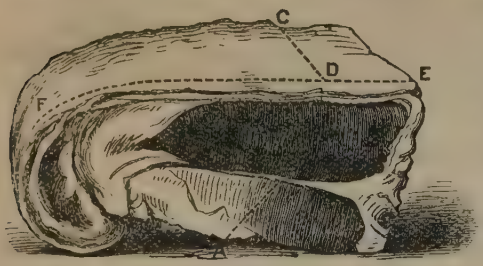
This dish resembles the sirloin, except that it has no fillet or undercut. As explained in the recipes, the end piece is often cut off, salted and boiled. The mode of carving is similar to that of the sirloin, viz., in the direction of the dotted line from A to B. This joint will be the more easily cut if the plan be pursued which is suggested in carving the sirloin; namely, the inserting of the knife immediately between the bone and the meat, before commencing to cut it into slices. All joints of roast beef should be cut in even and thin slices, Horseradish, finely scraped, may be served as a garnish; but horseradish sauce is preferable for eating with the beef.



RIBS OF BEEF.

957.—SIRLOIN OF BEEF.

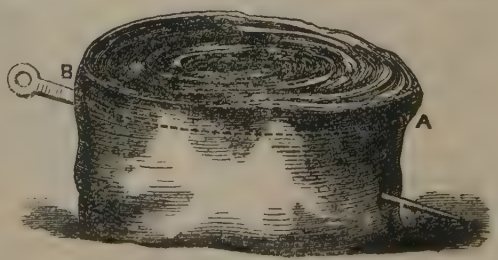
This dish is served differently at various tables, some preferring it to come to table with the fillet, or, as it is usually called, the undercut, uppermost. The reverse way, as shown in the cut, is that most usually adopted. Still the undercut is best eaten when hot; consequently, the carver himself may raise the joint, and cut some slices from the under side, in the direction of from A to B, as the fillet is very much preferred by some eaters. The upper part of the sirloin should be cut in the direction of the line from E to F and care should be taken to carve it evenly and in thin slices. It will be found a great assistance, in carving this joint well, if the knife be first inserted just above the bone at the bottom, and run sharply along between the bone and meat, and also to divide the meat from the bone in the same way at the side of the joint. The slices will then come away more readily. Some carvers cut the upper side of the sirloin across, as shown by the line from C to D; but this is a wasteful plan, and one not to be recommended. With the sirloin, very finely-scraped horseradish is usually served, and a little given, when liked, to each guest. Horseradish sauce is preferable, however, for serving on the plate, although the scraped horseradish may still be used as garnish.



SIRLOIN OF BEEF.

958.—A ROUND OF BEEF.

A round of beef, or ribs rolled, are not so easily carved as some joints, and to manage properly, a thin-bladed and very sharp knife is necessary. Off the outside of the joint, at its top, a thick slice should first be cut, so as to leave the surface smooth; then thin and even slices should be cleverly carved in the direction of the line A to B; and with each slice of the lean from the round a delicate morsel of the fat should be served.



A ROUND, OR BONED RIBS, OF BEEF.

CHAPTER XIV.

GENERAL OBSERVATIONS ON THE CALF.

959. ***Any Remarks made on the Calf or the Lamb*** must naturally be in a measure supplementary to the more copious observations made on the parent stock of either. As the calf, at least as far as it is identified with veal, is destined to die young—to be, indeed, cut off in its comparative infancy—it may, at first sight, appear of little or no consequence to inquire to what particular variety, or breed of the general stock, his sire or dam may belong. The great art, however, in the modern science of husbandry has been to obtain an animal that shall not only have the utmost beauty of form of which the species is capable, but, at the same time, a constitution free from all taint, a frame that shall rapidly attain bulk and stature, and a disposition so kindly that every *quantum* of food it takes shall, without drawback or procrastination, be eliminated into fat and muscle. The breed, then, is of very considerable consequence in determining, not only the quality of the meat to the consumer, but its commercial value to the breeder and butcher.

960. ***Under the Artificial System*** adopted in the rearing of domestic cattle, and stock in general, to gratify the arbitrary mandates of luxury and fashion, we can have veal, like lamb, at all seasons in the market, though the usual time in the metropolis for veal to make its appearance is about the beginning of February.

961. ***The Cow goes with Young for Nine Months,*** and the affection and solicitude she evinces for her offspring is more human in its tender-

ness and intensity than is displayed by any other animal; and her distress when she hears its lowing, and is not allowed to reach it with her distended udders, is often painful to witness; and when the calf has died, or been accidentally killed, her grief frequently makes her refuse to give down her milk. At such times, the breeder has adopted the expedient of flaying the dead carcase, and, distending the skin with hay, lays the effigy before her, and then taking advantage of her solicitude, milks her while she is caressing the skin with her tongue. In a state of nature, the cow, like the deer, hides her young in the tall ferns and brakes, and the most secret places; and only at stated times, twice or thrice a day, quits the herd, and, hastening to the secret cover, gives suck to her calf, and with the same circumspection returns to the community. In some countries, to please the epicurean tastes of vitiated appetites, it is the custom to kill the calf for food almost immediately after birth, and any accident that forestalls that event is considered to enhance its value. We are happy to say, however, that in this country, as far as England and Scotland are concerned, the taste for very young veal has entirely gone out, and "Staggering Bob," as the poor little animal was called in the language of the shambles, is no longer to be met with in such a place.

962. ***The Weaning of Calves*** is a process that requires a great amount of care and judgment; for though they are in reality not weaned till between the eighth and the twelfth week, the process of rearing them by hand commences in fact from the birth, the calf never being allowed to suck its dam. As the rearing of calves for the market is a very important and lucrative business, the breeder generally arranges his stock so that ten or a dozen of his cows shall calve about the same time; and then, by setting aside one or two, to find food for the entire family, gets the remaining eight or ten with their full fountains of milk to carry on the operations of his dairy. Some people have an idea that skimmed milk, if given in sufficient quantity, is good enough for the weaning period of calf-feeding; but this is a very serious mistake, for the cream, of which it has been deprived, contained nearly all the oleaginous principles, and the azote or nitrogen, on which the vivifying properties of that fluid depends. Indeed, so remarkably correct has this fact proved to be, that a calf reared on one part of new milk mixed with five of water, will thrive and look well; while another, treated with unlimited skim milk, will be poor, thin and miserable. It is sometimes a matter of considerable trouble to induce the calf—whose instinct only teaches him to suck, and that he will do at anything and with anything—to acquire the knowledge of imbibition, that for the first few days it is often necessary to fill a bottle with milk, and, opening his mouth, pour the contents down his throat. The manner, however, by which he is finally educated into the mystery of suction, is by putting his allowance of milk into a large wooden bowl; the nurse then puts her hand into the milk, and, by bending her fingers upwards, makes a rude teat for the calf to grasp in his lips, when the vacuum caused by his suction of the fingers, causes the milk to rise along them into his mouth. In this manner, one by one, the whole family are fed three times a day; care being taken that new-born calves are not at first fed on milk from a cow who has calved some days.

963. ***As the Calf Progresses towards his tenth week,*** his diet requires to be increased in quantity and quality; for these objects his milk can be thickened with flour or meal, and small pieces of softened oil-cake are to be slipped into his mouth after sucking, that they may dissolve there, till he grows familiar with, and to like the taste, when it may be softened and scraped down into his milk-and-water. After a time, sliced turnips softened by steam are to be given to him in tolerable quantities; then succulent grasses; and finally,

hay may be added to the other food. Some farmers, desirous of rendering their calves fat for the butcher in as short a time as possible, forget both the natural weakness of the digestive powers and the contracted volume of the stomach, and allow the animals either to suck *ad libitum*, or give them, if brought up by the pail or by hand, a larger quantity of milk than they can digest. The idea of overloading the stomach never suggests itself to their minds. They suppose that the more food the young creature consumes, the sooner it will be fat, and they allow it no exercise whatever, for fear it should denude its very bones of their flesh. Under such circumstances, the stomach soon becomes deranged; its functions are no longer capable of acting; the milk, subjected to the acid of the stomach, coagulates, and forms a hardened mass of curd, when the muscles become affected with spasms, and death frequently ensues

964. ***Veal.***—Veal has the reputation of being very unwholesome and indigestible. All young meat, although more tender than old, appears to offer greater resistance to the digestive powers, so that they should be generally avoided by dyspeptic persons. Young meat is also universally allowed to be less sustaining under great exertion.

The now disused practice of bleeding calves before killing them, until they were actually in a state of disease, had probably some effect in producing a general belief in the unwholesomeness of veal, a belief which is somewhat less universal than it once was.

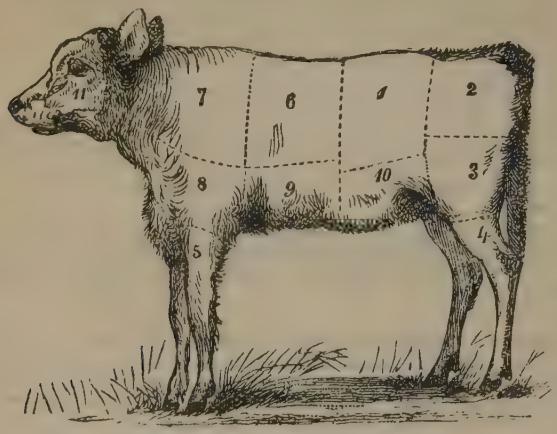
965. ***To Choose Veal.***—The whiteness of veal is considered a sign of good quality, and it was to make the flesh white that the animals were bled. On the Continent they are killed much younger than is customary in this country, and they are fed on milk and white food; but no feeding will make every calf equally white fleshed. As young meat keeps badly at all times, it is of importance that the calf should not be bruised in bringing it to market. The fat should be plentiful and very white, especially that surrounding the kidney, which in all animals affords a good indication of quality.

Very young veal is, as we have said, constantly brought to table on the Continent, but no calf may be killed for food less than fourteen days old, whereas in England they may be and are sold at any age or at no age to sausage makers, who grind them up with tough meat and so strike a suitable balance of tenderness over the whole.

Veal can be bought all the year round. It is most plentiful in spring and summer.

966. ***Slaughtering.***—There was no species of slaughtering practised in this country so inhuman and disgraceful as that, till very lately, employed in killing this poor animal; when, under the plea of making the flesh white, the calf was bled day by day, till, when the final hour came, the animal was unable to stand. This inhumanity is, we believe, now quite abolished, and the calf is at once killed, and with the least amount of pain; a sharp-pointed knife is run through the neck, severing all the large veins and arteries up to the vertebræ. The skin is then taken off to the knee, which is disjointed, and to the head, which is removed; it is then reflected backwards, and the carcase having been opened and dressed, is kept apart by stretchers, and the thin membrane, the caul, extended over the organs left in the carcase, as the kidneys and sweetbread; some melted fat is then scattered suddenly over the whole interior, giving that white and frosted appearance to the meat that is thought to add to its beauty; the whole is then hung up to cool and harden

967. ***The Several Parts of a Moderately-sized, well-fed Calf,*** about eight weeks old, are nearly of the following weights:—Loin and chump, 18 lbs.; fillet, 12½ lbs.; hind knuckle, 5½ lbs.; shoulder, 11 lbs.; neck, 11 lbs.; breast, 9 lbs.; and fore-knuckle, 5 lbs.; making a total of 144 lbs. weight. The London mode of cutting the carcase is considered better than that pursued in Edinburgh, as giving three roasting joints and one boiling in each quarter; besides the pieces being more equally divided, as regards flesh, and from the handsomer appearance they make on the table.



CALF, SHOWING MODE OF CUTTING UP.

968. ***The Manner of Cutting up Veal*** for the English market is to divide the carcase into four quarters, with eleven ribs to each fore-quarter; which are again subdivided into joints, as exemplified on the cut.

Hind-Quarter.	Fore-Quarter.
1 Loin.	5 Fore Knuckle.
2 Chump end of Loin.	6 Neck, best end.
3 Fillet.	7 Shoulder.
4 Hind Knuckle.	8 Bladebone.
10 Flank.	9 Breast.
	11 Head.

Hind-Quarter.

(1.) *Loin.*—Prime roasting joint.
(2.) *Chump end of loin.*—Roasted or cutlets.
(3.) *Fillet.*—Most economical and least bony roasting joint, but too large for a small party. The best cutlets are taken from here.
(4.) *Knuckle.*—Low-priced. Fit for boiling or stewing only, or for stock.
(10.) *Flank.*—For stews.

Fore-Quarter.

(5.) *Knuckle.*—Best stewed or boiled, occasionally roasted. In the young animal all joints are tender and can be roasted. When the sinews and tendons have

become stiff and hard with age, certain joints are nearly uneatable if they are not cooked at a low temperature with moisture.

(6.) *Best end of the neck.*—For small roasting joint or for chops. Too large a proportion of bone to be economical. The other end of the neck is more suitable for stewing.

(7 & 8.) *Shoulder or Bladebone.*—Often sold in halves for roasting. Sometimes cut into cutlets.

(9.) *Breast.*—Cheap. Sometimes roasted; better braised or stewed. Veal tendons, served as an entrée, are cut from this joint.

(11.) *Head.*—Eaten hot or cold in a variety of ways. Calves' brains are served as an entrée.

Besides these joints the following parts of the calf are sold for food:—

(12.) *Sweetbread.*—A delicacy, sold at fancy prices. Cooked in a variety of ways, generally served as an entrée. Stomach and throat sweetbread are spoken of; the former is the pancreas, the latter the thymus gland.

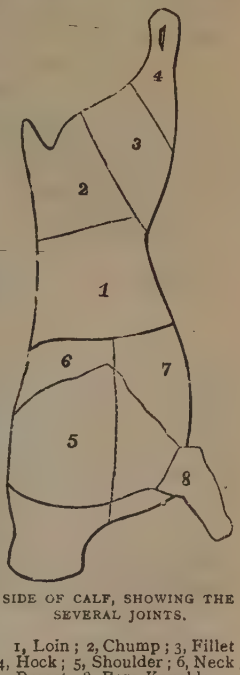
(13.) *Liver.*—Often sold with the fry, and cooked with it. As it is very lean, it is usually cooked with some of the inside fat, or with bacon.

(14.) *Feet.*—These are sold by tripe dressers and by butchers, and used for jelly-making, in the place of prepared gelatine, and also to be stewed or fried. "Neats' feet" are a common article of food with the poor.

(15.) *Heart.*—Can be bought separately, or with the pluck or fry. Liked by many persons; an economical small roast, and less indigestible than bullock's heart.

(16.) *Suet.*—Veal suet is more delicate for all purposes than beef, and may with advantage be substituted for it in puddings, forcemeat, &c.

(17.) *Kidney.*—This is much more delicate than, and is preferred to, beef kidney.



SIDE OF CALF, SHOWING THE SEVERAL JOINTS.

1, Loin; 2, Chump; 3, Fillet; 4, Hock; 5, Shoulder; 6, Neck; 7, Breast; 8, Fore-Knuckle.

According to the calculation already made, we find that one shilling will buy 1 lb. and 6 oz. of breast of veal at ninepence a pound, or 12 oz. of veal cutlet at sixteen-pence. In the cheaper joint there may be expected an average of 6 oz. of bone, leaving exactly a pound of solid meat. In the cutlets there may be no bone, there will probably be 2 ozs., leaving 10 ozs. of solid meat. The price of the cutlet is not unusual, though it is high. Anyway it is easy to see that at the price we have quoted, the breast is the more economical purchase, though it would certainly not remain so if the price of both joints were the same.

969.—TABLE OF THE RELATIVE VALUE OF VARIOUS PARTS OF VEAL.

Giving the actual cost of the eatable portion of the various joints, after deducting Loss in Weight from Waste, Bone and different modes of Cooking.

Great care has been taken in the preparation of these tables, all the joints having been carefully tested. The result shows that no joint can be reckoned to cost less than a shilling per pound. Veal is, nevertheless, not such an extravagant meat as it is generally considered to be, the waste in cooking, as may be seen by the Second Table, being not very great.

Name of Joint.	How usually Cooked.	Weight before Cooking.	Weight when Cooked, bone & waste deducted.	Total Loss per lb.	Average Cost per lb.	Cost per lb. after Cooking, bone & waste deducted.
		lbs. oz.	lbs. oz.	oz.	s. d.	s. d
Breast	Roasted...	5 0	3 6	5½	0 10	1 3
Fillet	Roasted...	9 12	7 0	4½	1 0	1 4¾
Head	Boiled ...	12 4	7 8	6	0 6	0 9½
Heart	Baked ...	1 0	0 15½	½	0 8	0 8½
Knuckle	Boiled ...	5 15	2 12½	8½	0 6	1 1
Leg (in cutlets)	Fried.....	1 12	1 6¾	2¾	1 2	1 5
Liver	Fried.....	1 0	0 15½	½	0 10	0 10½
Loin	Roasted...	7 0	3 13	7½	0 11	1 8
Neck	Roasted...	3 8	2 6½	5	0 9	1 1
Shoulder	Stewed ...	9 0	6 3	5	0 9	1 1
Sweetbread	Fried.....	1 4	1 2¾	1	1 4	1 5
Tongue	Boiled ...	2 4	1 6½	6	0 8	0 11

969A.—TABLE GIVING WEIGHT OF BONE, SKIN AND WASTE IN JOINTS OF VEAL.

Name of Joint.	Weight of Joint when bought.	Weight of bone, skin and waste.	Loss of weight by Cooking.	Total weight of waste.	Weight of eatable matter.
	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.
Breast	5 0	0 4	1 6	1 10	3 6
Fillet	9 12	0 8	2 4	2 12	7 0
Head	12 4	3 0	1 12	4 12	7 8
Knuckle	5 15	2 7	0 11½	3 2½	2 12½
Leg (in cutlets)	1 12	0 3¾	0 2	0 5¾	1 6¾
Loin	7 0	1 11	1 8	3 3	3 13
Shoulder	9 0	2 1	0 12	2 13	6 3

THE JOINTS OF VEAL.

RECIPES FOR COOKING VEAL.

CHAPTER XV.

970.—BAKED VEAL.

(*Cold Meat Cookery.*)

Ingredients.—½ lb. of cold roast veal, a few slices of bacon, 1 pint of bread-crumbs, ½ pint of good veal gravy, ½ teaspoonful of minced lemon-peel, 1 blade of pounded mace, cayenne and salt to taste, 4 eggs.

Mode.—Mince finely the veal and bacon; add the bread-crumbs, gravy and seasoning, and stir these ingredients well together. Beat up the eggs thoroughly; add these, mix the whole well together, put into a dish, and bake from three-quarters to one hour. When liked, a little good gravy may be served in a tureen as an accompaniment. It can be steamed in a basin, if more convenient, and turned out.

Time.—¾ to one hour. **Average Cost,** exclusive of the cold meat and gravy, 8*d.*

Sufficient for 3 or 4 persons.

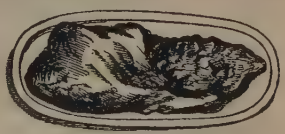
Seasonable from March to October.

971.—ROAST BREAST OF VEAL.

(*Fr.*—Poitrine de Veau.)

Ingredients.—Veal; a little flour.

Mode.—Wash the veal, well wipe it, and dredge it with flour; put it down to a bright fire, not too near, as it should not be scorched. Baste it plentifully until done; dish it, pour over the meat some good melted butter, and send to table with it a piece of boiled bacon and a cut lemon.



BREAST OF VEAL.

Time.—From 1½ to 2 hours. **Average Cost,** 9*d.* per lb.

Sufficient for 6 persons.

Seasonable from March to October.

972.—STEWED BREAST OF VEAL AND PEAS.
(*Fr.*—Poitrine de Veau aux Petits Pois.)

Ingredients.—Breast of veal, 2 oz. of butter, a bunch of savoury herbs, including parsley; 2 blades of pounded mace, 2 cloves, 5 or 6 young onions, 1 strip of lemon-peel, 6 allspice, ¼ teaspoonful of pepper, 1 tablespoonful of salt, thickening of butter and flour, 2 tablespoonfuls of sherry, 2 tablespoonfuls of tomato sauce, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of mushroom ketchup, green peas.

Mode.—Cut the breast in half, after removing the bone underneath, and divide the meat into convenient-sized pieces. Put the butter into a frying-pan, lay in the pieces of veal, and fry until a nice brown colour. Now place these in a stewpan with the herbs, mace, cloves, onions, lemon-peel, allspice and seasoning; pour over them just sufficient boiling water to cover the meat; well close the lid, and let the whole simmer very gently for about two hours. Strain off as much gravy as is required, thicken it with butter and flour, add the remaining ingredients, skim well, let it simmer for about ten minutes, then pour it over the meat. Have ready some green peas, boiled separately; sprinkle these over the veal, and serve. It may be garnished with forcemeat balls, or rashers of bacon curled and fried. Instead of cutting up the meat, many persons prefer it dressed whole; in that case, it should be half roasted before the water, &c., are put to it.

Time.—2½ hours. **Average Cost,** 9*d.* per lb.

Sufficient for 6 persons.

Seasonable from March to October.

Breeding of Calves.—The forwarding of calves to maturity, whether intended to be reared for stock or brought to an early market as veal, is always a subject of great importance, and requires a considerable amount of intelligence in the selection of the best course to adopt for either end. When meant to be reared as stock, the breeding should be so arranged that the cow should calve about the middle of May. As our subject, however, has more immediate reference to the calf as *meat* than as *stock*, we shall confine our remarks to the mode of procedure adopted in the former case; and here, the first process adopted is that of weaning; which consists in separating the calf *entirely* from the cow, but, at the same time, rearing it on the mother's milk. As the business of the dairy would be suspended if every cow were allowed to rear its young, and butter, cheese and cream become *desiderata*—things to be desired, but not possessed—a system of economical husbandry becomes necessary, so as to retain our dairy produce, and yet, for some weeks at least, nourish the calf on its mother's milk, but without allowing the animal to draw that supply for itself: this, with the proper substituted food on which to rear the young animal, is called weaning.

973.—VEAL CAKE. (*Fr.*—Gateau de Veau.)
(*A Convenient Dish for a Picnic.*)

Ingredients.—A few slices of cold roast veal, a few slices of cold ham, 2 hard-boiled eggs, 2 tablespoonfuls of minced parsley, a little pepper, good gravy or stock.

Mode.—Cut off all the brown outside from the veal and cut the eggs

into slices. Procure a pretty mould; lay veal, ham, eggs and parsley in layers, with a little pepper between each; and when the mould is full, get some *strong* stock and fill up the shape. Bake for half an hour, and, when cold, turn it out.

Time.—½ hour. **Average Cost,** exclusive of the veal and ham, 6*d*.
Sufficient for 4 persons.
Seasonable at any time.

974.—VEAL GALANTINE. (*Fr.*—Galantine de Veau.)

Ingredients.—Small breast of veal, 2 lbs. of sausage-meat highly flavoured with herbs, ½ lb. of cooked tongue (bacon or ham may be substituted for this), some truffles, mushrooms, pistachio nuts and gherkins.

Mode.—Bone the veal and flatten it well out, then spread over a thick layer of sausage-meat, next a layer of small dice cut from the tongue, truffles, mushrooms and gherkins, upon which scatter a few chopped pistachio nuts, then another layer of sausage-meat. Roll in a cloth, as a jam pudding, and boil 6 hours. When half cold tie up tight and press with heavy weights upon the top; and when wanted glaze and serve garnished with parsley and some good aspic jelly, which may be made from the stock in which the galantine has been boiled. This jelly may be cut into lozenges or roughed with a fork; and if a little of it be coloured with cochineal the garnish will be prettier. Cooked ham may be substituted for the tongue if preferred, and the seasoning be varied according to individual taste.

Time.—6 hours to boil the galantine. **Average Cost,** 5*s*.
Sufficient for supper dish. **Seasonable** from March to October.

When a Calf should be Killed.—The age at which a calf ought to be killed should not be under four weeks: before that time the flesh is certainly not wholesome, wanting firmness, due development of muscular fibre, and those animal juices on which the flavour and nutritive properties of the flesh depend, whatever the unhealthy palate of epicures may deem to the contrary. In France, a law exists to prevent the slaughtering of calves under *six weeks* of age. The calf is considered in prime condition at ten weeks, when he will weigh from sixteen to eighteen stone, and sometimes even twenty.

975.—FRICASSEED CALF'S FEET. (*Fr.*—Pieds de Veau en Fricassée.)

Ingredients.—A set of calf's feet (four); for the batter allow for each egg 1 tablespoonful of flour, 1 tablespoonful of bread-crumbs, hot lard or clarified dripping, pepper and salt to taste.

Mode.—If the feet are purchased unclean, dip them into warm water repeatedly, and scrape off the hair, first one foot and then the other, until the skin looks perfectly clean, a saucepan of water being kept by the fire until they are finished. After washing and soaking in cold water, boil

them in just sufficient water to cover them, until the bones come easily away. Then pick them out, and after straining the liquor into a clean vessel, put the meat into a pie-dish until the next day. Now cut it down in slices about half an inch thick, lay on them a stiff batter made of egg, flour and bread-crumbs in the above proportion; season with pepper and salt, and plunge them into a frying-pan of boiling lard. Fry the slices a nice brown, dry them before the fire for a minute or two, dish them on a napkin, and garnish with tufts of parsley. This should be eaten with melted butter, mustard and vinegar. Be careful to have the lard boiling to *set* the batter, or the pieces of feet will run about the pan. The liquor the feet were boiled in should be saved, and will be found useful for enriching gravies, making jellies, &c.

Time.—About 3 hours to stew the feet, 10 or 15 minutes to fry them. **Average Cost,** in full season, 1*s.* each.

Sufficient for 8 persons.

Seasonable from March to October.

Note.—This dish can be highly recommended to delicate persons.

Colour of Veal.—As whiteness of flesh is considered a great advantage in veal, butchers, in the selection of their calves, are in the habit of examining the inside of their mouths, and noting the colour of their eyes; alleging that, from the signs they there see, they can prognosticate whether the veal will be white or florid. Now that the custom of bleeding calves has been given up, extreme whiteness is not so much sought after.

976.—COLLARED CALF'S HEAD.
(*Fr.*—Tête de Veau Farcie.)

Ingredients.—A calf's head, 4 tablespoonfuls of minced parsley, 4 blades of pounded mace, ½ teaspoonful of grated nutmeg, white pepper to taste, a few thick slices of ham, the yolks of 6 eggs boiled hard.

Mode.—Scald the head for a few minutes; take it out of the water, and with a blunt knife scrape off all the hair. Clean it nicely, divide the head and remove the brains. Boil it tender enough to take out the bones, which will be in about 2 hours. When the head is boned, flatten it on the table, sprinkle over it a thick layer of parsley, then a layer of ham, and then the yolks of the eggs cut into thin rings, and put a seasoning of pounded mace, nutmeg, and white pepper between each layer; roll the head up in a cloth, and tie it up as tightly as possible. Boil it for 4 hours, and when it is taken out of the pot, place a heavy weight on the top, the same as for other collars. Let it remain till cold; then remove the cloth and binding, and it will be ready to serve.

Time.—Altogether 6 hours. **Average Cost,** 2*s.* 6*d.* each.

Sufficient for 10 persons.

Seasonable from March to October

977.—CALF'S HEAD, WITH PARSLEY AND LEMON SAUCE. (*Fr.*—Tête de Veau à la Maître d'Hôtel.)

Ingredients.—The remains of a cold calf's head, rather more than ½ pint of Maître d'hôtel sauce, No. 731.

Mode.—Make the sauce by recipe No. 731, and have it sufficiently thick that it may nicely cover the meat; remove the bones from the head, and cut the meat into neat slices. When the sauce is ready, lay in the meat; let it *gradually* warm through, and, after it boils up, let it simmer very gently for 5 minutes, and serve.

Time.—Rather more than 1½ hour. **Average Cost,** exclusive of the meat, 1*s.*

Sufficient for 4 persons.

Seasonable from March to October.

978.—CAPITAL DISH FROM COLD VEAL OR FOWL.

Ingredients.—Remains of cold veal or fowl, parsley, shalot, pepper, salt, vinegar, butter, hot lard.

Mode.—Divide the meat or fowl into neat pieces, chop the shalot and parsley and mix with vinegar, salt, and pepper, then dip the pieces of meat in. Prepare a frying-pan, by putting in sufficient lard to fry the pieces, and as soon as it is ready, put a small bit of butter on each piece of meat and fry of a dark brown colour.

Time.—15 to 20 minutes. **Average Cost,** 4*d.*, exclusive of meat.

Sufficient for 4 persons.

Seasonable at any time.

979.—MOULDED CALF'S HEAD. (*Fr.*—Tête de Veau en Aspic.)

Ingredients.—The remains of a calf's head, some thin slices of ham or bacon, 6 or 8 eggs boiled hard, 1 dessertspoonful of salt, pepper, mixed spice, and parsley, ½ pint of good white gravy, or stock, No. 278.

Mode.—Cut the head into thin slices. Butter a tin mould, cut the yolks of eggs in half, and put some of them round the tin in a pattern: sprinkle some of the parsley, spice, &c., over it; then put in the head and the bacon in layers, adding occasionally more eggs and spice till the whole of the head is used. Pour in the gravy, cover the top with a thin paste of flour and water, and bake for three-quarters of an hour. Take off the paste, and when cold, turn it out.

Time.—From ¾ to 1 hour to bake the preparation. **Average Cost** exclusive of the veal, 1*s.* 6*d.*

Sufficient for 6 persons.

Seasonable from March to October.

980.—CURRIED VEAL. (*Fr.*—Veau à l'Indienne.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold roast veal, 4 onions, 2 apples sliced, 2 tablespoonfuls of curry-powder, 1 dessertspoonful of flour, ½ pint of broth or water, 1 tablespoonful of lemon-juice.

Mode.—Slice the onions and apples, and fry them in a little butter; then take them out, cut the meat into neat cutlets, and fry these of a pale brown; add the curry-powder and flour, put in the onion, apples, and a little broth or water, and stew gently till quite tender; add the lemon-juice, and serve with an edging of boiled rice. The curry may be ornamented with pickles, capsicums, and gherkins arranged prettily on the top.

Time.—¾ hour. **Average Cost,** exclusive of the meat, 4*d.*

Seasonable from March to October.

981.—STEWED VEAL. (*Fr.*—Veau à la Bourgeoise.)

(*Excellent.*)

Ingredients.—2 to 3 lbs. of the loin or neck of veal, 10 or 12 young carrots, a bunch of green onions, 2 slices of lean bacon, 2 blades of pounded mace, 1 bunch of savoury herbs, pepper and salt to taste, a few new potatoes, 1 pint of green peas.

Mode.—Cut the veal into cutlets, trim them, and put the trimmings into a stewpan with a little butter; lay in the cutlets and fry them a nice brown colour on both sides. Add the bacon, carrots, onions, spice, herbs, and seasoning; pour in about a pint of boiling water, and stew gently for 2 hours on a very slow fire. When done, skim off the fat, take out the herbs, and flavour the gravy with a little tomato sauce and ketchup. Have ready the peas and potatoes, boiled *separately;* put them with the veal, and serve.

Time.—2 hours. **Average Cost,** 3*s.* 4*d.*

Sufficient for 5 or 6 persons.

Seasonable from June to August with peas;—rather earlier when these are omitted.

982.—SCOTCH COLLOPS. (*Fr.*—Escalopes à l'Ecossaise.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold roast veal, a little butter, flour, ½ pint of water, 1 onion, 1 blade of pounded mace, 1 tablespoonful of lemon-juice, ½ teaspoonful of finely minced lemon peel, 2 tablespoonfuls of sherry, 1 tablespoonful of mushroom ketchup.

Mode.—Cut the veal the same thickness as for cutlets, rather larger than a crown piece; flour the meat well, and fry a light brown in butter;

dredge again with flour, and add ½ pint of water, pouring it in by degrees; set it on the fire, and when it boils add the onion and mace, and let it simmer very gently about three-quarters of an hour; flavour the gravy with lemon-juice, peel, wine and ketchup, in the above proportion; give one boil, and serve.

Time.—¾ hour. **Average Cost,** exclusive of the meat, 5*d.*

Sufficient for 3 persons.

Seasonable from March to October.

983.—SCOTCH COLLOPS, WHITE.

(*Fr.*—Escalopes à l'Ecossaise.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast veal, ½ teaspoonful of grated nutmeg, 2 blades of pounded mace, cayenne and salt to taste, a little butter, 1 dessertspoonful of flour, ¼ pint of water, 1 teaspoonful of anchovy sauce, 1 tablespoonful of lemon-juice, ¼ teaspoonful of lemon-peel, 1 tablespoonful of mushroom ketchup, 3 tablespoonfuls of cream, 1 tablespoonful of sherry.

Mode.—Cut the veal into thin slices, about 3 inches in width; hack them with a knife, and grate on them the nutmeg, mace, cayenne, and salt, and fry them in a little butter. Dish them, and make a gravy in the pan by putting in the remaining ingredients. Give one boil, and pour it over the collops; garnish with lemon and slices of toasted bacon, rolled. Forcemeat balls may be added to this dish. If cream is not at hand, substitute the yolk of an egg beaten up well with a little milk.

Time.—About 5 or 7 minutes. **Average Cost,** exclusive of the meat, 8*d.*

Seasonable from March to October.

984.—ROAST FILLET OF VEAL.

(*Fr.*—Rouelle de Veau Rôtie.)

Ingredients.—Veal, forcemeat No. 629, melted butter.

Mode.—Have the fillet cut according to the size required; take out the bone, and after raising the skin from the meat, put under the flap a nice forcemeat, made by recipe No. 629. Prepare sufficient of this, as there should be some left to eat cold, and to season and flavour a mince if required. Skewer and bind the veal up in a round form; dredge well with flour, put it down at some distance from the fire at first, and baste continually. About half an hour before serving, draw it nearer the fire, that it may acquire

FILLET OF VEAL.

more colour, as the outside should be of a rich brown, but not burnt. Dish it, remove the skewers, which replace by a silver one; pour over the joint some good melted butter, and serve with either boiled ham, bacon, or pickled pork. Never omit to send a cut lemon to table with roast veal.

Time.—A fillet of veal weighing 12 lbs., about 4 hours. **Average Cost,** 10½*d.* per lb.

Sufficient for 10 or 12 persons.

Seasonable from March to October.

985.—STEWED FILLET OF VEAL.

(*Fr.*—Rouelle de Veau Farcie.)

Ingredients.—A small fillet of veal, forcemeat No. 629, thickening of butter and flour, a few mushrooms, white pepper to taste; 2 tablespoonfuls of lemon-juice, 2 blades of pounded mace, ½ glass of sherry, ½ pint of weak stock.

Mode.—If the whole of the leg is purchased, take off the knuckle to stew, and also the square end, which will serve for cutlets or pies. Remove the bone, and fill the space with a forcemeat No. 629. Roll and skewer it up firmly; place a few skewers at the bottom of the stewpan to prevent the meat from sticking, and cover the veal with a little weak stock. Let it simmer *very gently* until tender, as the more slowly veal is stewed the better. Strain and thicken the sauce, flavour it with lemon-juice, mace, sherry, and white pepper; give one boil, and pour it over the meat. The skewers should be removed, and replaced by a silver one, and the dish garnished with slices of cut lemon.

Time.—A fillet of veal weighing 6 lbs., 3 hours' very gentle stewing. **Average Cost,** 10½*d.* per lb.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

The Golden Calf.—We are told in the book of Genesis, that Aaron, in the lengthened absence of Moses, was constrained by the impatient people to make them an image to worship; and that Aaron, instead of using his delegated power to curb this sinful expression of the tribes and appease the discontented Jews, at once complied with their demand, and telling them to bring to him their rings and trinkets, fashioned out of their willing contributions a calf of gold, before which the multitude fell down and worshipped.

986.—BOILED CALF'S HEAD.

(*Fr.*—Tête de Veau à la Maître d'Hôtel.)

(With the Skin on.)

Ingredients—Calf's head, boiling water, bread-crumbs, 1 large bunch of parsley, butter, white pepper and salt to taste, 4 tablespoonfuls of melted butter, 1 tablespoonful of lemon-juice, 2 or three grains of cayenne.

Mode.—Put the head into boiling water, and let it remain by the side of the fire for 3 or 4 minutes; take it out, hold it by the ear, and with the back of a knife, scrape off the hair (should it not come off easily, dip the head again into boiling water). When perfectly clean, take the eyes out, cut off the ears, and remove the brain, which soak for an hour in warm water. Put the head into hot water to soak for a few minutes, to make it look white, and then have ready a stewpan, into which lay the head; cover it with cold water, and bring it gradually to boil. Remove the scum, and add a little salt, which assists to throw it up. Simmer it very gently, from 2½ to 3 hours, and when nearly done, boil the brains for a quarter of an hour; skin and chop them, not too finely, and add a teaspoonful of minced parsley which has been previously scalded. Season with pepper and salt and stir the brains, parsley, &c., into about 4 tablespoonfuls of melted butter; add the lemon-juice and cayenne, and keep these hot by the side of the fire. Take up the head, cut out the tongue, skin it, put it on a small dish with the brains round it; sprinkle over the head a few bread-crumbs mixed with a little minced parsley; brown these before the fire, and serve with a tureen of parsley-and-butter, and either boiled bacon, ham, or pickled pork as an accompaniment.

Time.—2½ to 3 hours. **Average Cost,** according to the season, from 2*s.* 6*d.* to 4*s.* 6*d.*

Sufficient for 8 or 9 persons.

Seasonable from March to October.

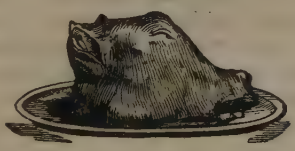
987.—BOILED CALF'S HEAD.

(*Fr.*—Tête de Veau à la Maître d'Hôtel.)

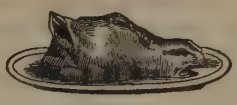
(*Without the Skin.*)

Ingredients.—Calf's head, water, a little salt, 4 tablespoonfuls of melted butter, 1 tablespoonful of minced parsley, pepper and salt to taste 1 tablespoonful of lémon-juice.

Mode.—After the head has been thoroughly cleaned, and the brains



CALF'S HEAD.



HALF A CALF'S HEAD.

removed, soak it in water to blanch it. Lay the brains also into warm water to soak, and let them remain for about an hour. Put the head

into a stewpan, with sufficient cold water to cover it, and when it boils, add a little salt; take off every particle of scum as it rises, and boil the head until perfectly tender. Boil the brains, chop them, and mix with them melted butter, minced parsley, pepper, salt, and lemon-juice in the above proportion. Take up the head, skin the tongue, and put it on a small dish with the brains round it. Have ready some parsley and butter, smother the head with it, and the remainder send to table in a tureen. Bacon, ham, pickled pork, or a pig's cheek are indispensable with calf's head. The brains are sometimes chopped with hard-boiled eggs, and mixed with a little béchamel, No. 665.

Time.—From 1½ to 2¼ hours.

Average Cost, *2s. 6d.*

Sufficient for 7 or 8 persons.

Seasonable from March to October.

Note.—The liquor in which the head was boiled should be saved; it makes excellent soup, and will be found a nice addition to gravies, &c. Half a calf's head is as frequently served as a whole one, it being a more convenient-sized joint for a small family. It is cooked in the same manner, and served with the same sauces, as in the preceding recipe.

988.—HASHED CALF'S HEAD.

(*Cold Meat Cookery.*)

Ingredients.—The remains of a cold boiled calf's head, 1 quart of the liquor in which it was boiled, a faggot of savoury herbs, 1 onion, 1 carrot, a strip of lemon-peel, 2 blades of pounded mace, salt and white pepper to taste, a very little cayenne, rather more than 2 tablespoonfuls of sherry, 1 tablespoonful of lemon-juice, 1 tablespoonful of mushroom ketchup, forcemeat balls.

Mode.—Cut the meat into neat slices, and put the bones and trimmings into a stewpan with the above proportion of liquor that the head was boiled in. Add a bunch of savoury herbs, 1 onion, 1 carrot, a strip of lemon-peel, and 2 blades of pounded mace, and let these boil for 1 hour, or until the gravy is reduced nearly half. Strain it into a clean stewpan, thicken it with a little butter and flour, and add a flavouring of sherry, lemon-juice and ketchup, in the above proportion; season with pepper, salt and a little cayenne: put in the meat, let it *gradually* warm through, but not boil more than *two* or *three* minutes. Garnish the dish with forcemeat balls and pieces of bacon rolled and toasted, placed alternately, and send it to table very hot.

Time.—Altogether 1½ hour. **Average Cost,** exclusive of the remains of the head, *8d.*

Seasonable from March to October.

989.—BOILED CALF'S HEAD, HASHED. (*Fr.*—Tête de Veau.)

Ingredients.—Calf's head, 1 egg, 1 teaspoonful of flour, a grating of nutmeg, 3 tablespoonfuls of milk, 6 slices of bacon, 2 dozen forcemeat balls, seasoning of pepper, salt, mace, an onion, bunch of herbs, a wineglassful of port, 8 mushrooms, 1 pint of gravy, ½ lb. of lard.

Mode.—Carefully cleanse the head of a freshly-killed calf, boil it three-quarters of an hour, let it stand till cold, then slice it up into nice-looking pieces. Peel the tongue, and cut it into thin slices. Boil the brains in a cloth, chop it fine, and beat it up with the egg, flour, milk, and nutmeg. Have ready a frying-pan of boiling lard, and fry the mixture in fritters the size of a crown piece. Flavour the gravy with the seasoning of pepper, salt and mace, herbs, onion and cayenne pepper; let it simmer 20 minutes, and strain it, and add the wine and mushrooms. Place the sliced head and tongue in this, and let it warm gently for 10 minutes. Serve in the centre of the dish, with the brain, fritters, bacon, and forcemeat balls round.

Time.—2½ hours. **Average Cost,** exclusive of the meat, 2*s*

Sufficient for 8 persons.

Seasonable from March to October.

990.—CALF'S HEAD PIE. (*Fr.*—Pâté de Tête de Veau.)

Ingredients.—Remains of cold calf's head, cold boiled ham, forcemeat balls, No. 629, 2 hard-boiled eggs, salt, pepper, mace, herbs, peppercorns, 1 onion, ½ pint of gravy. ½ lb. pie-crust.

Mode.—Remove all bones from the meat, and trim it into neat slices. Take a pie-dish and put a layer of ham at the bottom, then one of head with seasoning of salt and pepper, and any brain sauce, if you have it; dot the layers over with forcemeat balls and sliced egg. For the gravy, put the bones and any trimmings of veal into a saucepan with an onion, mace, peppercorns and herbs, and three-quarters of a pint of water. Let it simmer till a good gravy is obtained, then pour some of it into the dish. Now roll out the paste, and put a cover on the dish, making a hole in the centre for the steam to escape. This must be hidden afterwards by a paste ornament. Bake in a rather slow oven for three-quarters of an hour, then take out, pour in the rest of the gravy, put on the ornament, and set it aside to get cold.

Time.—¾ hour. **Average Cost,** exclusive of meat, 8*d*.

Sufficient for 4 or 5 persons.

Seasonable from March to October.

991. — CALF'S LIVER WITH SWEET HERBS AND SHARP SAUCE. (*Fr.*—Foie de Veau aux Fines Herbes et à la Sauce Piquante.)

Ingredients.— A calf's liver, flour, a bunch of savoury herbs, including parsley; when liked, 2 minced chalots; 1 teaspoonful of flour, 1 tablespoonful of vinegar, 1 tablespoonful of lemon-juice, pepper and salt to taste, ¼ pint of water.

Mode.—Procure a calf's liver as white as possible, and cut it into slices of a good and equal shape. Dip them in flour, and fry them of a good light gold colour in a little butter. When they are done, put them on a dish, which keep hot before the fire. Mince the herbs very fine, put them in the frying-pan with a little more butter; add the remaining ingredients, simmer gently until the herbs are done, and pour over the liver.

Time.— According to the thickness of the slices, from 5 to 10 minutes. **Average Cost,** 9*d.* per lb.

Sufficient for 7 or 8 persons.

Seasonable from March to October.

992.—CALF'S LIVER AND BACON. *Fr.*—(Foie de Veau au Lard.)

Ingredients.—2 or 3 lbs. of liver, bacon, pepper and salt to taste, a small piece of butter, flour, 2 tablespoonfuls of lemon-juice, ¼ pint of water.

Mode.—Cut the liver in thin slices, and cut as many slices of bacon as there are of liver; fry the bacon first, and put that on a hot dish before the fire. Fry the liver in the fat which comes from the bacon, after seasoning it with pepper and salt, and dredging over it a very little flour. Turn the liver occasionally, to prevent its burning, and, when done, lay it round the dish, with a piece of bacon between each. Pour away the bacon fat, put in a small piece of butter, dredge in a little flour, add the lemon-juice and water, give one boil, and pour it in the *middle* of the dish. It may be garnished with slices of cut lemon or forcemeat balls.

Time.—According to the thickness of the slices, from 5 to 10 minutes. **Average Cost,** 9*d.* per lb.

Sufficient for 8 or 10 persons.

Seasonable from March to October.

993.—LIVER SAUSAGES. (*Fr.*—Saucisses de Foie de Veau.)

Ingredients.—¾ lb. of fat bacon, 1 lb. of calf's liver, ½ lb. of bread-crumbs, 3 eggs, 1 bay leaf, ¼ teaspoonful of thyme, ¼ teaspoonful of grated lemon-

peel, ½ teaspoonful of nutmeg, 1 teaspoonful of salt, 1 teaspoonful of parsley, ¼ teaspoonful of pepper.

Mode.—Mince the bacon and liver finely, then add the remaining ingredients and incorporate thoroughly. Beat the eggs thoroughly, then moisten the mixture with them and encase it in the skins; fry them with a little butter or lard in the pan, of a nice rich brown, pricking the skins with a fork to prevent their bursting. Serve on toast or with mashed potatoes.

Time.—10 to 12 minutes. **Average Cost,** 1*s.* 6*d.* for this quantity.

Sufficient for 6 or 7 persons.

Seasonable from March to October.

Note.—Calf's liver stuffed with forcemeat, No. 629, to which has been added a little fat bacon, will be found a very savoury dish. It should be larded or wrapped in buttered paper, and roasted before a clear fire. Brown gravy and currant jelly should be served with it.

994.—FILLET OF VEAL WITH BECHAMEL SAUCE.

(*Fr.*—Rouelle de Veau au Béchamel.)

(Cold Meat Cookery.)

Ingredients.—A small fillet of veal, 1 pint of béchamel sauce, No. 665; a few bread-crumbs, clarified butter.

Mode.—A fillet of veal that has been roasted the preceding day will answer very well for this dish. Cut the middle out rather deep, leaving a good margin round, from which to cut nice slices, and, if there should be any cracks in the veal, fill them up with forcemeat. Mince finely the meat that was taken out, mixing with it a little of the forcemeat to flavour, and stir to it sufficient béchamel to make it of a proper consistency. Warm the veal in the oven for about an hour, taking care to baste it well, that it may not be dry; put the mince in the place where the meat was taken out, sprinkle a few bread-crumbs over it, and drop a little clarified butter on the bread-crumbs; put it into the oven for a quarter of an hour to brown, and pour béchamel (sauce, No. 665) round the sides of the dish.

Time.—Altogether 1½ hour. **Average Cost,** 10½*d.* per lb.

Sufficient for 5 or 6 persons.

Seasonable from March to October.

995.—TO RAGOUT A KNUCKLE OF VEAL.

(*Fr.*—Jarret de Veau.)

Ingredients.—Knuckle of veal, pepper and salt to taste, flour, 1 onion, 1 head of celery, or a little celery-seed, a faggot of savoury herbs, 2 blades of pounded mace, thickening of butter and flour, a few

young carrots, 1 tablespoonful of ketchup, 1 tablespoonful of tomato sauce, 3 tablespoonfuls of sherry, the juice of ½ lemon.

Mode.—Cut the meat from a knuckle of veal into neat slices, season with pepper and salt, and dredge them with flour. Fry them in a little butter of a pale brown, and put them into a stewpan with the bone (which should be chopped in several places); add the celery, herbs, mace, and carrots; pour over all about a pint of hot water, and let it simmer very gently for two hours over a slow but clear fire. Take out the slices of meat and carrots, strain and thicken the gravy with a little butter rolled in flour; add the remaining ingredients, give one boil, put back the meat and carrots, let these get hot through, and serve. When in season, a few green peas, *boiled separately*, and added to this dish at the moment of serving, will be found a very agreeable addition.

Time.—2 hours. **Average Cost,** 7*d.* to 8*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from March to October.

996.—STEWED KNUCKLE OF VEAL AND RICE.

(*Fr.*—Jarret de Veau au Riz.)

Ingredients.—Knuckle of veal, 1 onion, 2 blades of mace, 1 teaspoonful of salt, ½ lb. of rice.

Mode.—Have the knuckle cut small, or cut some cutlets from it, that it may be just large enough to be eaten the same day it is dressed, as cold boiled veal is not a particularly tempting dish. Break the shank-bone, wash it clean, and put the meat into a stewpan with sufficient water to cover it. Let it gradually come to a boil, put in the salt, and remove the scum as fast as it rises. When it has simmered gently for about three-quarters of an hour, add the remaining ingredients, and stew the whole gently for 2½ hours. Put the meat into a deep dish, pour over it the rice, &c., and send boiled bacon, and a tureen of parsley-and-butter, No. 753, to table with it.

KNUCKLE OF VEAL.

Time.—A knuckle of veal weighing 6 lbs., 3 hours' gentle stewing. **Average Cost,** 7*d.* per lb.

Sufficient for 6 persons.

Seasonable from March to October.

Note.—Macaroni, instead of rice, boiled with the veal, will be found good; or the rice and macaroni may be omitted, and the veal sent to table smothered in parsley-and-butter.

997.—ROAST LOIN OF VEAL.

(*Fr.*—Longe de Veau Rôtie.)

Ingredients.—Veal; melted butter.

Mode.—Paper the kidney fat; roll in and skewer the flap, which makes the joint a good shape; dredge it well with flour, and put it down to a bright fire. Should the loin be very large, skewer the kidney back for a time to roast thoroughly. Keep it well basted, and, a short time before serving, remove the paper from the kidney, and allow it to acquire a nice brown colour, but it should not be burnt. Have ready some melted butter, No. 676, put it into the dripping-pan after it is emptied of its contents, pour it over the veal, and serve. Garnish the dish with slices of lemon and forcemeat balls, and send to table with it boiled bacon, ham, pickled pork, or pig's cheek.

LOIN OF VEAL.

Time.—A large loin, 3 hours. **Average Cost,** 10*d.* per lb.

Sufficient for 7 or 8 persons.

Seasonable from March to October.

Note.—A piece of toast should be placed under the kidney when the veal is dished.

998.—LOIN OF VEAL WITH BÉCHAMEL SAUCE.

(*Fr.*—Longe de Veau au Béchamel.)

(*Cold Meat Cookery.*)

Ingredients.—Loin of veal, ½ teaspoonful of minced lemon-peel, rather more than ½ pint of béchamel, No. 665.

Mode.—A loin of veal which has come from table with very little taken off, answers very well for this dish. Cut off the meat from the inside, mince it, and mix with it some minced lemon-peel; put it into sufficient béchamel to warm through. In the meantine, wrap the joint in buttered paper, and place it in the oven, to warm. When thoroughly hot, dish the mince, place the loin above it, and pour over the remainder of the béchamel.

Time.—1½ hour to warm the meat in the oven. **Average Cost,** 10*d.* per lb.

Sufficient for 6 persons.

Seasonable from March to October.

999.—LOIN OF VEAL à la DAUBE.
(*Fr.*—Carré de Veau Farci aux Tomates, etc.)

Ingredients.—The chump end of a loin of veal, forcemeat, No. 629, a few slices of bacon, a bunch of savoury herbs, 2 blades of mace, ½ teaspoonful of whole white pepper, 1 pint of veal stock or water, 5 or 6 green onions.

Mode.—Cut off the chump from a loin of veal, and take out the bone; fill the cavity with forcemeat, No. 629, tie it up tightly, and lay it in a stewpan with the bones and trimmings, and cover the veal with a few slices of bacon. Add the herbs, mace, pepper, and onions, and stock or water; cover the pan with a closely-fitting lid, and simmer for 2 hours, shaking the stewpan occasionally. Take out the bacon, herbs and onions; reduce the gravy, if not already thick enough, to a glaze, with which glaze the meat, and serve with tomato, mushroom, or sorrel sauce.

Time.—2 hours. **Average Cost,** 10*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from March to October.

1000.—MINCED VEAL WITH BÉCHAMEL SAUCE.
(*Fr.*—Veau au Béchamel.)

(*Cold Meat Cookery. Very good.*)

Ingredients.—The remains of a fillet of veal, 1 pint of béchamel sauce, No. 665, ½ teaspoonful of minced lemon-peel, forcemeat balls.

Mode.—Cut—but do not *chop*—a few slices of cold roast veal as finely as possible, sufficient to make rather more than 1 lb. weighed after being minced. Make the above proportion of béchamel, by recipe No. 665; add the lemon-peel, put in the veal, and let the whole gradually warm through. When it is at the point of simmering, dish it, and garnish with forcemeat balls and fried sippets of bread.

Time.—To simmer, 1 minute. **Average Cost,** exclusive of the cold meat, 1*s.* 4*d.*

Sufficient for 5 or 6 persons.

Seasonable from March to October.

1001.—MINCED VEAL. (*Fr.*—Veau à la Crême.)

(*More Economical.*)

Ingredients.—The remains of cold roast fillet or loin of veal, rather more than 1 pint of water, 1 onion, ½ teaspoonful of minced lemon-peel, salt and white pepper to taste, 1 blade of pounded mace, 2 or 3 young

carrots, a faggot of sweet herbs, thickening of butter and flour, 1 tablespoonful of lemon-juice, 3 tablespoonfuls of cream or milk.

Mode.—Take about 1 lb. of veal, and should there be any bones dredge them with flour, and put them into a stewpan with the brown outside, and a few meat trimmings; add rather more than a pint of water, the onion cut in slices, lemon-peel, seasoning, mace, carrots, and herbs; simmer these well for rather more than 1 hour, and strain the liquor. Rub a little flour into some butter; add this to the gravy, set it on the fire, and when it boils, skim well. Mince the veal finely by *cutting*, and not chopping it; put in the gravy; let it get warmed through gradually; add the lemon-juice and cream, and when it is on the point of boiling, serve. Garnish the dish with sippets of toasted bread and slices of bacon rolled and toasted. Forcemeat balls may also be added. If more lemon-peel is liked than is stated above, put a little very finely minced to the veal, after it is warmed in the gravy.

Time.—1 hour to make the gravy. **Average Cost,** exclusive of the cold meat, 6*d.*

Sufficient for 4 persons.

Seasonable from March to October.

The Calf a Symbol of Divine Power.—A singular symbolical ceremony existed among the Hebrews, in which the calf performed a most important part. The calf being a type or symbol of Divine power, or what was called the *Elohim*—the Almighty intelligence that brought them out of Egypt—was looked upon much in the same light by the Jews as the cross subsequently was by the Christians, a mystical emblem of the Divine passion and goodness. Consequently, an oath taken on either the calf or the cross was considered equally solemn and sacred by Jew or Nazarene, and the breaking of it a soul-staining perjury on themselves, and an insult and profanation directly offered to the Almighty. To render the oath more impressive and solemn, it was customary to slaughter a dedicated calf in the temple, when, the priests having divided the carcase into a certain number of parts, and, with intervening spaces, arranged the several limbs on the marble pavement, the one, or all the party, if there were many individuals, to be bound by the oath, repeating the words of the compact, threading their way in and out through the different spaces, till they had taken the circuit of each portion of the divided calf, when the ceremony was concluded. To avert the anger of the Lord, when Jerusalem was threatened by Nebuchadnezzar and his Babylonian host, the Jews had made a solemn vow to God, ratified by the ceremony of the calf, if He released them from their dreaded foe, to cancel the servitude of their Hebrew brethren. After investing the city for some time, and reducing the inhabitants to dreadful suffering and privation, the Babylonians, hearing that Pharaoh, whom the Jews had solicited for aid, was rapidly approaching with a powerful army, hastily raised the siege, and removing to a distance, took up a position where they could intercept the Egyptians, and still cover the city. No sooner did the Jews behold the retreat of the enemy, than they believed all danger was past, and, with their usual turpitude, they repudiated their oath, and refused to liberate their oppressed countrymen. For this violation of their covenant with the Lord, they were given over to all the horrors of the sword, pestilence, and famine (Jeremiah, xxxiv. 15–17).

1002.—MINCED VEAL AND MACARONI.

(*Fr.*—Veau au Macaroni.)

(A pretty Side or Corner Dish.)

Ingredients.—¾ lb. of minced cold roast veal, 3 oz. of ham, 1 tablespoonful of gravy, pepper and salt to taste, ¼ teaspoonful of grated nutmeg, ¼ lb. of bread-crumbs, ¼ lb. of macaroni, 1 or 2 eggs to bind, a small piece of butter.

Mode.—Cut some nice slices from a cold fillet of veal, trim off the brown outside, and mince the meat finely with the above proportion of ham; should the meat be very dry, add a spoonful of good gravy. Season highly with pepper and salt, add the grated nutmeg and bread-crumbs, and mix these ingredients with 1 or 2 eggs well beaten, which should bind the mixture and make it like forcemeat. In the meantime, boil the macaroni in salt and water, and drain it; butter a mould, put some of the macaroni at the bottom and sides of it, in whatever form is liked; mix the remainder with the forcemeat, fill the mould up to the top, put a plate or small dish on it, and steam for half an hour. Turn it out carefully, and serve with good gravy poured round, but not over, the meat.

Time.—½ hour. **Average Cost,** exclusive of the cold meat, 8*d.*

Sufficient for 3 or 4 persons.

Seasonable from March to October.

Note.—To make a variety, boil some carrots and turnips separately in a little salt and water; when done, cut them into pieces about 1-8th inch in thickness; butter an oval mould, and place these in it, in white and red stripes alternately, at the bottom and sides. Proceed as in the foregoing recipe, and be very careful in turning it out of the mould.

1003.—MOULDED MINCED VEAL.

(*Fr.*—Boudin du Veau.)

(*Cold Meat Cookery.*)

Ingredients.—¾ lb. of cold roast veal, a small slice of bacon, ½ teaspoonful of minced lemon-peel, ½ onion chopped fine, salt, pepper, and pounded mace to taste, a slice of toast soaked in milk, 1 egg.

Mode.—Mince the meat very fine, after removing from it all skin and outside pieces, and chop the bacon; mix these well together, adding the lemon-peel, onion, seasoning, mace, and toast. When all the ingredients are thoroughly incorporated, beat up an egg, with which bind the mixture. Butter a shape, put in the meat, and bake or steam for three-quarters of an hour; turn it out of the mould carefully, and pour round it a good brown gravy. A sheep's head dressed in this manner is an economical and savoury dish.

Time.—¾ hour. **Average Cost,** exclusive of the meat, 4*d.*

Seasonable from March to October.

1004.—BRAISED NECK OF VEAL.

(*Fr.*—Collet de Veau Braisé.)

Ingredients.—The best end of the neck of veal (from 3 to 4 lbs.), bacon, 1 tablespoonful of minced parsley, salt, pepper, and grated nut-

meg to taste; 1 onion, 2 carrots, a little celery (when this is not obtainable, use the seed), ½ glass of sherry, thickening of butter and flour, lemon-juice, 1 blade of pounded mace.

Mode.—Prepare the bacon for larding, and roll it in minced parsley, salt, pepper, and grated nutmeg; lard the veal, put it into a stewpan with a few slices of lean bacon or ham, an onion, carrots and celery; and about a quarter cover it with water. Stew it gently for 2 hours, or until it is quite tender; strain off the liquor; stir a little flour and butter together over the fire, in a stewpan, until brown; lay the veal in this, the upper side to the bottom of the pan, and let it remain till of a nice brown colour, or else brown it in the oven. Place it in the dish; pour into the stewpan as much gravy as is required, boil it up, skim well, add the wine, pounded mace, and lemon-juice; simmer for 3 minutes, pour it round the meat and serve with a garnish of any vegetables.

Time.—Rather more than 2 hours.

Sufficient for 6 persons.

Seasonable from March to October.

Birth of Calves.—The cow seldom produces more than a single calf; sometimes twins, and very rarely three. A French newspaper, however—The "Nouveau Bulletin des Sciences"—gave a trustworthy but extraordinary account of a cow which produced nine calves in all, at three successive births, in three successive years. The first year, four cow calves; the second year, three calves, two of them females; the third year, two calves, both females. With the exception of two belonging to the first birth, all were suckled by the mother.

1005.—ROAST NECK OF VEAL.
(*Fr.*—Carré de Veau Rôti.)

Ingredients.—Veal, melted butter, No. 676, forcemeat balls, No. 629.

Mode.—Have the veal cut from the best end of the neck; dredge it with flour, and put it down to a bright clear fire; keep it well basted; dish it, pour over it some melted butter, and garnish the dish with some fried forcemeat balls; send to table with a cut lemon. The scrag may be boiled or stewed in various ways, with rice, onion sauce, or parsley and butter.

Time.—About 2 hours. **Average Cost,** 9*d.* per lb.

Sufficient, 4 or 5 lbs. for 5 or 6 persons.

Seasonable from March to October.

1006.—VEAL OLIVE PIE. (*Fr.*—Pâté de Veau.)
(*Cold Meat Cookery.*)

Ingredients.—A few thin slices of cold fillet of veal, a few thin slices of bacon, forcemeat, No 629, a cupful of gravy, 4 tablespoonfuls of cream, puff-crust.

Mode.—Cut thin slices from a fillet of veal, place on them thin slices of bacon, and cover them with a layer of forcemeat, made by recipe No. 629, with an additional seasoning of shalot and cayenne; roll them tightly, and fill up a pie-dish with them; add the gravy and cream, cover with a puff-crust, and bake for 1 to 1½ hour; should the pie be very large, allow 2 hours. The pieces of rolled veal should be about 3 inches in length, and about 3 inches round.

Time.—Moderate-sized pie, 1 to 1½ hour. **Average Cost,** exclusive of the meat, 10*d.*

Sufficient for 4 persons.

Seasonable from March to October.

1007.—FRIED PATTIES. (*Fr.*—Rissoles de Veau.)

(*Cold Meat Cookery.*)

Ingredients.—Cold roast veal, a few slices of cold ham, 1 egg boiled hard, pounded mace, pepper and salt to taste, gravy, cream, 1 teaspoonful of minced lemon-peel, good puff-paste.

Mode.—Mince a little cold veal and ham, allowing one-third ham to two-thirds veal: add an egg boiled hard and chopped, and a seasoning of pounded mace, salt, pepper and lemon-peel; moisten with a little gravy and cream. Make a good puff-paste; roll rather thin, and cut it into round or square pieces; put the mince between two of them, pinch the edges to keep in the gravy, and fry a light brown. They may be also baked in patty-tins; in that case, they should be brushed over with the yolk of an egg before they are put in the oven. To make a variety, oysters may be substituted for the ham.

Time.—15 minutes to fry the patties. **Average Cost,** exclusive of the meat, 9*d.*

Sufficient for four persons.

Seasonable from March to October.

1008.—VEAL PIE. (*Fr.*—Pâté de Veau.)

Ingredients.—2 lbs. of veal cutlets, 1 or 2 slices of lean bacon or ham, pepper and salt to taste, 2 tablespoonfuls of minced savoury herbs, 2 blades of pounded mace, crust, 1 teacupful of gravy.

Mode.—Cut the cutlets into square pieces, and season them with pepper, salt, and pounded mace; put them in a pie-dish with the savoury herbs sprinkled over, and 1 or 2 slices of lean bacon or ham placed at the top; if possible this should be previously cooked, as undressed bacon makes the veal red, and spoils its appearance. Pour in a little water, cover with crust, ornament it in any way that is approved; brush it over with the

yolk of an egg, and bake in a well-heated oven for about 1½ hour. Pour in a good gravy after baking, which is done by removing the top ornament, and replacing it after the gravy is added.

Time.—About 1½ hour. **Average Cost,** 2*s.* 9*d.*

Sufficient for 5 or 6 persons.

Seasonable from March to October.

A Very Veal Dinner.—At a dinner given by Lord Polkemmet, a Scotch nobleman and judge, his guests saw, when the covers were removed, that the fare consisted of veal broth, a roasted fillet of veal, veal cutlets, a veal pie, a calf's head, and calf's-foot jelly. The judge, observing the surprise of his guests, volunteered an explanation—"Ou, ay, it's a' cauf; when we kill a beast, we just eat up ae side, and doun the tither."

1009.—VEAL AND HAM PIE.

(*Fr.*—Pâté de Veau à l'Anglaise.)

Ingredients.—2 lbs. of cutlets, ½ lb. of boiled ham, 2 tablespoonfuls of minced savoury herbs, ¼ teaspoonful of grated nutmeg, 2 blades of pounded mace, pepper and salt to taste, a strip of lemon-peel finely minced, the yolks of 2 hard-boiled eggs, ½ pint of water, nearly ½ pint of good strong gravy, puff-crust.

Mode.—Cut the veal into nice square pieces, and put a layer of them at the bottom of a pie-dish; sprinkle over these a portion of the herbs, spices, seasoning, lemon-peel, and the yolks of the eggs cut in slices; cut the ham very thin, and put a layer of this in. Proceed in this manner until the dish is full, so arranging it that the ham comes at the top. Lay a puff-paste on the edge of the dish, and pour in about half a pint of water; cover with crust, ornament it with leaves, brush it over with the yolk of an egg, and bake in a well-heated oven for 1 to 1½ hour, or longer, should the pie be very large. When it is taken out of the oven, pour in at the top through a funnel, nearly half a pint of strong gravy; this should be made sufficiently good that, when cold, it may cut in a firm jelly. This pie may be very much enriched by adding a few mushrooms, oysters, or sweetbreads; but it will be found very good without any of the last-named additions.

Time.—1½ hour, or longer, should the pie be very large. **Average Cost,** without oysters or sweetbread, 3*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable from March to October.

1010.—VEAL, HAM AND LIVER PIE.

(*Cold Meat Cookery.*)

Ingredients.—1 lb. of sausage meat, 1 lb. of cold boiled liver, 1 lb. of cold veal, 1 lb. of cold ham, truffles, parsley, 2 young onions, pepper, salt, ½ pint of good gravy; pie-crust.

Mode.—Put the meat into a mortar and pound each kind separately. Then line a dish with pie-crust, put in the meat in alternate layers with the seasoning and truffles in due course. When the dish is full pour in the gravy, put on the top crust and bake in a moderate oven.

Time.—2 hours. **Average Cost,** 3*s.* 6*d.*

Sufficient for 8 or 10 persons.

Seasonable at any time.

1011.—POTTED VEAL. (*Fr.*—Veau en Terrine.)

(*For Breakfast.*)

Ingredients.—1 lb. of veal, ¼ lb. of ham, cayenne and pounded mace to taste, 6 oz. of fresh butter; clarified butter.

Mode.—Mince the veal and ham together as finely as possible, and pound well in a mortar, with cayenne, pounded mace, and fresh butter in the above proportion. When reduced to a perfectly smooth paste, press it into potting-pots, and cover with clarified butter. If kept in a cool place, it will remain good some days.

Average Cost for this quantity, 2*s.*

Seasonable from March to October.

Names of Calves, &c.—During the time the young male calf is suckled by his mother, he is called a bull or ox-calf; when turned a year old, he is called a stirk, stot, or yearling; on the completion of his second year, he is called a two-year-old bull or steer (and in some counties, a twinter); then, a three-year-old steer; and at four, an ox or a bullock, which latter names are retained till death. It may be here remarked, that the term ox is used as a general or common appellation for neat cattle, in a specific sense, and irrespective of sex; as, the British ox, the Indian ox. The female is termed cow, but while sucking the mother, a cow-calf; at the age of a year she is called a yearling quey; in another year, a heifer, or twinter; then a three-year-old quey or twinter; and, at four years old, a cow. Other names, to be regarded as provincialisms, exist in different districts.

1012.—RAGOUT OF COLD VEAL. (*Fr.*—Ragoût de Veau.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold veal, about 2 lbs., 1 oz. of butter, ½ pint of gravy, thickening of butter and flour, pepper and salt to taste, 1 blade of pounded mace, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of sherry, 1 dessertspoonful of lemon-juice, forcemeat balls.

Mode.—Any part of veal will make this dish. Cut the meat into nice-looking pieces, put them in a stewpan with 1 oz. of butter, and fry a light brown; add the gravy (hot water may be substituted for this), thicken with a little butter and flour, and stew gently for about a quarter of an hour; season with pepper, salt, and pounded mace; add the ketchup, sherry, and lemon-juice; give one boil, and serve. Garnish the dish with forcemeat balls and fried rashers of bacon.

Time.—Altogether, ½ hour. **Average Cost,** exclusive of the cold meat, 9*d.*

Sufficient for 6 persons.

Seasonable from March to October.

Note.—The above recipe may be varied by adding vegetables, such as peas, cucumbers, lettuces, green onions cut in slices, a dozen or two of green gooseberries (not seedy), all of which should be fried a little with the meat, and then stewed in the gravy.

1013.—SHOULDER OF VEAL, STUFFED AND STEWED.

(*Fr.*—Épaule de Veau.)

Ingredients.—A shoulder of veal, a few slices of ham or bacon, forcemeat No. 629, 3 carrots, 2 onions, salt and pepper to taste, a faggot of savoury herbs, 3 blades of pounded mace, water, thickening of butter and flour.

Mode.—Bone the joint by carefully detaching the meat from the bladebone on one side, and then on the other, being particular not to pierce the skin; then cut the bone from the knuckle, and take it out. Fill the cavity whence the bone was taken, with a forcemeat made by recipe No. 629. Roll and bind the veal up tightly; put it into a stewpan with the carrots, onions, seasoning, herbs, and mace; pour in just sufficient water to cover it, and let it stew *very gently* for about five hours. Before taking it up, try if it is properly done by thrusting a larding-needle in it; if it penetrates easily, it is sufficiently cooked. Strain and skim the gravy, thicken with butter and flour, give one boil, and pour it round the meat. A few young carrots may be boiled and placed round the dish as a garnish, and, when in season, green peas should always be served with this dish.

Time.—5 hours. **Average Cost,** 9½ per lb.

Sufficient for 8 or 9 persons.

Seasonable from March to October.

The Fattening of Calves.—The fattening of calves for the market is an important business in Lanarkshire or Clydesdale, and numbers of newly-dropped calves are regularly carried there by the farmers of the adjacent districts, in order to be prepared for the butcher. The mode of feeding them is very simple; milk is the chief article of their diet, and of this the calves require a sufficient supply from first to last. Added to this, they must be kept in a well-aired place, neither too hot nor too cold, and freely supplied with dry litter. It is usual to exclude the light—at all events to a great degree, and to put within their reach a lump of chalk, which they are very fond of licking. Thus fed, calves, at the end of 8 or 9 weeks, often attain a very large size; viz. 18 to 20 stone, exclusive of the offal. Far heavier weights have occurred, and without any deterioration in the delicacy and richness of the flesh. This mode of feeding upon milk alone at first appears to be very expensive, but is not so, when all things are taken into consideration; for at the age of 9 or 10 weeks a calf, originally purchased for eight shillings, will realise nearly the same number of pounds. For 4, or even 6 weeks, the milk of one cow is sufficient—indeed, half that quantity is enough for the first fortnight; but after the 5th or 6th week it will consume the greater portion of the milk of two moderate cows; but then it requires neither oil-cake nor linseed, nor any other food. Usually, however, the calves are not kept beyond the age of 6 weeks, and will then sell for £5 or £6 each: the milk of the cow is then ready for a successor. In this manner a relay of calves may be prepared for the markets from early spring to the end of summer—a plan more advantageous than that of overfeeding one to a useless degree of corpulency.

1014.—VEAL SAUSAGES. (*Fr.*—Saucisses de Veau.)

Ingredients.—Equal quantities of fat bacon and lean veal; to every lb. of meat, allow 1 teaspoonful of minced sage, salt and pepper to taste.

Mode.—Chop the meat and bacon finely, and to every lb. allow the above proportion of very finely-minced sage; add a seasoning of pepper and salt, mix the whole well together, and make it into flat cakes, and fry a nice brown.

Average Cost, 9*d.* per lb.

Seasonable from March to October.

1015.—STEWED VEAL, WITH PEAS, YOUNG CARROTS AND NEW POTATOES.
(*Fr.*—Longe de Veau à la Printanier.)

Ingredients.—3 or 4 lbs. of the loin or neck of veal, 15 young carrots, a few green onions, 1 pint of green peas, 12 new potatoes, a bunch of savoury herbs, pepper and salt to taste, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of tomato sauce, 2 tablespoonfuls of mushroom ketchup.

Mode.—Dredge the meat with flour, and roast or bake it for about three-quarters of an hour: it should acquire a nice brown colour. Put the meat into a stewpan with the carrots, onions, potatoes, herbs, pepper, and salt; pour over it sufficient boiling water to cover it, and stew gently for two hours. Take out the meat and herbs, put it in a deep dish, skim off all the fat from the gravy, and flavour it with lemon-juice, tomato sauce, and mushroom ketchup in the above proportion. Have ready a pint of green peas, boiled *separately;* put these with the meat, pour over it the gravy, and serve. The dish may be garnished with a few forcemeat balls. The meat, when preferred, may be cut into chops, and floured and fried instead of being roasted; and any part of veal dressed in this way will be found extremely savoury and good.

Time.—3 hours. **Average Cost,** 9*d.* per lb.

Sufficient for 6 or 7 persons.

Seasonable, with peas, from June to August.

VEAL ENTRÉES.

1016.—CALF'S EARS. (*Fr.*—Oreilles de Veau Farcies.)

Ingredients.—2 ears, veal forcemeat No. 629, 1 onion, 3 cloves, 12 mushrooms, yolk of 1 egg, 1 teacupful of cream, 1 pint of stock No. 278, ½ pint of milk, 1 lemon.

Mode.—Get a couple of ears that have been cut off deeply from the

head, trim them, scald off the hair and cleanse very thoroughly. Put them on a sieve to drain, then put them into a stewpan with the milk and half as much water, and boil until tender for about an hour. Next fill the insides with forcemeat, and tie them up, then stew them for half an hour in the stock, seasoned with pepper, salt, and the onion, into which the cloves have been stuck. Drain again, strain the liquor and add to it the mushrooms (previously stewed) and the cream in which the yolk of egg has been beaten. Dish the ears, pour the sauce round, and garnish with forcemeat balls and slices of lemon. This makes a very pretty side or corner entrée. The ears may also be simply served without sauce, and eaten with oil and vinegar.

Time.—1¾ hour.

Sufficient for 1 side dish.

Seasonable from March to October.

1017.—FRICASSEED CALF'S HEAD.
(*Fr.*—Tête de Veau en Fricassée.)

Ingredients.—The remains of a boiled calf's head, 1½ pint of the liquor in which the head was boiled, 1 blade of pounded mace, 1 onion minced, a bunch of savoury herbs, salt and white pepper to taste, thickening of butter and flour, the yolks of 2 eggs, 1 tablespoonful of lemon-juice, forcemeat balls.

Mode.—Remove all the bones from the head, and cut the meat into nice square pieces. Put 1½ pint of the liquor it was boiled in into a saucepan, with mace, onions, herbs, and seasoning in the above proportion; let this simmer gently for three quarters of an hour, then strain it and put in the meat. When quite hot through, thicken the gravy with a little butter rolled in flour, and, just before dishing the fricassee, put in the beaten yolks of eggs and lemon-juice; but be particular, after these two latter ingredients are added, that the sauce does not boil, or it will curdle. Garnish with forcemeat balls and curled slices of broiled bacon. To insure the sauce being smooth, it is a good plan to dish the meat first, and then to add the eggs to the gravy: when these are set, the sauce may be poured over the meat.

Time.—Altogether, 1¼ hour. **Average Cost,** exclusive of the meat, 6*d.*

Sufficient for 4 persons.

Seasonable from March to October.

1018.—CURRIED VEAL. (*Fr.*—Veau au Kari.)

Ingredients.—1½ lb. of veal cutlet, 6 large onions, 6 cloves of garlic, 4 oz. of butter, 3 dessertspoonfuls of curry-powder, 1 pinch of salt, 1 pint of milk, ½ teaspoonful of ground cloves, ½ a lemon.

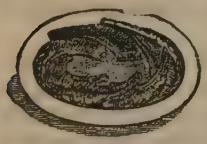
Mode.—Fry the onions and garlic in 2 oz. of butter until of a light brown colour, rub the curry-powder over the meat, and fry it in the other 2 oz. of butter. Place all in the stewpan, and add the milk, which should be boiling; stew gently until the liquor is reduced to a third of the quantity. Half an hour before serving, add the lemon-juice and cloves.

Time.—3 hours. **Average Cost,** 2*s.* 3*d.*
Sufficient for 6 persons.
Seasonable at any time.

1019.—VEAL CUTLETS.
(*Fr.*—Cotelettes de Veau Panées.)

Ingredients.—About 3 lbs. of the prime part of the leg of veal, egg and bread-crumbs, 3 tablespoonfuls of minced savoury herbs, salt and pepper to taste, a small piece of butter.

Mode.—Have the veal cut into slices about three-quarters of an inch in thickness, and, if not cut perfectly even, level the meat with a cutlet-bat or rolling-pin. Shape and trim the cutlets, and brush them over with the egg. Sprinkle with bread-crumbs, with which have been mixed minced herbs and a seasoning of pepper and salt, and press the crumbs down. Fry them of a delicate brown in fresh lard or butter, and be careful not to burn them. They should be very thoroughly done, but not dry. If the cutlets be thick, keep the pan covered for a few minutes at a good distance from the fire, after they have acquired a good colour: by this means, the meat will be done through. Lay the cutlets in a dish, keep them hot, and make a gravy in the pan as follows: Dredge in a little flour, add a piece of butter the size of a walnut, brown it, then pour as much boiling water as is required over it, season with pepper and salt, add a little lemon-juice, give one boil, and pour it round the cutlets. They should be garnished with slices of broiled bacon, and a few forcemeat balls will be found a very excellent addition to this dish.


VEAL CUTLETS.

Time.—For cutlets of a moderate thickness, about 12 minutes; if very thick, allow more time. **Average Cost,** 3*s.* 6*d.*
Sufficient for 8 persons.
Seasonable from March to October.

Note.—Veal cutlets may be merely floured and fried of a nice brown; the gravy and garnishing should be the same as in the preceding recipe. They may also be cut from the loin or neck, as shown in the engraving.

1020.—BROILED VEAL CUTLETS WITH ITALIAN SAUCE.

(*Fr.*—Cotelettes de Veau à l'Italienne.).

Ingredients.—Neck of veal, salt and pepper to taste, the yolk of 1 egg, bread-crumbs, ½ pint of Italian sauce.

Mode.—Cut the veal into cutlets, flatten and trim them nicely; powder over them a little salt and pepper; brush them over with the yolk of an egg, dip them into bread-crumbs, then into clarified butter, and, afterwards, in the bread-crumbs again; broil or fry them over a clear fire, that they may acquire a good brown colour. Arrange them in the dish alternately with rashers of broiled ham, and pour the sauce, made by recipe No. 720, in the middle.

Time.—10 to 15 minutes, according to the thickness of the cutlets. **Average Cost,** 10*d.* per lb.

Sufficient for 6 persons.

Seasonable from March to October.

The Calf's Head Club.—When the restoration of Charles II. took the strait waistcoat off the minds and morose religion of the Commonwealth period, and gave a loose rein to the long-compressed spirits of the people, there still remained a large section of society wedded to the former state of things. The elders of this party retired from public sight, where, unoffended by the reigning saturnalia, they might dream in seclusion over their departed Utopia. The young bloods of this school, however, who were compelled to mingle in the world, yet detesting the politics which had become the fashion, adopted a novel expedient to keep alive their republican sentiments, and mark their contempt of the reigning family. They accordingly met, in considerable numbers, at some convenient inn, on the 30th of January in each year—the anniversary of Charles's death—and dined together off a feast prepared from *calves' heads*, dressed in every possible variety of way, and with an abundance of wine drank toasts of defiance and hatred to the house of Stuart, and glory to the memory of old Noll Cromwell; and having lighted a large bonfire in the yard, the club of fast young Puritans, with their white handkerchiefs stained *red* in wine, and one of the party in a mask, bearing an axe, followed by the chairman, carrying a *calf's head* pinned up in a napkin, marched in mock procession to the bonfire, into which, with great shouts and uproar, they flung the enveloped head. This odd custom was continued for some time, and even down to the early part of this century it was customary for men of republican politics always to dine off calf's head on the 30th of January.

1021.—VEAL CUTLETS.

(*Fr.*—Cotelettes de Veau à la Maintenon.)

Ingredients.—2 or 3 lbs. of veal cutlets, egg and bread-crumbs, 2 tablespoonfuls of minced savoury herbs, salt and pepper to taste, a little grated nutmeg.

Mode.—Cut the cutlets about three-quarters of an inch in thickness, flatten them, and brush them over with the yolk of an egg; dip them into bread-crumbs and minced herbs, season with pepper and salt and grated nutmeg, and fold each cutlet in a piece of buttered paper. Broil them, and send them to the table with melted butter or a good gravy.

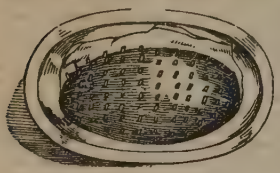
Time.—From 15 to 18 minutes. **Average Cost,** 1s. per lb.
Sufficient for 5 or 6 persons.
Seasonable from March to October.

1022.—FRICANDEAU OF VEAL.

(*Fr.*—Noix de Veau Bardé aux Epinards, etc.)

Ingredients.—A piece of the fat side of a leg of veal (about 3 lbs.), lardoons (strips of bacon cut for larding), 2 carrots, 2 large onions, 1 faggot of savoury herbs, 2 blades of pounded mace, 6 whole allspice, 2 bay-leaves, pepper to taste, a few slices of fat bacon, 1 pint of stock No. 273.

Mode.—The veal for a fricandeau should be of the best quality, or it will not be good. It may be known by the meat being white and not thready. Take off the skin, flatten the veal on the table, then, at one stroke of the knife, cut off as much as is required, for a fricandeau with an uneven surface never looks well. Trim it, and with a sharp knife make two or three slits in the middle, that it may taste more of the seasoning. Now lard it thickly with fat bacon, as lean gives a red colour to the fricandeau. Slice the vegetables, and put these, with the herbs and spices, in the *middle* of a stewpan, with a few slices of bacon at the top; these should form a sort of mound in the centre for the veal to rest upon. Lay the fricandeau over the bacon, sprinkle over it a little salt, and pour in just sufficient stock to cover the bacon, &c., without touching the veal. Let it gradually come to a boil; then put it over a slow and equal fire, and let it *simmer very* gently for about 2½ hours, or longer should it be very large. Baste it frequently with the liquor, and a short time before serving, put it into a brisk oven, to make the bacon firm, which otherwise would break when it was glazed. Dish the fricandeau, keep it hot, skim off the fat from the liquor, and reduce it quickly to a glaze, with which glaze the fricandeau, and serve with a purée of whatever vegetable happens to be in season—spinach, sorrel, asparagus, cucumbers, peas, &c.



FRICANDEAU OF VEAL.

Time.—2½ hours. If very large allow more time. **Average Cost,** 4s.
Sufficient for an entrée for 8 persons.
Seasonable from March to October.

1023.—FRICANDEAU OF VEAL.

(*Fr.*—Fricandeau à l'Oseille, etc.)

(*More Economical.*)

Ingredients.—The best end of a neck of veal (about 2½ lbs.), lardoons (strips of bacon cut for larding), 2 carrots, 2 onions, a faggot of savoury herbs, 2 blades of mace, 2 bay-leaves, a little whole white pepper, a few slices of fat bacon.

Mode.—Cut away the lean part of the best end of a neck of veal with a sharp knife, scooping it from the bones. Put the bones in with a little water, which will serve to moisten the fricandeau; they should stew about 1½ hour. Lard the veal, proceed in the same way as in the preceding recipe, and be careful that the gravy does not touch the fricandeau. Stew very gently for 3 hours; glaze and serve it on sorrel, spinach, or with a little gravy in the dish.

Time.—3 hours. **Average Cost,** 3*s.*

Sufficient for an entrée.

Seasonable from March to October.

Note.—When the prime part of the leg is cut off, it spoils the whole; consequently, to use this for a fricandeau is rather extravagant. The best end of the neck answers the purpose nearly or quite as well.

1024.—VEAL COLLOPS.

(*Fr.*—Escalopes de Veau Farcies.)

Ingredients.—About 2 lbs. of the prime part of the leg of veal, a few slices of bacon, forcemeat, No. 629, cayenne to taste, egg and bread-crumbs, gravy.

Mode.—Cut the veal into long thin collops, flatten them, and lay on each a piece of thin bacon of the same size; have ready some forcemeat, made by recipe No. 629, which spread over the bacon; sprinkle over all a little cayenne, roll them up tightly, and do not let them be more than 2 inches long. Skewer each one firmly, egg-and-bread-crumb them, and fry them a nice brown in a little butter, turning them occasionally, and shaking the pan about. When done, place them on a dish before the fire; put a small piece of butter in the pan, dredge in a little flour, add a quarter pint of water, 2 tablespoonfuls of lemon-juice, a seasoning of salt, pepper and pounded mace; let the whole boil up, and pour it over the collops.

Time.—From 10 to 15 minutes. **Average Cost,** 3*s.*

Sufficient for 5 or 6 persons.

Seasonable from March to October.

1025.—CALF'S LIVER LARDED AND ROASTED.

(*Fr.*—Foie de Veau Bardé au Jus.)

Ingredients.—A calf's liver, vinegar, 1 onion, 3 or 4 sprigs of parsley and thyme, salt and pepper to taste, 1 bay-leaf, lardoons, brown gravy.

Mode.—Take a fine white liver, and lard it the same as a fricandeau (No. 1023); put it into vinegar with an onion cut in slices, parsley, thyme, bay-leaf, and seasoning in the above proportion. Let it remain in this pickle for 24 hours, then roast and baste it frequently with the vinegar, &c.; glaze it, serve under it a good brown gravy, or sauce piquante, and send it to table very hot.

Time.—Rather more than 1 hour. **Average Cost,** 10*d.* per lb.

Sufficient for 7 or 8 persons.

Seasonable from March to October.

1026.—VEAL RISSOLES. (*Fr.*—Croquettes de Veau.)

(*Cold Meat Cookery.*)

Ingredients.—A few slices of cold roast veal, a few slices of ham or bacon, 1 tablespoonful of minced parsley, 1 tablespoonful of minced savoury herbs, 1 blade of pounded mace, a very little grated nutmeg, cayenne and salt to taste, 2 eggs well beaten, bread-crumbs.

Mode.—Mince the veal very finely, with a little ham or bacon; add the parsley, herbs, spices and seasoning; mix into a paste with an egg; form into balls or cones; brush these over with egg, sprinkle with bread-crumbs and fry a rich brown. Serve with brown gravy, and garnish the dish with fried parsley.

Time.—About 10 minutes to fry the rissoles. **Average Cost,** exclusive of the meat, 6*d.*

Sufficient for 4 persons.

Seasonable from March to October.

1027.—VEAL ROLLS. (*Fr.*—Rissoles de Veau.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of a cold fillet of veal, egg and bread-crumbs, a few slices of fat bacon, forcemeat, No. 629.

Mode.—Cut a few slices from a cold fillet of veal half an inch thick; rub them over with egg; lay a thin slice of fat bacon over each piece of veal; brush these with the egg, and over this spread the forcemeat, thinly;

roll up each piece tightly, egg-and-bread-crumb them, and fry them a rich brown. Serve with mushroom sauce or brown gravy.

Time.—10 to 15 minutes to fry the rolls. **Average Cost,** exclusive of the meat, 8*d*.

Sufficient for 4 persons.

Seasonable from March to October.

1028.—BAKED SWEETBREADS.

(*Fr.*—Ris de Veau au Gratin.)

Ingredients.—3 sweetbreads, egg and bread-crumbs, oiled butter, 3 slices of toast, brown gravy.

Mode.—Choose large white sweetbreads; put them into warm water to draw out the blood, and to improve their colour; let them remain for rather more than 1 hour; then put them into boiling water, and allow them to simmer for about 10 minutes, which renders them firm; take them up, drain them, brush over the egg, sprinkle with bread-crumbs. Drop on them a little oiled butter, and put the sweetbreads into a moderately-heated oven, and let them bake for nearly three-quarters of an hour. Make 3 pieces of toast; place the sweetbreads on the toast, and pour round, but not over them, a good brown gravy.

SWEETBREADS.

Time.—To soak 1 hour, to be boiled 10 minutes, baked 40 minutes. **Average Cost,** 3*s*. to 4*s*.

Sufficient for an entrée.

Seasonable.—In full season from May to August.

1029.—FRIED SWEETBREADS.

(*Fr.*—Ris de Veau à la Maître d'Hôtel.)

Ingredients.—3 sweetbreads, egg and bread-crumbs, ¼ lb. of butter, salt and pepper to taste, rather more than ½ pint of maître d'hôtel sauce.

Mode.—Soak the sweetbreads in warm water for an hour; then boil them ten minutes; cut them in slices, egg-and-bread-crumb them, season with pepper and salt, and put them into a frying-pan, with the above proportion of butter. Keep turning them until done, which will be in about ten minutes; dish them, and pour over them a maître d'hôtel sauce. They should be served in a deep dish and garnished with slices of cut lemon.

Time.—To soak 1 hour, to be boiled 10 minutes, to be fried about 10 minutes. **Average Cost,** 3*s.* to 4*s.*, according to the season.

Sufficient for an entrée.

Seasonable.—In full season from May to August.

Note.—The egg and bread-crumbs may be omitted, and the slices of sweetbread dredged with a little flour instead, and a good gravy may be substituted for the maître d'hôtel sauce. This is a very simple method of dressing them.

1030.—STEWED SWEETBREADS.

(*Fr.*—Ris de Veau à la Crême.)

Ingredients.—3 sweetbreads, 1 pint of white stock, No. 278, thickening of butter and flour, 6 tablespoonfuls of cream, 1 tablespoonful of lemon-juice, 1 blade of pounded mace, white pepper and salt to taste.

Mode.—Soak the sweetbreads in warm water for one hour, and boil them for ten minutes; take them out, put them into cold water for a few minutes; lay them in a stewpan with the stock, and simmer them gently for rather more than half an hour. Dish them; thicken the gravy with a little butter and flour; let it boil up, add the remaining ingredients, allow the sauce to get quite *hot*, but *not boil*, and pour it over the sweetbreads.

Time.—To soak 1 hour, to be boiled 10 minutes, stewed rather more than ½ hour.

Average Cost, from 3*s.* to 4*s.*, according to the season.

Sufficient for an entrée.

Seasonable.—In full season from May to August.

Note.—A few mushrooms added to this dish, and stewed with the sweetbreads, will be found an improvement.

Season and Choice of Veal.—Veal, like all other meats, has its season of plenty. The best veal, and the largest supply, are to be had from March to the end of July. It comes principally from the western counties, and is generally of the Alderney breed. In purchasing veal, its whiteness and fineness of grain should be considered, the colour being especially of the utmost consequence. Veal may be bought at all times of the year, and of excellent quality, but is generally very dear, except in the months of plenty.

1031.—STEWED VEAL TENDONS.

(*Fr.*—Tendrons de Veau aux Champignons, etc.)

Ingredients.—The gristles from 2 breasts of veal, stock No. 278, 1 faggot of savoury herbs, 2 blades of pounded mace, 4 cloves, 2 carrots, 2 onions, a strip of lemon-peel.

Mode.—The *tendrons*, or gristles, which are found round the front of a breast of veal, are now very frequently served as an entrée, and when well dressed, make a nice and favourite dish. Detach the gristles

from the bone, and cut them neatly out, so as not to spoil the joint for roasting or stewing. Put them into a stewpan, with sufficient stock No. 278 to cover them; add the herbs, mace, cloves, carrots, onions, and lemon, and simmer these for nearly, or quite, four hours. They should be stewed until a fork will enter the meat easily. Take them up, drain them, strain the gravy, boil it down to a glaze, with which glaze the meat. Dish the *tendrons* in a circle, with croûtons fried of a nice colour placed between each; and put mushroom sauce, or a purée of green peas or tomatoes, in the middle.

Time.—4 hours. **Average Cost.**—Usually bought with breast of veal, 9*d.* per lb.

Sufficient for one entrée.

Seasonable, with peas, from June to August.

Cow-pox, or Variola.—It is to Dr. Jenner, of Berkeley, Gloucestershire, who died in 1823, that we owe the practice of vaccination, as a preservative from the attack of that destructive scourge of the human race, the small-pox. The experiments of this philosophic man were begun in 1797, and published the next year. He had observed that cows were subject to a certain infectious eruption of the teats, and that those persons who became affected by it, while milking the cattle, escaped the small-pox raging around them. This fact, known to farmers from time immemorial, led him to a course of experiments, the result of which all are acquainted with.

The Cattle Plague.—The disease called by this name first appeared in this country in 1865, at Lambeth, and there is little doubt that it was introduced by a cargo of Russian cattle which were imported from Revel a short time before the plague was manifested. The rinderpest, or cattle plague, has its origin on the vast steppes of Russia. Eight millions of cattle are annually bred and pastured on the luxurious herbage of these steppes. Cattle fairs are very numerous, and the number of cattle then brought together may be inferred from the fact that Balta, in Podolia, has at least 500,000 head of cattle at its fairs in a single season. From these centres of traffic great herds of cattle are driven to feed the population of Russia proper, and are exported into various countries. Every six or seven years the plague breaks out, and unless "stamped out" at once by the slaughter of all suspected beasts, spreads with frightful rapidity. The official description of the symptoms, drawn up by Professor Simonds, and used in the Orders of Council, is as follows:—"The cattle show great depression of the vital powers, frequent shivering, staggering gait, cold extremities, quick and short breathing, drooping head, reddened eyes, with a discharge from them, and also from the nostrils, of a mucous nature, raw-looking places on the inner side of the lips and roof of the mouth, diarrhœa or dysenteric purging." Many remedies for the rinderpest have been suggested and tried, but the pole-axe appears to be the only effectual method of stamping out this frightful murrain among cattle. The history of the plague in 1865 is but a close repetition of its history in 1745, when it dwelt among us for twelve years. Then, as during the last attack, the people complained at the Government interference with cattle traffic, but most bitterly did they regret that they did not aid that Government to extirpate the plague when its proportions rendered repressive measures possible. The aggregate mortality was 88 per cent. in January, 1866! Thanks to the vigorous measures of the Government, the plague has again disappeared from our island, and the meat markets are regaining their wonted aspects and prices.

1032.—STEWED VEAL TENDONS.

(*Fr.*—Tendrons de Veau, Frits à l'Espagnole, etc.)

Ingredients.—The gristles from 2 breasts of veal, stock No. 278, 1 faggot of savoury herbs, 1 blade of pounded mace, 4 cloves, 2 carrots, 2 onions, a strip of lemon-peel, egg and bread-crumbs, 2 tablespoonfuls of chopped mushrooms, salt and pepper to taste, 2 tablespoonfuls of sherry, the yolk of 1 egg, 3 tablespoonfuls of cream.

Mode.—After removing the gristles from a breast of veal, stew them for 4 hours, as in the preceding recipe, with stock, herbs, mace, cloves, carrots, onions, and lemon-peel. When perfectly tender, lift them out, and remove any bones or hard parts remaining. Put them between two dishes, with a weight on the top, and when cold, cut them into slices. Brush these over with egg, sprinkle with bread-crumbs, and fry a pale brown. Take half a pint of the gravy they were boiled in, add 2 tablespoonfuls of chopped mushrooms, a seasoning of salt and pepper, the sherry, and the yolk of an egg beaten with 3 tablespoonfuls of cream. Stir the sauce over the fire until it thickens; when it is on the *point of boiling*, dish the tendons in a circle, and pour the sauce in the middle. Tendons are dressed in a variety of ways—with sauce à l'Espagnole, No. 775, and vegetables of all kinds: when they are served with a purée, they should always be glazed.

Time.—4½ hours. **Average Cost.**—Usually bought with a breast of veal.

Sufficient for an entrée.

Seasonable from March to October.

1033.—HASHED CALF'S HEAD.

(*Fr.*—Tête de Veau en Tortue.)

(*To Imitate Turtle.*)

Ingredients.—Half a calf's head, or the remains of a cold boiled one, rather more than 1 pint of good white stock, No. 278, 1 glass of sherry or Madeira, cayenne and salt to taste, about 12 mushroom-buttons (when obtainable), 6 hard-boiled eggs, 4 gherkins, 8 quenelles, No. 634, or force-meat balls, No. 635, 12 crayfish, 12 croûtons.

Mode.—Half a calf's head is sufficient to make a good entrée, and if there are any remains of a cold one left from the preceding day, it will answer very well for this dish. After boiling the head until tender, remove the bones, and cut the meat into neat pieces; put the stock into a stewpan, add the wine, and a seasoning of salt and cayenne; fry the mushrooms in butter for 2 or 3 minutes, and add these to the gravy. Boil this quickly until somewhat reduced; then put in the yolks of the hard-boiled eggs *whole*, the whites cut in small pieces, and the gherkins chopped. Have ready a few veal quenelles, made by recipe No. 634 or 635; add these, with the slices of head, to the other ingredients, and let the whole get thoroughly hot, *without boiling*. Arrange the pieces of head as high in the centre of the dish as possible; pour over them the ragoût, and garnish with the crayfish and croûtons placed alternately. A little of the gravy should also be served in a tureen.

Time.—About ½ hour to reduce the stock. **Average Cost,** exclusive of the calf's head, 4*s.*

Sufficient for 6 or 7 persons.

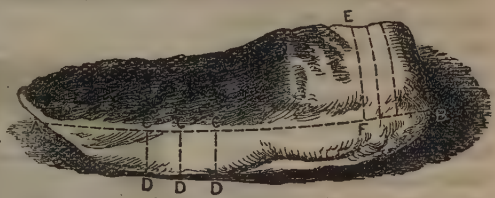
Seasonable from March to October.

A Frenchman's Opinion of Veal.—A great authority in his native Paris tells us, that veal, as a meat, is but little nourishing, is relaxing, and sufficiently difficult of digestion. "Lending itself, as it does," he says, in all the flowery imagery of the French tongue and manner, "to so many metamorphoses, it may be called, without exaggeration, the chameleon of the kitchen. Who has not eaten calf's head *au naturel*, simply boiled with the skin on, its flavour heightened by sauce just a little sharp? It is a dish as wholesome as it is agreeable, and one that the most inexperienced cook may serve with success. Calf's feet *à la poulette, au gratin*, fried, &c.; *les cervelles*, served in the same manner, and under the same names; sweetbreads *en fricandeau, piqués en fin*, all these offer most satisfactory entrées, which the art of the cook, more or less, varies for the gratification of his glory and the well-being of our appetites. We have not spoken, in the above catalogue, either of the liver, or of the *fraise*, or of the ears, which also share the honour of appearing at our table. Where is the man not acquainted with calf's liver *à la bourgeoise*, the most frequent and convenient dish at unpretentious tables? The *fraise*, cooked in water, and eaten with vinegar, is a wholesome and palatable dish, and contains a mucilage well adapted for delicate persons. Calf's ears have, in common with the feet and *cervelles*, the advantage of being able to be eaten either fried or *à la poulette;* and besides, can be made into a *farce*, with the addition of peas, onions, cheese, &c. Neither is it confined to the calf's tongue, or even the eyes, that these shall dispute alone the glory of awakening the taste of man; thus, the *fressure* (which, as is known, comprises the heart, the *mou*, and the *rate*), although not a very recherché dish, lends itself to all the caprices of an expert artist, and may, under various marvellous disguises, deceive, and please, and even awaken our appetite."

GENERAL DIRECTIONS FOR CARVING VEAL.

1034.—BREAST OF VEAL.

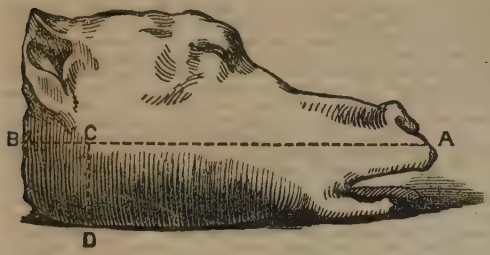
The carving of a breast of veal is not dissimilar to that of a fore-quarter of lamb, when the shoulder has been taken off. The breast of veal consists of two parts—the rib-bones and the gristly brisket. These two parts should first be separated by sharply passing the knife in the direction of lines A, B; when they are entirely divided, the rib-bones should be carved in the direction of the lines E to F; and the brisket can be helped by cutting pieces in the direction C to D. The carver should ask the guests whether they have a preference for the brisket or ribs; and if there be a sweetbread served with the dish, as it often is with roast breast of veal, each person should receive a piece.



BREAST OF VEAL.

1035.—CALF'S HEAD.

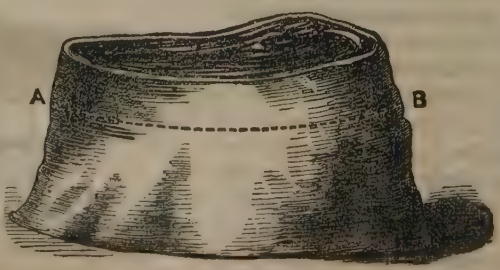
This is not altogether the most easy-looking dish to cut when it is put before a carver for the first time; there is not much real difficulty in the operation, however, when the head has been attentively examined, and, after the manner of a phrenologist, you get to know its bumps, good and bad. In the first place, inserting the knife quite down to the bone, cut slices in the direction of the lines A, B; with each of these should be helped a piece of what is called the throat sweetbread, cut in the direction of from C to D. The eye, and the flesh round, are favourite morsels with many, and should be given to those at the table who are known to be the greatest connoisseurs. The jawbone being removed, there will then be found some nice lean; and the palate, which is reckoned by some a tit-bit, lies under the head. On a separate dish there is always served the tongue and brains, and each guest should be asked to take some of these.



CALF'S HEAD.

1036.—FILLET OF VEAL.

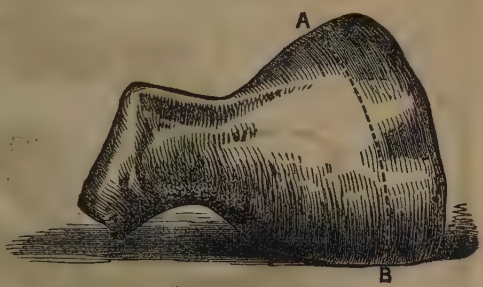
The carving of this joint is similar to that of a round of beef. Slices, not too thick, in the direction of the line A to B are cut; and the only point to be careful about is, that the veal be *evenly* carved. Between the flap and the meat the stuffing is inserted, and a small portion of this should be served to every guest. The persons whom the host wishes most to honour should be asked if they like the delicious brown outside slice, as this, by many, is exceedingly relished.



FILLET OF VEAL.

1037.—KNUCKLE OF VEAL.

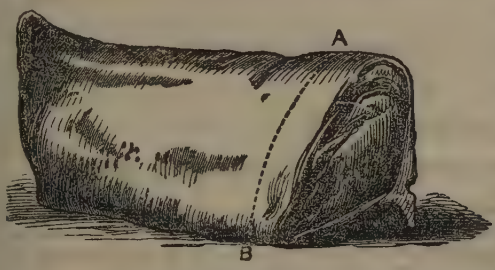
The engraving, showing the dotted line from A to B, sufficiently indicates the direction which should be given to the knife in carving this dish. The best slices are those from the thickest part of the knuckle, that is, outside the line A to B.



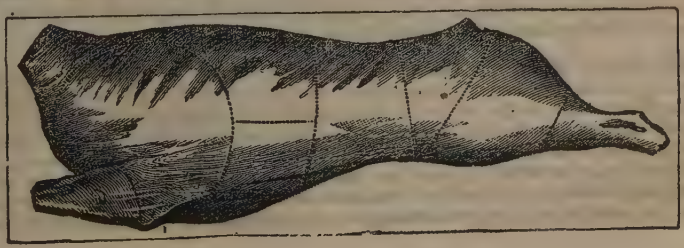
KNUCKLE OF VEAL.

1038.—LOIN OF VEAL.

As is the case with a loin of mutton, the careful jointing of a loin of veal is more than half the battle in carving it. If the butcher be negligent in this matter, he should be admonished; for there is nothing more annoying or irritating to an inexperienced carver than to be obliged to turn his knife in all directions to find the exact place where it should be inserted in order to divide the bones. When jointing is properly performed, there is little difficulty in carrying the knife down in the direction of the line A to B. To each guest should be given a piece of the kidney and kidney-fat, which lie underneath, and are considered great delicacies.



LOIN OF VEAL.



CHAPTER XVI.

GENERAL OBSERVATIONS ON THE SHEEP AND LAMB.

1039. ***Of all Wild or Domesticated Animals,*** the sheep is, without exception, the most useful to man as food, and the most necessary to his health and comfort; for it not only supplies him with the lightest and most nutritious of meats, but, in the absence of the cow, its udder yields him milk, cream, and a sound though inferior cheese; while from its fat he obtains light, and from its fleece broadcloth, kerseymere, blankets, gloves and hose. Its bones when burnt make an animal charcoal—ivory-black—to polish his boots, and when powdered, a manure for the cultivation of his wheat; the skin, either split or whole, is made into a mat for his carriage, a housing for his horse, or a lining for his hat, and many other useful purposes, besides being extensively employed in the manufacture of parchment; and finally, the intestines form the material for strings for the musical instruments which afford us the greatest enjoyment.

1040. ***This Valuable Animal,*** of which England is estimated to maintain an average stock of 32,000,000, belongs to the class already indicated under the ox—the *Mammalia;* to the order of *Ruminantia*, or cud-chewing animals; to the tribe of *Capridæ*, or horned quadrupeds; and the genus *Ovis*, or the "sheep." The sheep may be either with or without horns; when present, however, they have always this peculiarity, that they spring from a triangular base, are spiral in form, and lateral, at the side of the head, in situation. The fleece of the sheep varies, the wool always preponderating in an exact ratio to the care. attention and

amount of domestication bestowed on the animal. The generic peculiarities of the sheep are the triangular and spiral form of the horns, always larger in the male when present, but absent in the most cultivated species; having sinuses at the base of all the toes of the four feet, with two rudimentary hoofs on the fore-legs, two inguinal teats to the udder, with a short tail in the wild breed, but of varying length in the domesticated; have no incisor teeth in the upper jaw, but in their place a hard elastic cushion along the margin of the gum, on which the animal nips and breaks the herbage on which it feeds; in the lower jaw there are eight incisor teeth and six molars on each side of both jaws, making in all 32 teeth.

1041. ***The great Object of the Grazier*** is to procure an animal that will yield the greatest pecuniary return in the shortest time; or in other words, soonest convert grass and turnips into good mutton and fine fleece. All sheep will not do this alike; some, like men, are so restless and irritable, that no system of feeding, however good, will develop their frames or make them fat. And as nothing militates against the fattening process so much as restlessness, the chief wish of the grazier is to find a dull, indolent sheep, one who, instead of frisking himself, leaping his wattles, or even condescending to notice the butting gambols of his silly companions, silently fills his paunch with pasture, and then, seeking a shady nook, indolently and luxuriously chews his cud with closed eyes and blissful satisfaction, only rising when his delicious repast is ended, to proceed silently and without emotion to repeat the pleasing process of laying in more provender, and then returning to his dreamy siesta to renew the delightful task of rumination. Such animals are said to have a *lymphatic* temperament, and are of so kindly a nature that on good pasturage they may be said to grow daily. The Leicestershire breed is the best example of this lymphatic and contented animal, and the active Orkney, who is half goat in his habits, of the restless and unprofitable. The rich pasture of our midland counties would take years in making the wiry Orkney fat and profitable, while one day's fatigue in climbing rocks after a coarse and scanty herbage would probably cause the actual death of the pampered and short-winded Leicester.

1042. ***Food.***—The more removed from the nature of the animal is the food on which it lives, the more difficult is the process of assimilation, and the more complex the chain of digestive organs; for it must be evident to all that the same apparatus that converts *flesh* into *flesh* is hardly calculated to transmute *grass* into flesh. As the process of digestion in carnivorous animals is extremely simple, these organs are found to be remarkably short, seldom exceeding the length of the animal's body; while, where digestion is more difficult, from the unassimilating nature of the aliment, as in the ruminant order, the alimentary canal, as is the case with the sheep, is *twenty-seven times the length of the body*. The digestive organ in all ruminant animals consists of *four stomachs*, or, rather a capacious pouch, divided by doorways and valves into four compartments, called in their order of position, the Paunch, the Reticulum, the Omasum, and the Abomasum. When the sheep nibbles the grass, and is ignorantly supposed to be eating, he is, in fact only preparing the raw material of his meal, in reality only mowing the pasture, which as he collects, is swallowed instantly, passing into the first receptacle, the *paunch*, where it is surronded by a quantity of warm saliva, in which the herbage undergoes a process of maceration or softening, till, the animal having filled this compartment, the contents pass through a valve into the second or smaller bag—the *reticulum*, when, having again filled the paunch with a reserve, the sheep lies down and commences that singular process of chewing the cud, or, in other words, masticating the food he has collected. By the operation of a certain set of muscles, a small quantity of this softened food from the *reticulum*,

or second bag, is passed into the mouth, which it now becomes the pleasure of the sheep to grind under his molar teeth into a soft smooth pulp, the operation being further assisted by a flow of saliva, answering the double purpose of increasing the flavour of the aliment and promoting the solvency of the mass. Having completely comminuted and blended this mouthful, it is swallowed a second time, but instead of returning to the paunch or reticulum, it passes through another valve into a side cavity—the *omasum*, whence, after a maceration in more saliva for some hours, it glides by the same contrivance into the fourth pouch—the *abomasum*, an apartment in all respects analogous to the ordinary stomach of animals, and where the process of digestion, begun and carried on in the previous three, is consummated, and the nutrient principle, by means of the bile, eliminated from the digested aliment. Such is the process of digestion in sheep and oxen.

1043. ***No other Animal,*** even of the same order, possesses in so remarkable a degree the power of converting pasture into flesh as the Leicestershire sheep; the South-Down and Cheviot, the two next breeds in quality, are, in consequence of the greater vivacity of the animal's nature, not equal to it in that respect, though in both the brain and chest are kept subservient to the greater capacity of the organs of digestion. Besides the advantage of increased bulk and finer fleeces, the breeder seeks to obtain an augmented deposit of tissue in those parts of the carcase most esteemed as food, or what are called in the trade "prime joints;" and so far has this been effected that the comparative weight of the hind-quarters over the fore has become a test of quality in the breed, the butchers in some markets charging twopence a pound more for that portion of the sheep. Indeed, so superior are the hind-quarters of mutton now regarded, that very many of the West-end butchers never deal in any other part of the sheep.

1044. ***The Difference in the Quality of the Flesh*** in various breeds is a well-established fact, not alone in flavour, but also in tenderness; and that the nature of the pasture on which the sheep is fed influences the flavour of the meat, is equally certain, and shown in the estimation in which those flocks are held which have grazed on the thymy heath of Bamstead, in Sussex. It is also a well-established truth, that the *larger* the frame of the animal, the *coarser* is the meat, and that *small bones* are both guarantees for the fineness of the breed and the delicacy of the flesh. The sex, too, has much to do in determining the quality of the meat; in the males, the lean is closer in fibre, deeper in colour, harder in texture, less juicy, and freer from fat, than in the female, and is consequently tougher and more difficult of digestion; but, probably, age, and the character of the pasturage on which they are reared, has, more than any other cause, an influence on the quality and tenderness of the meat.

1045. ***The numerous Varieties*** of sheep inhabiting the different regions of the earth have been reduced by Cuvier to three, or at most four, species; the *Ovis Ammon*, or the Argali, the presumed parent stock of all the rest; the *Ovis Tragelaphus*, the bearded sheep of Africa; the *Ovis Musmon*, the Musmon of Southern Europe; and the *Ovis Montana*, the Mouflon of America; though it is believed by many naturalists that this last is so nearly identical with the Indian Argali as to be undeserving a separate place. It is still a controversy to which of these three we are indebted for the many breeds of modern domestication; the Argali, however, by general belief, has been considered as the most *probable* progenitor of the present varieties.

1046. ***The Effects produced by Change of Climate,*** accident, and other causes, must have been great to accomplish so complete a physical alteration as the primitive Argali must have undergone before the Musmon, or Mouflon

of Corsica, the *immediate* progenitor of all our European breeds, assumed his present appearance. The Argali is about a fifth larger in size than the ordinary English sheep, and being a native of a tropical clime, his fleece is of hair instead of wool, and of a warm reddish brown, approaching to yellow; a thick mane of darker hair, about seven inches long, commencing from two long tufts at the angle of the jaws, and, running *under* the throat and neck, descends down the chest, dividing, at the fore fork, into two parts, one running down the front of each leg, as low as the shank. The horns, unlike the character of the order generally, have a quadrangular base, and, sweeping inwards, terminate in a sharp point. The tail, about seven inches long, ends in a tuft of stiff hairs. From this remarkable muffler-looking beard, the French have given the name of *Mouflon à manchettes.* From the primitive stock *eleven* varieties have been reared in this country, of the domesticated sheep, each supposed by their advocates to possess some one or more special qualities. These eleven, embracing the Shetland or Orkney; the Dun-woolled; Black-faced, or heath-bred; the Moorland, of Devonshire; the Cheviot; the Horned, of Norfolk, the Ryeland; South-Down; the Merino; the Old Leicester, and the Teeswater, or New Leicester, have of late years been epitomized; and, for all useful and practical purposes, reduced to the following four orders:—The SOUTH-DOWN, the LEICESTER, the BLACK-FACED and the CHEVIOT.

1047. ***South-Downs.***—It appears, as far as our investigation can trace the fact, that from the very earliest epoch of agricultural history in England, the

SOUTH-DOWN RAM.

SOUTH-DOWN EWE.

breezy range of light chalky hills running through the south-west and south of Sussex and Hampshire, and known as the South-Downs, has been famous for a superior race of sheep; and we find the Romans early established mills and a cloth-factory at Winchester, where they may be said to terminate, which rose to such estimation, from the fineness of the wool and texture of the cloth, that the produce was kept as only worthy to clothe emperors. From this, it may be inferred that sheep have always been indigenous to this hilly tract. Though boasting so remote a reputation, it is comparatively within late years that the improvement and present state of perfection of this breed has been effected, the South-Down now ranking, for symmetry of shape, constitution, and early maturity, with any stock in the kingdom. The South-Down has no horns, is covered with a fine wool from two to three inches long, has a small head, and legs and face of a grey colour. It is, however, considered deficient in depth and

breadth of chest. A marked peculiarity of this breed is that its hind-quarters stand higher than the fore, the quarters weighing from fifteen to eighteen pounds.

1048. ***The Leicester.***—It was not till the year 1755 that Mr. Robert Bakewell directed his attention to the improvement of his stock of sheep, and

LEICESTER RAM.

LEICESTER EWE.

ultimately effected that change in the character of his flock which has brought the breed to hold so prominent a place. The Leicester is regarded as the largest example of the improved breeds, very productive, and yielding a good fleece. He has a small head, covered with short white hairs, a clean muzzle, an open countenance, full eye, long thin ear, tapering neck, well-arched ribs,

HEATH RAM.

HEATH EWE.

and straight back. The meat is indifferent, its flavour not being so good as that of the South-Down, and there is a very large proportion of fat. Average weight of carcass, from 90 to 100 lbs.

1049. ***Black-faced, or Heath-bred Sheep.***—This is the most hardy of all our native breeds, and originally came from Ettrick Forest. The face and

legs are black, or sometimes mottled, the horns spiral, and on the top of the forehead it has a small round tuft of lighter-coloured wool than on the face; has the muzzle and lips of the same light hue, and what shepherds call a mealy mouth; the eye is full of vivacity and fire, and well open; the body long, round and firm, and the limbs robust. The wool is thin, coarse and light. Weight of the quarter, from 10 to 16 lbs.

1050. ***The Cheviot.***—From the earliest traditions, these hills in the North, like the chalk-ridges in the South, have produced a race of large-carcassed sheep, producing a valuable fleece. To these physical advantages, they added a sound constitution, remarkable vigour, and capability to endure great privation. Both sexes are destitute of horns, face white, legs long and clean, carry the head erect, have the throat and neck well covered, the ears long and open, and the face animated. The Cheviot is a small-boned sheep, and well covered with wool to the hough; the only defect in this breed is in a want of depth in the chest. Weight of the quarter, from 12 to 18 lbs.

1051. ***Though the Romney Marshes,*** that wide tract of morass and lowland moor extending from the Weald (or ancient forest) of Kent into Sussex, has rather been regarded as a general feeding-ground for any kind of sheep to

ROMNEY-MARSH RAM.

ROMNEY-MARSH EWE.

be pastured on, it has yet, from the earliest date, been famous for a breed of animals almost peculiar to the locality, and especially for size, length, thickness and quantity of wool, and what is called thickness of stocking, and on this account, for ages held pre-eminence over every other breed in the kingdom. So satisfied were the Kentish men with the superiority of their sheep, that they long resisted any crossing in the breed. At length, however, this was effected, and from Old Romney and New Leicester a stock was produced that proved, in an eminent degree, the advantage of the cross; and though the breed was actually smaller than the original, it was found that the new stock did not consume so much food, the stocking was increased, they were ready for the market a *year* sooner; that the fat formed more on the exterior of the carcase, where it was of most advantage to the grazier, rather than as formerly in the interior, where it went to the butcher as offal; and though the wool was

shorter and lighter, it was of a better colour, finer, and possessed of superior felting properties.

1052. ***The Romney-Marsh Breed*** is a large animal, deep, close and compact, with white face and legs, and yields a heavy fleece of a good staple quality. The general structure is, however, considered defective, the chest being narrow and the extremities coarse; nevertheless, its tendency to fatten, and its early maturity, are universally admitted. The Romney-Marsh, therefore, though not ranking as a first-class in respect of perfection and symmetry of breed, is a highly useful, profitable, and generally advantageous variety of the English domestic sheep.

1053. ***Different Names have been given*** to sheep by their breeders; according to their age and sex. The male is called a ram or tup; after weaning, he is said to be a hog, or hogget, or a lamb-hog, tub-hog or teg; later he is a wether, or wether-hog; after the first shearing, a shearing, or dinmont; and after each succeeding shearing, a two, three, or four-shear ram, tup, or wether, according to circumstances. The female is called a ewe, or gimmer-lamb, till weaned, when she becomes, according to the shepherd's nomenclature, a gimmer-ewe, hog, or teg; after shearing, a gimmer, or shearing-ewe, or theave; and in future, a two, three, or four-shear ewe, or theave.

1054. ***The Gentle and Timid Disposition*** of the sheep, and its defenceless condition, must very early have attached it to man for motives less selfish than either its fleece or its flesh; for it has been proved beyond a doubt that, obtuse as we generally regard it, it is susceptible of a high degree of domesticity, obedience and affection. In many parts of Europe where the flocks are guided by the shepherd's voice alone, it is no unusual thing for a sheep to quit the herd when called by its name, and follow the keeper like a dog. In the mountains of Scotland, when a flock is invaded by a savage dog, the rams have been known to form the herd into a circle, and placing themselves on the outside line, keep the enemy at bay, or charging on him in a troop, have despatched him with their horns.

1055. ***The Value of the Sheep*** seems to have been early understood by Adam in his fallen state; his skin not only affording him protection for his body, but a covering for his tent; and, accordingly, we find Abel entrusted with this portion of his father's stock; for the Bible tells us that "Abel was a keeper of sheep." What other animals were domesticated at that time we can only conjecture, or at what exact period the flesh of the sheep was first eaten for food by man, is equally, if not uncertain, open to controversy. For though some authorities maintain the contrary, it is but natural to suppose that when Abel brought firstlings of his flock, "and the fat thereof," as a sacrifice, the less dainty portions, not being oblations, were hardly likely to have been flung away as refuse. Indeed, without supposing Adam and his descendents to have eaten animal food, we cannot reconcile the fact of Jabal Cain, Cain's son, and his family, living in tents, as they are reported to have done, knowing that both their own garments and the coverings of the tents, were made from the hides and skins of the animals they bred; for the number of sheep and oxen slain for oblations only, would not have supplied sufficient material for two such necessary purposes. The opposite opinion is, that animal food was not eaten till after the Flood, when the Lord renewed his covenant with Noah. From Scriptural authority we learn many interesting facts as regards the sheep: the first, that mutton fat was considered the most delicious portion of any meat, and the tail and adjacent part the most exquisite morsel in the whole body; consequently,

such were regarded as especially fit for the offer of sacrifice. From this fact we may reasonably infer that the animal still so often met with in Palestine and Syria, and known as the Fat-tailed sheep, was in use in the days of the patriarchs, though, probably, not then of the size and weight it now attains to; a supposition that gains greater strength, when it is remembered that the ram Abraham found in the bush, when he went to offer up Isaac, was a horned animal, being entangled in the brake by his curved horns; so far proving that it belonged to the tribe of the Capridæ, the fat-tailed sheep appertaining to the same family.

1056. ***New Zealand Mutton.***—Much New Zealand mutton comes to this country, and is occasionally sold as English. Sheep in New Zealand are grown for the sake of the wool, not of the mutton, and to produce good wool they must not be killed so young as in England. That is the reason why the mutton is generally well-flavoured and dark coloured. It is also sure to be tender and quite free from disease, for it would not answer to import bad meat from a country where good meat had been a drug in the market.

The New Zealand sheep are a cross of the English South-Down, and so the joints are small. The smallest home-grown mutton in the market is the Welsh, of which legs often weigh between five and six pounds, or less.

1057. ***Mutton.***—Within the limits of wholesomeness, mutton varies immensely in quality and flavour. It is said to be in perfection at from three to five years old, but it is the rarest thing to taste any such English mutton; for no one can afford to feed a sheep for two years to improve its flavour when wholesome and saleable mutton can be produced from sheep a year old or even less. The art of the grazier consists in getting the greatest weight of meat in the shortest time, and all his efforts are directed towards this end.

It is for this quality that the large white-faced Leicestershire and Lincolnshire sheep is so much valued. The meat is coarse in flavour and fibre, but it is advantageous both to producer and to large consumers. A leg of Leicestershire mutton is easy to recognise by its size, by the coarse fibre of the lean and by the opaque tallowy appearance of the fat. The feet are usually cut off, but they are white, and so is the face. Butchers do not cut off the feet when they are black, because the South-Downs, which produce the best mutton, have black legs and faces, and they are left on to show. The fat of the South-Downs is plentiful and white, the lean finely grained, the whole animal small. Seeing the two side by side, everyone would see and probably remember the difference. It is a good rule, if quality is wanted, never to buy large mutton. The small Exmoor and the smaller Welsh sheep both produce excellent mutton. The speckled-faced Scotch sheep are also good.

We have already said that legs are, in our opinion, more advantageous to the purchaser than shoulders. Not only is the proportion of fat and bone less than in a shoulder, and much less than in a loin, but it wastes less in cooking, owing to it being covered throughout with a skin.

For choosing a piece of mutton, see that it has short small bones. What is meant by small mutton is not merely a small piece that does not weigh much. The fat should be whiter than beef fat and less intermixed with the lean. The lean, like that of beef, must be bright red, and where you press with your fingers it should rise up again, not leaving any indentation.

1058. ***Price of Meat.***—In calculating the selling price of any meat, what is called the "offal," *i.e.* the skin and inside, are reckoned as the perquisite of the butcher and pay him for his trouble. The meat must then be sold at the price of the animal when alive, with the middleman's profit added. By any such rough

alculation it is easy to see that the grazier and farmer do not get anything like he prices that are paid by the consumer. The price of any commodity, and of eat dead or alive, may be seen quoted every day in the newspaper market sts; and it would be well if consumers studied and understood these a little etter than they do now. Another fact they might learn there would be the ifference of price between the best meat and the second or third quality. Very ew persons eat always the best meat, for the reason that there is not enough to upply them; and perhaps even fewer pay second-best prices or expect to pay hem.

We have already pointed out that second quality meat does not necessarily ean unwholesome meat, or indeed worse meat than most people are contented ith.

1059. ***Season for Mutton.***—Mutton is in season all the year round; but ust as beef is said to be in its prime when French beans are in, *i.e.* when the astures are greenest and freshest, so mutton is in best condition when grass is lentiful, rather than when it is fattened entirely on roots and cake.

Mutton is often thought more digestible than beef, and is therefore prescribed r invalids; but a matter such as this must be decided by individual idiosyncrasy ather than rule. It is always thought to be less satisfying, and as it is impossible o buy a solid lump of boneless mutton, it is no doubt, on that account also, less conomical.

1060. ***Relative Cost.***—In reckoning the cost of various joints as compared ith one another, we have assumed that leg and loin are the same price and that 8 oz. of either can be bought for a shilling; and that the shoulder and best end f the neck are both sold at 20 oz. (1¼lb.) for a shilling. The loin has more one than the leg, 3 oz., instead of 2½ oz. in each shilling's-worth of meat, and the oin also is very fat, so that although it is nice it is not cheap. The shoulder as the same proportion of bone as the loin, and the neck most of all, 4 oz. n every shilling's-worth of meat, and is even fatter than the loin besides. Boiled r roasted, the neck is not a very cheap joint; but trimmed into cutlets, ith all the fat removed, it is probably the dearest butchers' meat that can e eaten.

Competition remains at length between 15½ oz. of leg against 17 oz. of shoulder. he shoulder is fatter, it is true; and if it is sold at the same price as the leg, is earer in every way. Sold at the price we have quoted, it appears to be as cheap , or cheaper than the leg if the fat is eaten. Children often dislike fat, and so is cheaper to pay a little more for a lean joint for children. On the other hand, any people dislike a leg of mutton and prefer shoulder.

The prices of meat per pound, in relation to the market price per stone of 8 lbs., ay be calculated sufficiently near to give a tolerably correct idea what the buyer hould pay for meat from different parts of the ox or sheep, according to the narket price. The butcher pays a certain price per stone for the whole carcase; ut as the different joints of the sheep or bullock differ considerably in quality nd are classed respectively as *prime*, *middling* and *inferior* parts, the prices of the everal parts are raised or lowered by the butcher, above or below the average narket price per stone, so that all classes of purchasers may be suited, and the ale of all parts of the animals secured. Of course, the butcher takes care to egulate his prices so as to secure a remunerative profit on his outlay. *Prime* ieces of beef are rounds, sirloins and ribs; of mutton, legs and loins. *Middling* ieces of beef are brisket and flanks; of mutton, shoulders. *Inferior* pieces of eef are shins, clod, or shoulder, sticking piece, or neck; of mutton, necks and reasts. The prices given in the table are such as would be paid for meat of

the best quality. The table is constructed so as to range from 4*s.* 2*d.* to 8*s.* per stone inclusive, at an increase of 2*d.* per stone, or ¼*d.* per pound on the wholesale market prices.

1061.—TABLE OF RELATIVE PRICES OF BEEF AND MUTTON

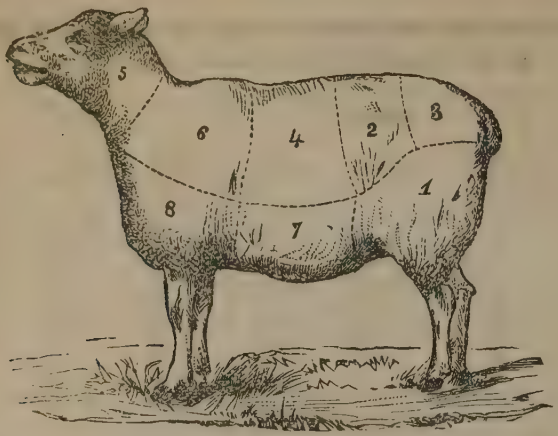
AT PER STONE WHOLESALE, AND PER POUND RETAIL.

Price per Stone.	Mutton.			Beef.		
	Third Quality.	Second Quality.	First Quality.	Third Quality.	Second Quality.	First Quality.
s. *d.*	*s.* *d.*	*s.* *d.*	*s.* *d.*	*s.* *d.*	*s.* *d.*	*s.* *d.*
4 2	0 6¼	0 8¼	0 9¼	0 4¼	0 7¼	0 10¼
4 4	0 6½	0 8½	0 9½	0 4½	0 7½	0 10½
4 6	0 6¾	0 8¾	0 9¾	0 4¾	0 7¾	0 10¾
4 8	0 7	0 9	0 10	0 5	0 8	0 11
4 10	0 7¼	0 9¼	0 10¼	0 5¼	0 8¼	0 11¼
5 0	0 7½	0 9½	0 10½	0 5½	0 8½	0 11½
5 2	0 7¾	0 9¾	0 10¾	0 5¾	0 8¾	0 11¾
5 4	0 8	0 10	0 11	0 6	0 9	1 0
5 6	0 8¼	0 10¼	0 11¼	0 6¼	0 9¼	1 0¼
5 8	0 8½	0 10½	0 11½	0 6½	0 9½	1 0½
5 10	0 8¾	0 10¾	0 11¾	0 6¾	0 9¾	1 0¾
6 0	0 9	0 11	1 0	0 7	0 10	1 1
6 2	0 9¼	0 11¼	1 0¼	0 7¼	0 10¼	1 1¼
6 4	0 9½	0 11½	1 0½	0 7½	0 10½	1 1½
6 6	0 9¾	0 11¾	1 0¾	0 7¾	0 10¾	1 1¾
6 8	0 10	1 0	1 1	0 8	0 11	1 2
6 10	0 10¼	1 0¼	1 1¼	0 8¼	0 11¼	1 2¼
7 0	0 10½	1 0½	1 1½	0 8½	0 11½	1 2½
7 2	0 10¾	1 0¾	1 1¾	0 8¾	0 11¾	1 2¾
7 4	0 11	1 1	1 2	0 9	1 0	1 3
7 6	0 11¼	1 1¼	1 2¼	0 9¼	1 0¼	1 3¼
7 8	0 11½	1 1½	1 2½	0 9½	1 0½	1 3½
7 10	0 11¾	1 1¾	1 2¾	0 9¾	1 0¾	1 3¾
8 0	1 0	1 2	1 3	0 10	1 1	1 4

1062. ***The Mode of Slaughtering Sheep*** is, perhaps, as humane and expeditious a process as could be adopted to attain the objects sought: the animal being laid on its side in a sort of concave stool, the butcher, while pressing the body with his knee, transfixes the throat near the angle of the jaw, passing the knife between the windpipe and bones of the neck; thus dividing the jugulars, carotids, and large vessels, the death being very rapid from such a hæmorrhage.

1063. ***Manner of Cutting up.***—Almost every large city has a particular manner of cutting up, or, as it is called, dressing the carcase. In London this process is very simple, and as our butchers have found that much skewering back, doubling one part over another, or scoring the inner cuticle or fell, tends to spoil the meat and shorten the time it would otherwise keep, they avoid all such treatment entirely. The carcase is flayed (which operation is performed while yet warm), the sheep then hung up and the head removed. After separating the hind from the fore quarters, with eleven ribs to the latter, the quarters are

usually subdivided in the manner shown in the sketch, in which the several joints are defined by the intervening lines and figures.



SHEEP, SHOWING THE MODE OF CUTTING UP.

HIND-QUARTER	FORE-QUARTER.
1. Leg.	4. Best end of neck.
2. Loin.	5. Scrag end of neck.
3. Chump end of loin.	6 and 8. Shoulder and bladebone.
	7. Breast.

(1.) *Leg.*—This is the most economical joint for a family if it is sold, as is usual, at one penny a pound more than the shoulder, for unless there is a considerable difference in price it does not compensate for the greater proportion of bone in other joints. The leg of a sheep is roughly reckoned to weigh as many pounds as the whole sheep weighs in stones. Legs can be bought of all weights, from about five pounds to fifteen and sixteen. Mutton steaks are cut from the leg.

(2.) *Loin.*—This is considered the best roasting joint. Two loins together make a saddle; rather a wasteful joint, because of the way it is carved. The upper part of the loin and leg together form a haunch. Chump chops are cut near the tail, where the proportion of bone is greater.

(3.) Chump end of loin cut with the loins for a saddle, always roasted, or in chops for broiling.

(4.) *Best end of the neck.*—Roasting, boiling, or for mutton cutlets, which it is more economical to trim at home than to buy ready trimmed. Small mutton is best for cutlets.

(5.) *Scrag end of the neck.*—Broth, stews, or boiling. A low-priced joint, not very fat, but rather bony and wasteful.

(6 and 8.) *Shoulder.*—Often sold divided, for roasting. It is preferred by many persons to the leg, but is not so economical and is fatter.

(7.) *Breast.*—Often sold at a cheap rate for stewing or boiling. Too fat for many persons, but often economical.

Besides these joints, the following parts of the sheep are sold for food.

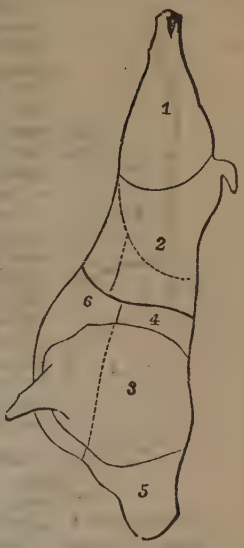
(9.) *Head.*—Sometimes sold with the pluck, but more often alone. Can be boiled, made into most excellent broth—Scotch people generally use it for this—or braised, and is usually an economical dish, but its price very greatly varies, and it is not often seen in the better quarters of the town.

(10.) *Heart.*—Sometimes sold separately and sometimes with the rest of the "pluck," consisting of liver, light and heart. Sheep's liver can be fried or made into soup. The heart is best roasted. The whole of the pluck is frequently eaten. In Scotland it is made into "haggis." Probably the cheapest form of butcher's meat.

(11.) *Kidneys.*—Broiled or stewed. A very common breakfast dish. The kidney is often sold with the loin.

(12.) *Feet*, or "trotters," as they are generally called in London, where they are bought in the markets at four a penny, and after being cleaned and boiled are retailed at a halfpenny and a penny each. Seldom eaten in the south of England except by the poor.

(13.) *Mutton suet* is better than beef for frying, because it is less likely to burn, but it is not so good for puddings.



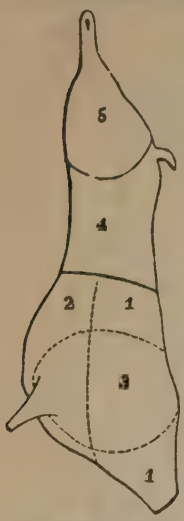
SIDE OF MUTTON, SHOWING THE SEVERAL JOINTS.

1, Leg; 2, Loin; 3, Shoulder; 4 and 5, Neck; 6, Breast.

LAMBS.

1064. ***The Lambing Season in this Country*** usually commences in March, under the artificial system so much pursued now to please the appetite of luxury, but lambs can be procured at all seasons. When, however, the sheep lambs in mid-winter, or the inclemency of the weather would endanger the lives of mother and young, if exposed to its influence, it is customary to rear the lambs within-doors, and under the shelter of stables or barns, where, foddered on soft hay, and partly fed on cow's milk, the little creatures thrive rapidly: to such it is customary to give the name of House Lamb, to distinguish it from that reared in the open air, or grass-fed. The ewe goes five months with her young, about 152 days, or close on 22 weeks. The weaning season commences, on poor lands, about the end of the third month, but on rich pasture not till the close of the fourth—sometimes longer. From the large proportion of moisture or fluids contained in the tissues of all young animals, the flesh of lamb and veal is much more prone, in close, damp weather, to become tainted and spoilt than the flesh of the more mature, drier and closer-textured beef and mutton. Among epicures, the most delicious sorts of lamb are those of the South-Down breed, known by their black feet; and of these, those which have been exclusively suckled on the milk of the parent ewe are considered the finest. Next to these in estimation are those fed

on the milk of several dams, and last of all, though the fattest, the grass-fed lamb ; this, however, implies an age much greater than either of the others.



SIDE OF LAMB.

1, Neck; 2, Breast; 3, Shoulder; 4, Loin; 5, Leg.

1065. ***Lamb,*** in the early part of the season, however reared, is, in London, and indeed generally, sold in quarters, divided with eleven ribs to the fore-quarter ; but, as the season advances, these are subdivided into two, and the hind-quarter in the same manner: the first consisting of the shoulder and the neck and breast ; the latter of the leg and the loin—as shown in the cut illustrative of mutton. As lamb, from the juicy nature of its flesh, is especially liable to spoil in unfavourable weather, it should be frequently wiped, so as to remove any moisture that may form on it.

In choosing lamb there are certain signs by which the experienced judgment is able to form an accurate opinion whether the animal has been lately slaughtered, and whether the joints possess that condition of fibre indicative of good and wholesome meat. The first of these doubts may be solved satisfactorily by the bright and dilated appearance of the eye; the quality of the fore-quarter can always be guaranteed by the blue or healthy ruddiness of the jugular, or vein of the neck ; while the rigidity of the knuckle, and the firm, compact feel of the kidney, will answer in an equally positive manner for the integrity of the hind-quarter.

1066. ***Mode of Cutting up Lamb.***—Lamb when large is cut into the same joints as mutton, when small it is sold in quarters; the leg and loin to the hind, and the shoulder, breast and neck to the fore-quarter.

Lambs' sweetbreads are considered a delicacy, and are expensive. Lamb's fry consists of the liver, sweetbread, some of the inside fat or "leaf," and the heart.

Lamb's kidney, lamb's head and lamb's trotters are also eaten. The fore-quarter of lamb is, by many persons, preferred ; but the leg, here as in mutton, is most economical. However, few persons eat lamb except as a luxury, and so questions of economy are more or less out of place.

A good deal of lamb is now imported from New Zealand, and is always cheaper than the home grown. Lamb is to be had in London from Christmas until late autumn. It is dear and scarce from January to March, gets cheaper through the summer months, from Easter to July or August ; and late in the season, as far on as October, lamb is still sent southwards from Scotland.

All young meat is less nourishing, and is said to be less digestible, than full-grown ; but lamb has a better reputation in this respect than veal.

Lamb should not be in the least high: and if, therefore, it has to be kept it should be partly cooked, as that is the most certain way to preserve it from taint.

1067.—TABLE OF THE RELATIVE VALUE OF VARIOUS PARTS OF MUTTON.

Giving the Actual Cost of the Eatable Portions of the Various Joints after deducting Loss in Weight from Waste and Bone by Different Modes of Cooking.

Mutton will be seen to waste more in cooking than other meats. Some of the larger joints are the cheapest, the saddle losing less than the loin; while the leg (that favourite joint with thrifty housekeepers) is one of the most economical ones.

Name of Joint.	How usually Cooked.	Weight before Cooking.	Weight when Cooked, bone & waste deducted.	Total Loss per lb.	Average cost per lb.	Cost per lb. after Cooking, bone & waste deducted.
		lbs. oz.	lbs. oz.	oz.	s. d.	s. d.
Breast	Roasted	3 0	2 1	5	0 8	0 11½
Chump Chop	Grilled	0 12	0 8¼	5	1 1	1 7
Haunch	Roasted	13 12	9 4	5¼	0 11	1 4½
Head	Stewed	2 8	1 4	8	0 5	0 10
Heart	Baked	1 0	0 14	2	0 9	0 10½
Kidneys	Grilled	0 12	0 9	3	1 2	1 5½
Leg	Boiled	10 0	7 0	4¾	0 10	1 2
Leg	Roasted	8 2	5 7	5½	0 10	1 3
Loin	Roasted	5 13	4 0	5	0 10	1 2½
Loin Chop	Grilled	0 12	0 8¾	4	1 1	1 5½
Neck (best end)	Boiled	2 8	1 14	4	0 10	1 1½
Neck (scrag end)	Stewed	1 12	0 14	8	0 7	1 2
Saddle	Roasted	10 4	7 12	3¾	0 10	1 1
Shoulder	Roasted	7 1	4 0	7	0 9	1 4
Tongue	Boiled	1 5	0 14	5	0 8	0 11½

By most butchers the shank-bone of a leg of mutton is weighed with the joint, the result being an increase of weight without value; but it is nevertheless an economical joint, as there is no waste in its carving, whereas against a loin must be reckoned the loss of meat left upon the bones, and that so often caused by an undue preponderance of fat

1067A.—TABLE GIVING WEIGHT OF BONE, SKIN AND WASTE IN JOINTS OF MUTTON.

Name of Joint.	Weight of Joint when Bought.	Weight of bone, skin and waste.	Loss of weight by Cooking.	Total weight of waste.	Weight of eatable matter.
	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.
Haunch	13 12	1 8	3 0	4 8	9 4
Leg (boiled)	10 0	1 6	1 10	3 0	7 0
Leg (roasted)	8 2	1 7	1 4	2 11	5 7
Loin	5 13	0 12	1 1	1 13	4 0
Saddle	10 4	0 12	1 12	2 8	7 12
Shoulder	7 1	1 6	1 11	3 1	4 0

1068.—TABLE OF THE RELATIVE VALUE OF VARIOUS PARTS OF LAMB.

Giving the Actual Cost of the Eatable Portions of the Different Parts, after deducting Loss of Weight from Waste and Bone, by Different Modes of Cooking.

There can be reckoned no very cheap joints of Lamb, even when in full Season; but the larger ones are the most economical, wasting less in Cooking.

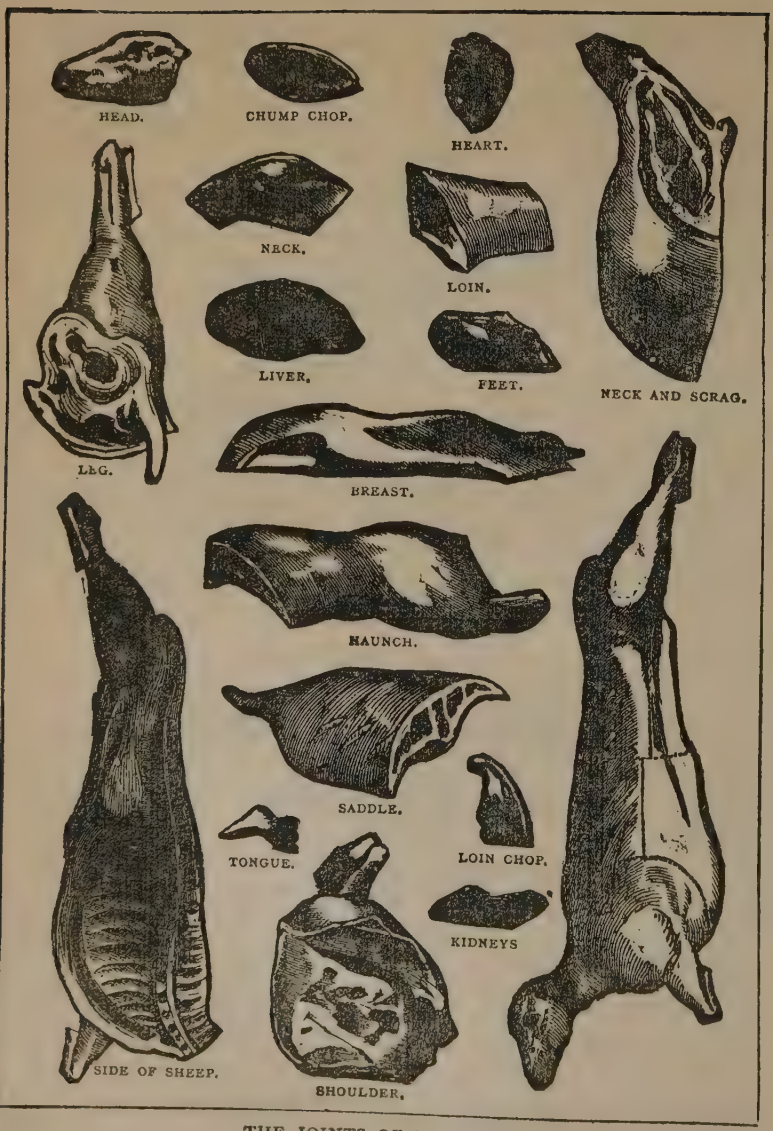
Name of Joint.	How usually Cooked.	Weight before Cooking.	Weight when Cooked, bone & waste deducted.	Total Loss per lb.	Average Cost per lb.	Cost per lb. after Cooking, bone & waste deducted.
		lbs. oz.	lbs. oz.	oz.	s. d.	s. d.
Breast	Stewed	2 0	1 6	5	0 10	1 2½
Fore-quarter	Roasted	11 0	7 12	4¾	1 0	1 5
Hind-quarter	Roasted	9 0	7 4	3	1 1	1 4½
*Leg	Roasted	4 8	2 12	6½	1 1	1 9½
Loin	Roasted	4 3	3 0	4½	1 0	1 4½
Neck (in cutlets)	Fried	1 3	0 9½	8	0 10	1 8
Neck (scrag)	Stewed	1 2	0 10	7	0 8	1 2½
Shoulder	Roasted	4 5	2 11	6	1 0	1 7

* The foot being generally weighed with the Leg of Lamb, makes this joint an expensive one.

1068A.—TABLE GIVING WEIGHT OF BONE, SKIN AND WASTE IN JOINTS OF LAMB.

Name of Joint.	Weight of Joint when bought.	Weight of bone, skin and waste.	Loss of weight by Cooking.	Total weight of waste.	Weight of eatable matter.
	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.
Breast	2 0	0 8	0 2	0 10	1 6
Fore-quarter	11 0	1 0	2 4	3 4	7 12
Hind-quarter	9 0	0 8	1 4	1 12	7 4
Loin	4 3	0 8	0 11	1 3	3 0
Leg	4 8	0 13	0 15	1 12	2 12
Neck (in cutlets)	1 3	0 6½	0 3	0 9½	0 9½
Neck (scrag)	1 2	0 6½	0 1½	0 8	0 10
Shoulder	4 5	0 13	0 13	1 10	2 11

The prices given for lamb are those when it is in full season. In winter that called house lamb is considerably dearer, and sometimes even till after Easter the price of lamb continues high.



THE JOINTS OF MUTTON.

RECIPES FOR COOKING MUTTON & LAMB.

CHAPTER XVII.

1069.—BAKED MINCED MUTTON.
(*Fr.*—Emincé de Mouton.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of any joint of cold roast mutton, 1 or 2 onions, 1 bunch of savoury herbs, pepper and salt to taste, 2 blades of pounded mace or nutmeg, 2 tablespoonfuls of gravy, mashed potatoes.

Mode.—Mince an onion rather fine, and fry it a light brown colour; add the herbs and mutton, both of which should also be finely minced and well mixed; season with pepper and salt, and a little pounded mace or nutmeg, and moisten with the above proportion of gravy. Put a layer of mashed potatoes at the bottom of a dish, then the mutton, and then another layer of potatoes, and bake for about half an hour.

Time.—½ hour. **Average Cost,** exclusive of the meat, 3*d.*

Seasonable at any time.

Note.—If there should be a large quantity of meat, use two onions instead of one.

1070.—BOILED BREAST OF MUTTON AND CAPER SAUCE. (*Fr.*—Poitrine de Mouton aux Capres.)

Ingredients.—Breast of mutton, bread-crumbs, 2 tablespoonfuls of minced savoury herbs (put a large proportion of parsley), pepper and salt to taste.

Mode.—Cut off the superfluous fat; bone it; sprinkle over a layer of bread-crumbs, minced-herbs, and seasoning; roll, and bind it up

firmly. Boil *gently* for two hours, remove the tape, and serve with caper sauce, No. 681, a little of which should be poured over the meat.

Time.—2 hours. **Average Cost,** 5*d.* per lb.

Seasonable all the year.

1071.—BOILED LEG OF MUTTON.
(*Fr.*—Gigot à l'Anglaise, au Naturel.)

Ingredients.—Mutton, water, salt.

Mode.—A leg of mutton for boiling should not hang too long, as it will not look a good colour when dressed. Cut off the shank-bone, trim the knuckle, and wash and wipe it very clean; plunge it into sufficient boiling water to cover it; let it boil up, then draw the saucepan to the side of the fire, where it should remain till the finger can be borne in the water. Then place it sufficiently near the fire that the water may gently simmer, and be very careful that it does not boil fast, or the meat will be hard. Skim well, add a little salt, and in about 2¼ hours after the water begins to simmer, a moderate-sized leg of mutton will be done. Serve with carrots and mashed turnips, which may be boiled with the meat, and send caper sauce (No. 681) to table with it in a tureen.

Time.—A moderate-sized leg of mutton of 9 lbs., 2¼ hours after the water boils; one of 12 lbs., 3 hours. **Average Cost,** 9*d.* per lb. for good English mutton; less for Colonial.

Sufficient.—A moderate-sized leg of mutton, for 10 to 12 persons.

Seasonable nearly all the year, but not so good in June, July, and August.

Note.—When meat is liked very *thoroughly* cooked, allow more time than stated above. The liquor this joint was boiled in should be converted into soup.

The Good Shepherd.—The sheep's complete dependence upon the shepherd for protection from its numerous enemies is frequently referred to in the Bible; thus the Psalmist likens himself to a lost sheep, and prays the Almighty to seek his servant; and our Saviour, when despatching his twelve chosen disciples to preach the Gospel amongst their unbelieving brethren, compares them to lambs going amongst wolves. The shepherd of the East, by kind treatment, calls forth from his sheep unmistakeable signs of affection. The sheep obey his voice and recognise the names by which he calls them, and they follow him in and out of the fold. The beautiful figure of the "good shepherd," which so often occurs in the New Testament, expresses the tenderness of the Saviour for mankind. "The good shepherd giveth his life for the sheep."—*John* x. 11. "I am the good shepherd, and know my sheep, and am known by mine."—*John* x. 14. "And other sheep I have which are not of this fold: them also I must bring, and they shall hear my voice: and there shall be one fold and one shepherd."—*John* x. 16.

1072.—BONED LEG OF MUTTON, STUFFED.
(*Fr.*—Gigot Farci.)

Ingredients.—A small leg of mutton, weighing 6 or 7 lbs., forcemeat, No. 629, 2 shalots finely minced.

Mode.—Make a forcemeat by recipe No. 629, to which add 2 finely-minced shalots. Bone the leg of mutton, without spoiling the skin, and cut off a great deal of the fat. Fill, with the forcemeat, the hole whence the bone was taken, and sew it up underneath, to prevent the forcemeat falling out. Bind and tie it up compactly, and roast it before a nice clear fire for about 2½ hours, or rather longer; remove the tape and send it to the table with a good gravy. It may be glazed or not, as preferred.

Time.—2½ hours, or rather longer. **Average Cost,** 6*s.*
Sufficient for 8 or 10 persons.
Seasonable at any time.

1073.—BRAIN AND TONGUE PUDDING.

Ingredients.—¾ lb. of suet crust, 4 sheep's tongues, 4 sheep's brains, 1 onion, salt, pepper, 1 teaspoonful of flour, 1 hard-boiled egg, parsley, ¼ pint of milk.

Mode.—Skin and wash the tongues and brains, line a pudding-basin with some of the paste, then fill it up with alternate layers of thin slices of tongue, and brain chopped finely, adding salt, pepper, chopped onion and parsley with each layer. On the top layer put slices of hard-boiled eggs. Mix a teaspoonful of flour smoothly with the milk, then pour it into the basin, put on the top crust, and boil for three hours. A sliced young cucumber added is sometimes liked in this pudding.

Time.—3 hours. **Average Cost,** 2*s.*
Sufficient for 6 persons.
Seasonable all the year.

1074.—BRAISED FILLET OF MUTTON, WITH FRENCH BEANS. (*Fr.*—Carré de Mouton aux Haricots Verts.)

Ingredients.—The chump end of a loin of mutton, herbs and vegetables to flavour, French beans, a little glaze, 1 pint of gravy.

Mode.—Roll up the mutton, braise it in the braising-pan with the vegetables for 2 hours. Have ready some French beans, boiled, and drained on a sieve; remove the mutton, glaze it; just heat up the beans in the gravy, and lay them on the dish, with the meat over them. The remainder of the gravy may be strained, and sent to table in a tureen.

Time.—2 hours. **Average Cost,** 9*d.* per lb.
Sufficient for 4 or 5 persons.
Seasonable at any time.

Note.—Failing a proper braising-pan, with fire above and below, the best plan is to put the meat into a saucepan with gravy enough to well cover the

bottom, and, when it is cooked, to brown it in a very hot oven for ten minutes. The meat may be boned.

Various Qualities of Mutton.—Mutton is, undoubtedly, the meat most generally used in families; and both by connoisseurs and medical men it stands first in favour, whether its fine flavour, digestible qualifications, or general wholesomeness be considered. Of all mutton, that furnished by the South-Down sheep is the most highly esteemed; it is also the dearest, on account of its scarcity, and the great demand for it. Therefore, if the housekeeper is told by the butcher that he has not any in his shop, it should not occasion disappointment to the purchaser. The London and other markets are chiefly supplied with sheep called half-breeds, which are a cross between the Down and Lincoln or Leicester. These half-breeds make a greater weight of mutton than the true South-Downs, and, for this very desirable qualification, they are preferred by the great sheep-masters. The legs of this mutton range from 7 to 11 lbs. in weight; the shoulders, neck, or loins, about 6 to 9 lbs.; and if care is taken not to purchase it too fat, it will be found the most satisfactory and economical mutton that can be brought.

1075.—BRAISED LEG OF MUTTON.

(*Fr.*—Gigot Braisé aux Haricots de Soissons, aux Oignons.)

Ingredients.—1 small leg of mutton, 4 carrots, 3 onions, 1 faggot of savoury herbs, a bunch of parsley, seasoning to taste, of pepper and salt, a few slices of bacon, a few veal trimmings, ½ pint of gravy or water.

Mode.—Line the bottom of a braising-pan with a few slices of bacon; put in the carrots, onions, herbs, parsley, and seasoning, and over these place the mutton. Cover the whole with a few more slices of bacon and the veal trimmings, pour in the gravy or water, and stew very *gently* for 4 hours. Strain the gravy, reduce it to a glaze over a sharp fire, glaze the mutton with it, and send it to table; place on a dish of white haricot beans boiled tender, or garnished with glazed onions.

Time.—4 hours. **Average Cost,** 5*s.* 6*d.*

Sufficient for 8 or 10 persons.

Seasonable at any time.

The Order of the Golden Fleece.—This order of knighthood was founded by Philip the Good, Duke of Burgundy, in 1429, on the day of his marriage with the Princess Isabelle of Portugal. The number of the members was originally fixed at thirty-one, including the sovereign as the head and chief of the institution. In 1516 Pope Leo X. consented to increase the number to fifty-two, including the head. In 1700 the German Emperor Charles VI. and King Philip of Spain both laid claim to the order. The former, however, on leaving Spain, which he could not maintain by force of arms, took with him to Vienna the archives of the order, the inauguration of which he solemnised there in 1713, with great magnificence: but Philip V. of Spain declared himself Grand Master, and formally protested, at the Congress of Cambrai (1721), against the pretensions of the emperor. The dispute, though subsequently settled by the intercession of France, England and Holland, was frequently renewed, until the order was tacitly introduced into both countries, and it now passes by the respective names of the Spanish or Austrian "Order of the Golden Fleece," according to the country where it is issued.

1076.—AN EXCELLENT WAY TO COOK A BREAST OF MUTTON. (*Fr.*—Poitrine de Mouton aux Petits Pois.)

Ingredients.—Breast of mutton, 2 onions, salt and pepper to taste, flour, a bunch of savoury herbs, green peas.

Mode.—Cut the mutton into pieces about 2 inches square, and let them be tolerably lean; put them into a stewpan, with a little fat or butter, and fry of a nice brown; then dredge in a little flour, slice the onions, and put them, with the herbs, in the stewpan; pour in sufficient water *just* to cover the meat, and simmer the whole gently until the mutton is tender. Take out the meat, strain, and skim off all the fat from the gravy, and put both the meat and gravy back into the stewpan; add about a quart of young green peas, and let them boil gently until done. 2 or 3 slices of bacon added and stewed with the mutton give additional flavour; and, to ensure the peas being a beautiful green colour, they may be boiled in water separately, and added to the stew at the moment of serving.

Time.—2½ hours. **Average Cost,** 5*d.* per pound.

Sufficient for 6 persons.

Seasonable from June to August.

Names of Animals Saxon, and of their Flesh Norman.—The names of all our domestic animals are of Saxon origin; but it is curious to observe that Norman names have been given to the different sorts of flesh which these animals yield. How beautifully this illustrates the relative position of Saxon and Norman after the Conquest. The Saxon hind had the charge of tending and feeding the domestic animals, but only that they might appear on the table of his Norman lord. Thus "ox," "steer," "cow" are Saxon, but "beef" is Norman; "calf" is Saxon, but "veal" Norman; "sheep" is Saxon, but "mutton" Norman; so it is severally with "deer," and "venison," "swine" and "pork," "fowl" and "pullet." "Bacon," the only flesh, which, perhaps, ever came within the Saxon's reach, is the single exception.

1077.—BROILED MUTTON AND TOMATO SAUCE.

(*Fr.*—Filets de Mouton aux Tomates.)

(*Cold Meat Cookery.*)

Ingredients.—A few slices of cold mutton, tomato sauce, No. 784.

Mode.—Cut some nice slices from a cold leg or shoulder of mutton; season them with pepper and salt, and broil over a clear fire. Make some tomato sauce by recipe No. 784, pour it over the mutton, and serve. This makes an excellent dish, and must be served very hot.

Time.—About five minutes to broil the mutton.

Seasonable in September and October. When tomatoes are plentiful and seasonable.

Shepherds and their Flocks.—The shepherd's crook is older than either the husbandman's plough or the warrior's sword. We are told that Abel was a keeper of sheep. Many passages in holy writ enable us to appreciate the pastoral riches of the first Eastern nations; and we can form an idea of the number of their flocks, when we read that Jacob gave the children of Hamor a hundred sheep for the price of a field, and that the King of Israel received a hundred thousand every year from the King of Moab, his tributary, and a like number of rams covered with their fleece. The tendency which most sheep have to ramble, renders it necessary for them to be attended by a shepherd. To keep a flock within bounds is no easy task; but the watchful shepherd manages to accomplish it without harassing the sheep. In the Highlands of Scotland, where the herbage is scanty, the sheep farm requires to be very large, and to be watched over by many shepherds. The farms of some of the great Scottish landowners are of enormous extent. "How many sheep have you on your estate?" asked Prince Esterhazy of the Duke of Argyll. "I have not the most remote idea," replied the duke; "but I know the shepherds number several thousands."

1078.—BROILED MUTTON CHOPS.
(*Fr.*—Côtelettes de Mouton.)

Ingredients.—Loin of mutton, pepper and salt, a small piece of butter.

Mode.—Cut the chops from a well-hung, tender loin of mutton, remove a portion of the fat, and trim them into a nice shape; slightly beat and level them; place the gridiron over a bright, clear fire, rub the bars with a little fat, and lay on the chops. Whilst broiling frequently turn them, and in about 8 minutes they will be done. Season with pepper and salt, dish them on a very hot dish, rub a small piece of butter on each chop, and serve very hot and expeditiously.

Time.—About 8 minutes. **Average Cost,** 1*s.* per lb.

Sufficient.—Allow 1 chop to each person.

Seasonable at any time.

1079.—CHINA CHILO.

Ingredients.—1½ lb. of leg, loin or neck of mutton, 2 onions, 2 lettuces, 1 pint of green peas, 1 teaspoonful of salt, 1 teaspoonful of pepper, ¼ pint of water, ¼ lb. of clarified butter; when liked, a little cayenne.

Mode.—Mince the above quantity of undressed leg, loin or neck of mutton, adding a little of the fat, also minced; put it into a stewpan with the remaining ingredients, previously shredding the lettuce and onion rather fine; closely cover the stewpan, after the ingredients have been well stirred, and simmer gently for rather more than 2 hours. Serve in a dish, with a border of rice round, the same as for curry.

Time.—Rather more than 2 hours. **Average Cost,** 2*s.*

Sufficient for 4 persons.

Seasonable from June to August.

1080.—CURRIED MUTTON. (*Fr.*—Mouton à l'Indienne.)
(*Cold Meat Cookery.*)

Ingredients.—The remains of any joint of cold mutton, 2 onions, ½ lb. of butter, 1 dessertspoonful of curry powder, 1 dessertspoonful of flour, salt to taste, ¼ pint of stock or water.

Mode.—Slice the onions in thin rings, and put them into a stewpan with the butter, and fry of a light brown; stir in the curry powder, flour and salt, and mix all well together. Cut the meat into nice thin slices (if there is not sufficient to do this, it may be minced), and add it to the other ingredients; when well browned, add the stock or gravy, and stew gently for about half an hour. Serve in a dish with a border of boiled

rice, the same as for other curries. This, as well as other curries, is improved by a little chutnee and some acid fruit such as an apple.

Time.—½ hour. **Average Cost,** exclusive of the meat, 6*d.*

Seasonable in winter.

1081.—CUTLETS OF COLD MUTTON.

(*Fr.*—Côtelettes de Mouton au Jus de Tomates.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold loin or neck of mutton, 1 egg, bread-crumbs, brown gravy, No. 614, or tomato sauce, No. 784.

Mode.—Cut the remains of cold loin or neck of mutton into cutlets, trim them, and take away a portion of the fat, should there be too much; dip them in beaten egg, and sprinkle with bread-crumbs, and fry them a nice brown in hot dripping. Arrange them on a dish, and pour round them either a good gravy or hot tomato sauce.

Time.—About 7 minutes.

Seasonable.—Tomatoes are best in September and October.

1082.—DORMERS. (*Fr.*—Croquettes de Mouton.)

Ingredients.—½ lb. of cold mutton, 2 oz. of beef suet, pepper and salt to taste, 3 oz. of boiled rice, 1 egg, bread-crumbs, made gravy.

Mode.—Chop the meat, suet and rice finely; mix well together, and add a light seasoning of pepper and salt, and roll into sausages; cover them with egg and bread-crumbs, and fry in hot dripping of a nice brown. Serve in a dish, with made gravy poured round them, and a little in a tureen.

Time.—¼ hour to fry the sausages. **Average Cost,** exclusive of the meat, 4*d.*

Seasonable at any time.

1083.—POACHED EGGS AND MUTTON OR BEEF.

Ingredients.—Underdone beef or mutton, 6 eggs.

Mode.—Cut slices of underdone meat of the same size and thickness and grill them carefully over a bright clear fire to a nice brown colour. When done arrange them on a hot dish before the fire and put a hot cover over to keep them warm while poaching the eggs. When these are ready arrange them around the meat, either alone or on a border of mashed potatoes. If sauce be required it should be some good gravy with a dash of vinegar in it.

Time.—20 minutes. **Average Cost,** exclusive of meat, 6*d.*

Seasonable at any time.

1084.—"YESTERDAY'S MEAT" DISH.

Ingredients.—Cold roast beef, or mutton, salt, pepper, bread-crumbs, gravy, pickles.

Mode.—Cut the meat into trim thin slices, sprinkle with salt and pepper, dip into gravy, then into bread-crumbs, and spread over the slices some chopped pickles; moisten slightly with gravy and vinegar, then heat in the oven or before the fire for 20 minutes. Serve with sippets of toasted bread or potato balls.

Time.—20 minutes. **Average Cost,** 4*d.* without the meat.

Seasonable at any time.

The Golden Fleece.—The ancient fable of the Golden Fleece may be thus briefly told:—Phryxus a son of Athamus, King of Thebes, to escape the persecutions of his stepmother Ino, paid a visit to his friend Æetes, King of Colchis. A ram, whose fleece was of pure gold, carried the youth through the air in a most obliging manner to the court of his friend. When safe at Colchis, Phryxus offered the ram on the altars of Mars, and pocketed the fleece. The king received him with great kindness, and gave him his daughter Chalciope in marriage; but, some time after, he murdered him in order to obtain possession of the precious fleece. The murder of Phryxus was amply revenged by the Greeks. It gave rise to the famous Argonautic expedition, undertaken by Jason and fifty of the most celebrated heroes of Greece. The Argonauts recovered the fleece by the help of the celebrated sorceress Medea, daughter of Æetes, who fell desperately in love with the gallant but faithless Jason. In the story of the voyage of the Argo, a substratum of truth probably exists, though overlaid by a mass of fiction. The ram which carried Phryxus to Colchis is by some supposed to have been the name of the ship in which he embarked. The fleece of gold is thought to represent the immense treasures he bore away from Thebes. The alchemists of the fifteenth century were firmly convinced that the Golden Fleece was a treatise on the transmutation of metals, written on sheepskin.

1085.—HARICOT MUTTON. (*Fr.*—Haricot de Mouton.)

Ingredients.—4 lbs. of the middle or best end of the neck of mutton, 3 carrots, 3 turnips, 3 onions, pepper and salt to taste, 1 tablespoonful of ketchup or Harvey's sauce.

Mode.—Trim off some of the fat, cut the mutton into rather thin chops, and put them into a frying-pan with the fat trimmings. Fry of a pale brown, but do not cook them enough for eating. Cut the carrots and turnips into dice, and the onions into slices, and slightly fry them in the same fat that the mutton was browned in, but do not allow them to take any colour. Now lay the mutton at the bottom of a stewpan, then the vegetables, and pour over them just sufficient boiling water to cover the whole. Give one boil, skim well, and then set the pan on the side of the fire to simmer gently until the meat is tender. Skim off every particle of fat, add a seasoning of pepper and salt, and a little ketchup, and serve. This dish is very much better if made the day before it is wanted for table, as the fat can be so much more easily removed when the gravy is cold. This should be particularly attended to, as it is apt to be rather rich and greasy if eaten the same day it is made. It should be served in rather a deep dish.

Time.—2½ hours to simmer gently. **Average Cost,** 3*s.* 4*d.*
Sufficient for 8 persons. **Seasonable** at any time.

1086.—HARICOT MUTTON. (*Fr.*—Haricot de Mouton.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold neck or loin of mutton, 2 oz. of butter, 3 onions, 1 dessertspoonful of flour, ½ pint of good gravy, pepper and salt to taste, 2 tablespoonfuls of port, 1 tablespoonful of mushroom ketchup, 2 carrots, 2 turnips, 1 head of celery.

Mode.—Cut the cold mutton into moderate-sized chops, and take off the fat; slice the onions, and fry them with the chops, in a little butter, of a nice brown colour; stir in the flour, add the gravy, and let it stew gently nearly an hour. In the meantime, boil the vegetables until *nearly* tender, slice them, and add them to the mutton about a quarter of of an hour before it is to be served. Season with pepper and salt, add the ketchup and port, give one boil, and serve.

Time.—1 hour. **Average Cost,** exclusive of the cold meat, 1*s.*
Seasonable at any time.

1087.—SCOTCH HAGGIS.

Ingredients.—Sheep's pluck and stomach, ½ lb. of suet, ½ lb. of oatmeal, an onion, pepper and salt.

Mode.—Have the stomach bag properly cleaned by the butcher, wash it well and put it in a saucepan of cold water and bring to the boil, which will make the bag contract. Take it out of the water at once, wash and scrape it well and lay it in salt and water. Wash the pluck thoroughly and boil it gently for one hour and a half with the windpipe hanging out over the edge of the pot that all impurities may escape through it. Take all gristly parts from the lungs and heart, and mince the remainder, grate the best parts of the liver, chop the suet and onion fine, toast the oatmeal in the oven and put all in a basin, with a dessertspoonful of salt and rather less than half the quantity of pepper. Moisten with half a pint of the liquor in which the pluck was boiled. Take the stomach bag from the brine and, keeping the smooth side inside, fill it with the mixture (not quite full) and sew it up. Put the haggis in a pot of boiling water and boil it gently for 3 hours, with a plate under to prevent it from sticking, and prick it now and then with a needle to prevent it bursting.

Time.—3 hours to boil the haggis.

1088.—HASHED MUTTON. (*Fr.*—Ragoût de Mouton.)

Ingredients.—The remains of cold roast shoulder or leg of mutton, 6 whole peppers, 6 whole allspice a faggot of savoury herbs, ½ head of celery, 1 onion, 2 oz. of butter, flour.

Mode.—Cut the meat in nice even slices from the bones, trimming off all superfluous fat and gristle; chop the bones and fragments of the joint, put them into the stewpan with the pepper, spice, herbs and celery; cover with water, and simmer for 1 hour. Slice and fry the onion of a nice pale-brown colour, dredge in a little flour to make it thick, and add this to the bones, &c. Stew for a quarter of an hour, strain the gravy, and let it cool; then skim off every particle of fat, and put it, with the meat, into a stewpan. Flavour with ketchup, Harvey's sauce, tomato sauce, or any flavouring that may be preferred, and let the meat gradually warm through, but not boil, or it will harden. To hash meat properly, it should be laid in cold gravy, and only left on the fire just long enough to warm through.

Time.—1½ hour to simmer the gravy. **Average Cost,** exclusive of the meat, *4d.*

Seasonable at any time.

1089.—SHEEP'S HEARTS ROASTED.
(*Fr.*—Cœurs de Mouton Rôtis.)

Ingredients.—4 sheep's hearts, 4 onions, 8 tablespoonfuls of bread-crumbs, 2 teaspoonfuls of dried sage, salt, black pepper.

Mode.—Wash the hearts well, parboil the onions, then mince finely, and mix with the sage, bread-crumbs, salt and pepper. Press the stuffing well into the hearts, and sew them with needle and cotton, or tie a little muslin over the tops to keep the stuffing in. Roast before a good fire from half an hour to 40 minutes, basting frequently; or bake for the same time in a good oven, but take care they do not get too dry. The onions may be omitted.

Time.—30 to 40 minutes. **Average Cost,** 1*s.* 6*d.*

Sufficient for 6 persons.

Seasonable at any time.

Hashed Mutton.—Many persons express a decided aversion to hashed mutton; and, doubtless, this dislike has arisen from the fact that they have unfortunately never been properly served with this dish. If properly done, however, the meat tender (it ought to be as tender as when first roasted), the gravy abundant and well flavoured, and the sippets nicely toasted, and the whole served neatly—then hashed mutton is by no means to be despised, and is infinitely more wholesome and appetising than the cold leg or shoulder, of which fathers and husbands, and their bachelor friends, stand in such natural awe.

1090.—HODGE-PODGE. (*Fr.*—Hochepot.)
(*Cold Meat Cookery.*)

Ingredients.—About 1 lb. of underdone cold mutton, 2 lettuces, 1 pint of green peas, 5 or 6 green onions, 2 oz. of butter, pepper and salt to taste, ½ teacupful of water.

Mode.—Mince the mutton, and cut up the lettuces and onions in

slices. Put these in a stewpan, with all the ingredients except the peas, and let these simmer very gently for three-quarters of an hour, keeping them well stirred. Boil the peas separately, mix these with the mutton, and serve very hot.

Time.—¾ hour. **Average Cost,** exclusive of the meat, 1*s.*

Sufficient for 3 or 4 persons.

Seasonable fom the end of May to August.

1091.—IRISH STEW. (*Fr.*—Mouton à l'Irlandaise.)

Ingredients.—3 lbs. of the loin or neck of mutton, 5 lbs. of potatoes, 5 large onions, pepper and salt to taste, rather more than 1 pint of water.

Mode.—Trim off some of the fat of the above quantity of loin or neck of mutton, and cut it into chops of a moderate thickness. Pare and halve the potatoes, and cut the onions into thick slices. Put a layer of potatoes at the bottom of a stewpan, then a layer of mutton and onions, and season with pepper and salt; proceed in this manner until the stewpan is full, taking care to have plenty of vegetables at the top. Pour in the water, and let it stew very gently for 2½ hours, keeping the lid of the stewpan closely shut the *whole* time, and occasionally shaking the preparation to prevent its burning.

Time.—2½ hours. **Average Cost,** for this quantity, 2*s.* 6*d.*

Sufficient for 6 or 8 persons.

Seasonable.—Suitable for a winter dish.

1092.—IRISH STEW. (*Fr.*—Mouton à l'Irlandaise.)

(*Another Mode.*)

Ingredients.—3 lbs. of the breast of mutton, 1½ pint of water, salt and pepper to taste, 4 lbs. of potatoes, 4 large onions.

Mode.—Put the mutton into a stewpan with the water and a little salt, and let it stew gently for an hour; cut the meat into small pieces, skim the fat from the gravy, and pare and slice the potatoes and onions. Put all the ingredients into the stewpan in layers, first a layer of vegetables, then one of meat, and sprinkle seasoning of pepper and salt between each layer; cover closely, and let the whole stew very gently for one hour or rather more, shaking it frequently, to prevent its burning.

Time.—Rather more than two hours. **Average Cost,** 1*s.* 8*d.*

Sufficient for 6 or 8 persons.

Seasonable.—Suitable for a winter dish.

Note.—Irish stew may be prepared in the same manner as above, but baked in a jar, instead of boiled. About 2 hours, or rather more, in a moderate oven, will be sufficient time to bake it.

1093.—KIDNEY TOAST.

(A Nice Breakfast Dish.)

Ingredients. — 2 sheep's kidneys, or ½ lb. of bullock's kidney, 1 oz. of butter, cayenne, a squeeze of lemon, salt, 2 slices of hot buttered toast.

Mode. — Stew the kidneys with a very little water until tender, remove the skin and gristle, and pound smooth in a mortar, with the butter, lemon-juice, salt and cayenne to taste. Spread the mixture on the toast, which should be buttered on both sides, and put in the oven to get hot through.

Average Cost, 8*d.*

Sufficient for 3 persons.

Seasonable at any time.

The Downs.—The well-known substance, chalk, which the chemist regards as a nearly pure carbonate of lime, and the microscopist as an aggregation of inconceivably minute shells and corals, forms the sub-soil of the hilly districts of the south-east of England. The chalk-hills known as the South Downs start from the bold promontory of Beechy Head, traverse the county of Sussex from east to west, and pass through Hampshire into Surrey. The North Downs extend from Godalming, by Godstone, into Kent, and terminate in the line of cliffs which stretches from Dover to Ramsgate. The Downs are clothed with short verdant turf; but the layer of soil which rests upon the chalk is too thin to support trees and shrubs. The hills have rounded summits, and their smooth, undulated outlines are unbroken save by the sepulchral monuments of the early inhabitants of the country. The coombes and furrows, which ramify and extend into deep valleys, appear like dried-up channels of streams and rivulets. From time immemorial, immense flocks of sheep have been reared on these Downs. The herbage of these hills is remarkably nutritious; and whilst the natural healthiness of the climate, consequent on the dryness of the air and the moderate elevation of the land, is eminently favourable to rearing a superior race of sheep, the arable land in the immediate neighbourhood of the Downs affords the means of a supply of other food, when the natural produce of the hills fails. The mutton of the South-Down breed of sheep is highly valued for its delicate flavour, and the wool for its fineness; but the best specimens of this breed, when imported from England into the West Indies, become miserably lean in the course of a year or two, and their woolly fleece gives place to a covering of short, crisp, brownish hair.

1094.—BROILED KIDNEYS. (*Fr.*—Rognons Grillés.)

(A Breakfast or Supper Dish.)

Ingredients.—Sheep's kidneys, pepper and salt to taste.

Mode.—Ascertain that the kidneys are fresh, and cut them open, very evenly, lengthwise, down to the root; for should one half be thicker than the other, one would be underdone, whilst the other would be dried; but do not separate them, and pass a skewer under the white part of each half to keep them flat, and broil over a nice clear fire, placing the inside downwards; turn them when done enough on one side, and cook them on the other. Remove the skewers, place the kidneys on a very hot dish, season with pepper and salt, and put a tiny piece of butter in the middle of each; serve very hot and quickly, and send very hot plates to table.

KIDNEYS.

Time.—6 to 8 minutes. **Average Cost,** 2*d.* each.
Sufficient.—Allow 1 for each person.
Seasonable at any time.

Note.—A prettier dish than the above may be made by serving the kidneys each on a piece of buttered toast cut in any fanciful shape. In this case a little lemon-juice will be found an improvement.

1095.—FRIED KIDNEYS. (*Fr.*—Rognons Frits.)

Ingredients.—Kidneys, butter, pepper and salt to taste.

Mode.—Cut the kidneys open without quite dividing them, remove the skin, and put a small piece of butter in the frying-pan. When the butter is melted, lay in the kidneys, the flat side downwards, and fry them for seven or eight minutes, turning them when they are half done. Serve on a piece of dry toast, season with pepper and salt, and put a small piece of butter in each kidney; pour the gravy from the pan over them, and serve very hot.

Time.—7 or 8 minutes. **Average Cost,** 2*d.* each.
Sufficient.—Allow 1 for each person.
Seasonable at any time.

1096.—ROAST HAUNCH OF MUTTON. (*Fr.*—Hanche de Mouton Rôtie.)

Ingredients.—Haunch of mutton, a little salt, flour.

Mode.—Let this joint hang as long as possible without becoming tainted, and while hanging dust flour over it, which keeps off the flies and prevents the air from getting to it. If not well hung, the joint, when it comes to table, will neither do credit to the butcher nor the cook, as it will not be tender. Wash the outside well, lest it should have a bad flavour from keeping; then flour it and put it down to a nice brisk fire, at some distance, so that it may gradually warm through. Keep continually basting, and about half an hour before it is served, draw it nearer to the fire to get nicely brown. Sprinkle a little fine salt over the meat, pour off the dripping, add a little boiling water slightly salted, and strain this over the joint. Place a paper ruche on the bone, and send red-currant jelly and gravy in a tureen to table with it.

HAUNCH OF MUTTON.

Time.—About 4 hours. **Average Cost,** 9½*d.* per lb.
Sufficient for 12 persons.
Seasonable.—In best season from September to March.

How to Buy Meat Economically.—If the housekeeper is not very particular as to the precise joints to cook for dinner, there is oftentimes an opportunity for her to save as much money in her

purchases of meat as will pay for the bread to eat with it. It often occurs, for instance, that the butcher may have a superfluity of certain joints, and these he would be glad to get rid of at a reduction of sometimes as much as 1*d.* or 1½*d.* per lb., and thus, in a joint of 8 or 9 lbs., will be saved enough to buy 2 quartern loaves. It frequently happens with many butchers, that, in consequence of a demand for legs and loins of mutton, they have only shoulders left, and these they will be glad to sell at a reduction.

1097.—ROAST LEG OF MUTTON.
(*Fr.*—Gigot Rôti.)

Ingredients.—Leg of mutton, a little salt.

Mode.—As mutton, when freshly killed, is never tender, hang it almost as long as it will keep; flour it and put it in a cool airy place for a few days, if the weather will permit. Wash off the flour, wipe it very dry, and cut off the shank-bone; put it down to a brisk, clear fire, dredge with flour, and keep continually basting the whole time it is cooking. About twenty minutes before serving, draw it near the fire to get nicely brown; sprinkle over it a little salt, dish the meat, pour off the dripping, add some boiling water slightly salted, strain it over the joint, and serve.

LEG OF MUTTON.

Time.—A leg of mutton weighing 10 lbs., about 2¼ or 2½ hours; one of 7 lbs., about 2 hours, or rather less. **Average Cost,** 9½*d.* per lb.

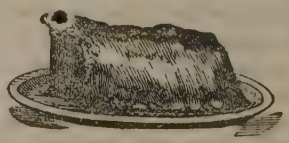
Sufficient.—A moderate-sized leg of mutton, for 10 or 12 persons.

Seasonable at any time, but not so good in June, July, and August.

1098.—ROAST LOIN OF MUTTON.
(*Fr.*—Longe de Mouton Rôtie.)

Ingredients.—Loin of mutton, a little salt.

Mode.—Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the carver when it comes to table. Have ready a nice clear fire (it need not be a very wide, large one), put down the meat, dredge with flour, and baste well until it is done. Make the gravy as for roast leg of mutton, and serve very hot.



LOIN OF MUTTON.

Time.—A loin of mutton weighing 6 lbs., 1¼ hour or rather longer. **Average Cost,** 9*d.* per lb.

Sufficient for 8 or 10 persons.

Seasonable at any time.

1099.—ROLLED LOIN OF MUTTON.

(*Fr.*—Longe de Mouton Farcie.)

(Very Excellent.)

Ingredients.—About 6 lbs. of a loin of mutton, ½ a teaspoonful of pepper, ¼ teaspoonful of pounded allspice, ¼ teaspoonful of mace, ¼ teaspoonful of nutmeg, 6 cloves, forcemeat, No. 629, 1 glass of port, 2 tablespoonfuls of mushroom ketchup.

Mode.—Hang the mutton till tender, bone it, and sprinkle over it pepper, mace, cloves, allspice, and nutmeg in the above proportion, all of which must be pounded very fine. Let it remain for a day, then make a forcemeat by recipe No. 629, cover the meat with it, and roll and bind it up firmly. Half bake it in a slow oven, let it grow cold, take off the fat, and put the gravy into a stewpan; flour the meat, put it in the gravy, and stew it perfectly tender. Now take out the meat, unbind it, add to the gravy wine and ketchup as above, give one boil, and pour over the meat. Serve with red-currant jelly; and, if obtainable, a few mushrooms, stewed for a few minutes in the gravy, will be found a great improvement.

Time.—1½ hour to bake the meat, 1½ hour to stew gently. **Average Cost,** 5*s.*

Sufficient for 8 or 10 persons.

Seasonable at any time.

Note.—This joint will be found very nice if rolled and stuffed, as here directed, and plainly roasted. It should be well basted, and served with a good gravy and currant jelly.

1100.—BOILED NECK OF MUTTON.

(*Fr.*—Collet de Mouton à l'Eau.)

Ingredients.—4 lbs. of the middle or best end of the neck of mutton; a little salt.

Mode.—Trim off a portion of the fat, should there be too much, and if it is to look particularly nice, the chine bone should be sawn down, the ribs stripped halfway down, and the ends of the bones chopped off; this is, however, not necessary. Put the meat into sufficient *boiling* water to cover it; when it boils, add a little salt, and remove all the scum. Draw the saucepan to the side of the fire, and let the water get so cool that the finger may be borne in it; then simmer very *slowly* and gently until the meat is done, which will be in about 1½ hour, or rather more, reckoning from the time that it begins to simmer. Serve with turnips and caper sauce, No. 681, and pour a little of it over the meat. The turnips should be boiled with the mutton; and, when at hand, a few carrots will also be found an improvement. These, however, if very large and thick, must be cut into long thinnish pieces, or they will not be sufficiently done by the

time the mutton is ready. Garnish the dish with carrots and turnips placed alternately round the mutton.

Time.—4 lbs. of the neck of mutton, about 1½ hour. **Average Cost,** 7½*d.* per lb.

Sufficient for 8 persons.

Seasonable at any time.

The Poets on Sheep.—The keeping of flocks seems to have been the first employment of mankind; and the most ancient sort of poetry was probably pastoral. The poem known as the Pastoral gives a picture of the life of the simple shepherds of the golden age, who are supposed to have beguiled their time in singing. In all pastorals, repeated allusions are made to the "fleecy flocks," the "milk-white lambs," and "the tender ewes;" indeed, the sheep occupy a position in these poems inferior only to that of the shepherds who tend them. The "nibbling sheep" has ever been a favourite of the poets, and has supplied them with figures and similes without end. Shakspere frequently compares men to sheep. When Gloster rudely drives the lieutenant from the side of Henry VI., the poor king thus touchingly speaks of his helplessness:—

"So flies the reckless shepherd from the wolf:
So first the harmless sheep doth yield his fleece,
And next his throat unto the butcher's knife."

In the "Two Gentlemen of Verona," we meet with the following humorous comparison:—

"*Proteus.* The sheep for fodder follow the shepherd, the shepherd for food follows not the sheep; thou for wages followest thy master, thy master for wages follows not thee; therefore thou art a sheep.

"*Speed.* Such another proof will make me cry *baa*."

The descriptive poets give us some charming pictures of sheep. Everyone is familiar with the sheep-shearing scene in Thomson's "Seasons:"—

"Heavy and dripping, to the breezy brow
Slow move the harmless race; where, as they spread
Their swelling treasures to the sunny ray,
Inly disturb'd, and wond'ring what this wild
Outrageous tumult means, their loud complaints
The country fill; and, tossed from rock to rock,
Incessant bleatings run around the hills."

What an exquisite idea of stillness is conveyed in the oft-quoted line from Gray's "Elegy:"

"And drowsy tinklings lull the distant fold."

From Dyer's quaint poem of "The Fleece," we could cull a hundred passages relating to sheep; but we have already exceeded our space. We cannot, however, close this brief notice of the allusions that have been made to sheep by our poets, without quoting a couple of verses from Robert Burns's "Elegy on Poor Mailie," his only "pet *yowe*:"—

"Thro' a' the town she stroll'd by him;
A lang half-mile she could descry him;
Wi' kindly bleat, when she did spy him,
She ran wi' speed;
A friend mair faithfu' ne'er cam' nigh him
Than Mailie dead.

"I wat she was a sheep o' sense,
An' could behave hersel' wi' mense;
I'll say't, she never brake a fence,
Thro' thievish greed.
Our bardie, lanely, keeps the spence,
Sin' Mailie's dead."

1101.—MUTTON COLLOPS. (*Fr.*—Escalopes de Mouton.)

(Cold Meat Cookery.)

Ingredients.—A few slices of cold leg or loin of mutton, salt and pepper to taste, 1 blade of pounded mace, 1 small bunch of savoury herbs, minced very fine, 2 or 3 shalots, 2 or 3 oz. of butter, 1 dessertspoonful of flour, ½ pint of gravy, 1 tablespoonful of lemon-juice.

Mode.—Cut some very thin slices from a leg or the chump end of a loin of mutton; sprinkle them with pepper, salt, pounded mace, minced savoury herbs, and minced shalot; fry them in butter, stir in a dessert-spoonful of flour, add the gravy, and lemon-juice, simmer very gently about 5 or 7 minutes, and serve immediately.

Time.—5 to 7 minutes. **Average Cost,** exclusive of the meat, 4*d.*

Seasonable at any time.

1102.—MUTTON PIE. (*Fr.*—Pâté de Mouton.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of a cold leg, loin, or neck of mutton, pepper and salt to taste, 2 blades of pounded mace, 1 dessertspoonful of chopped parsley, 1 teaspoonful of minced savoury herbs; when liked, a little minced onion or shalot; 3 or 4 potatoes, 1 teacupful of gravy; crust.

Mode.—Cold mutton may be made into very good pies if well seasoned and mixed with a few herbs; if the leg is used, cut it into very thin slices; if the loin or neck, into thin cutlets. Place some at the bottom of the dish; season well with pepper, salt, mace, parsley, and herbs; then put a layer of potatoes sliced, then more mutton, and so on till the dishis full; add the gravy, cover with a crust, and bake for 1 hour.

Time.—1 hour. **Average Cost,** exclusive of the meat, 6*d.*

Seasonable at any time.

Note.—The remains of an underdone leg of mutton may be converted into a very good family pudding, by cutting the meat into slices, and putting them into a basin lined with a suet crust. It should be seasoned well with pepper, salt, and minced shalot, covered with a crust, and boiled for about three hours.

1103.—MUTTON PIE. (*Fr.*—Pâté de Mouton.)

(*Another Mode.*)

Ingredients.—2 lbs. of the neck or loin of mutton, weighed after being boned; 2 kidneys, pepper and salt to taste, 2 teacupfuls of gravy or water, 2 tablespoonfuls of minced parsley; when liked, a little minced onion or shalot, a puff crust.

Mode.—Bone the mutton, and cut the meat into steaks, all of the same thickness, and leave but very little fat. Cut up the kidneys, and arrange these with the meat neatly in a pie-dish; sprinkle over them the minced parsley and a seasoning of pepper and salt; pour in the gravy, and cover with a tolerably good puff crust. Bake for 1½ hour, or rather longer should the pie be very large, and let the oven be rather brisk. A well-made suet crust may be used instead of puff crust, and will be found exceedingly good.

Time.—1½ hour, or rather longer. **Average Cost,** 3*s.*
Sufficient for 6 persons.
Seasonable at any time.

1104.—MUTTON PUDDING.

Ingredients.—About 2 lbs. of the chump end of the loin of mutton, weighed after being boned; pepper and salt to taste; suet crust made with milk (*see* PASTRY), in the proportion of 6 oz. of suet to each pound of flour; a very small quantity of minced onion (this may be omitted when the flavour is not liked.)

Mode.—Cut the meat into rather thin slices, and season them with pepper and salt; line the pudding-dish with crust; lay in the meat, and nearly, but do not quite, fill it up with water; when the flavour is liked, add a small quantity of minced onion; cover with crust, and proceed in the same manner as for beef-steak pudding, using the same kind of pudding-dish or basin.

Time.—About 3 hours. **Average Cost,** 2*s.* 6*d.*
Sufficient for 6 persons.
Seasonable all the year, but more suitable in winter.

1105.—RAGOUT OF COLD NECK OF MUTTON.
(*Fr.*—Ragoût de Mouton.)
(*Cold Meat Cookery.*)

Ingredients.—The remains of a cold neck or loin of mutton, 2 oz. of butter, a little flour, 2 onions sliced, ½ pint of water, 2 small carrots, 2 turnips, pepper and salt to taste.

Mode.—Cut the mutton into small chops, and trim off the greater portion of the fat; put the butter into a stewpan, dredge in a little flour, add the sliced onions, and keep stirring till brown; then put in the meat. When this is quite brown, add the water, and the carrots and turnips, which should be cut into very thin slices; season with pepper and salt, and stew till quite tender, which will be in about three-quarters of an hour. When in season, green peas may be substituted for the carrots and turnips; they should be piled in the centre of the dish, and the chops laid round.

Time.—¾ hour. **Average Cost,** exclusive of the meat, 4*d.*
Seasonable, with peas, from June to August.

1106.—ROAST NECK OF MUTTON.
(*Fr.*—Collet de Mouton Rôti.)

Ingredients.—Neck of mutton; a little salt.

Mode.—For roasting, choose the middle, or the best end, of the neck

of mutton; and if there is a very large proportion of fat, trim off some of it, and save it for making into suet puddings, which will be found exceedingly good. Let the bones be cut short, and see that it is properly jointed before it is laid down to the fire, as they will be more easily separated when they come to table. Place the joint at a nice brisk fire, dredge it with flour, and keep continually basting until done. A few minutes before serving, draw it nearer the fire, to acquire a nice colour, sprinkle over it a little salt, pour off the dripping, add a little boiling water, slightly salted; strain this over the meat and serve. Red currant jelly may be sent to table with it.

NECK OF MUTTON.
1—2. Best end. 2—3. Scrag.

Time.—4 lbs. of the neck of mutton, rather more than 1 hour. **Average Cost,** 7½*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable at any time.

Woollen Manufactures.—The distinction between hair and wool is rather arbitrary than natural, consisting in the greater or less degrees of fineness, softness and pliability of the fibres. When the fibres possess these properties so far as to admit of their being spun and woven into a texture sufficiently pliable to be used as an article of dress, they are called wool. The sheep, Llama, Angora goat, and the goat of Thibet, are the animals from which most of the wool used in manufactures is obtained. The finest of all wools is that from the goat of Thibet, of which the Cashmere shawls are made. Of European wools, the finest is that yielded by the Merino sheep, the Spanish and Saxon breeds taking the precedence. The Merino sheep, as now naturalised in Australia, furnishes an excellent fleece; but all varieties of sheep-wool, reared either in Europe or Australia, are inferior in softness of feel to that grown in India, and to that of the Llama of the Andes. The best of our British wools are inferior in fineness to any of the above-mentioned, being nearly twelve times the thickness of the finest Spanish merino; but, for the ordinary purposes of the manufacturer, they are unrivalled.

1107.—ROAST SADDLE OF MUTTON.

(*Fr.*—Selle de Mouton Rôtie.)

Ingredients.—Saddle of mutton; a little salt.

Mode.—To insure this joint being tender, let it hang for ten days or a fortnight, if the weather permits. Cut off the tail and flaps, and trim away every part that has not indisputable pretensions to be eaten, and have the skin taken off and skewered on again. Put it down to a bright, clear fire, and, when the joint has been cooking for an hour, remove the skin and dredge it with flour. It should not be placed too near the fire, as the fat should not be in the slightest degree burnt, but kept constantly basted, both before and after the skin is removed. Sprinkle some salt over the joint; make a little gravy in the dripping.

SADDLE OF MUTTON.

pan; pour it over the meat, which send to table with a tureen of made gravy and red-currant jelly.

Time.—A saddle of mutton weighing 10 lbs., 2½ hours; 14 lbs., 3½ hours. When liked underdone, allow rather less time. **Average Cost,** 9*d.* per lb.

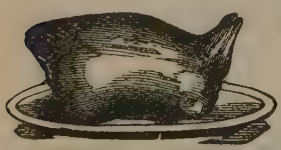
Sufficient.—A moderate-sized saddle of 10 lbs., for 7 or 8 persons.

Seasonable all the year; not so good when lamb is in full season.

1108.—ROAST SHOULDER OF MUTTON.
(*Fr.*—Epaule de Mouton.)

Ingredients.—Shoulder of mutton; a little salt.

Mode.—Put the joint down to a bright, clear fire; flour it well and keep continually basting. About a quarter of an hour before serving, draw it near the fire, that the outside may acquire a nice brown colour, but not sufficiently near to blacken the fat. Sprinkle a little fine salt over the meat, empty the dripping pan of its contents, pour in a little boiling water slightly salted, and strain this over the joint. Onion sauce, or stewed Spanish onions, are usually sent to table with this dish, and sometimes baked potatoes.



SHOULDER OF MUTTON.

Time.—A shoulder of mutton weighing 6 or 7 pounds, 1½ hour. **Average Cost,** 8½*d.* per lb.

Sufficient for 8 or 10 persons.

Seasonable at any time.

Note.—Shoulder of mutton may be dressed in a variety of ways; boiled, and served with onion sauce; boned, and stuffed with good veal forcemeat; or baked, with sliced potatoes in the dripping-pan.

The Ettrick Shepherd.—James Hogg was perhaps the most remarkable man that ever wore the *maud* of a shepherd. Under the garb, aspect and bearing of a rude peasant (and rude enough he was in most of these things, even after no inconsiderable experience of society), the world soon discovered a true poet. He taught himself to write by copying the letters of a printed book as he lay watching his flock on the hill-side, and believed that he had reached the utmost pitch of his ambition when he found that his artless rhymes could touch the heart of the ewe-milker who partook the shelter of his mantle during the passing storm. If "the shepherd" of Professor Wilson's "Noctes Ambrosianæ" may be taken as a true portrait of James Hogg, we must admit that, for quaintness of humour, the poet of Ettrick Forest had few rivals. Sir Walter Scott said that Hogg's thousand little touches of absurdity afforded him more entertainment than the best comedy that ever set the pit in a roar. Among the written productions of the shepherd-poet is an account of his own experiences in sheep-tending, called "The Shepherd's Calendar." This work contains a vast amount of useful information upon sheep, their diseases, habits and management. The Ettrick Shepherd died in 1835.

1109.—SHEEP'S FEET OR TROTTERS.
(*Fr.*—Pieds de Mouton.)
(Soyer's Recipe.)

Ingredients.—12 feet, ½ lb. of beef or mutton suet, 2 onions, 1 carrot, 2 bay-leaves, 2 sprigs of thyme, 1 oz. of salt, ¼ oz. of pepper, 2 table-

spoonfuls of flour, 2½ quarts of water, ¼ lb. of fresh butter, 1 teaspoonful of salt, 1 teaspoonful of flour, ¼ teaspoonful of pepper, a little grated nutmeg, the juice of 1 lemon, 1 gill of milk, the yolks of 2 eggs.

Mode.—Have the feet cleaned, and the long bone extracted from them. Put the suet into a stewpan, with the onions and carrot sliced, the bay-leaves, thyme, salt and pepper, and let these simmer for five minutes. Add two tablespoonfuls of flour and the water, and keep stirring till it boils; then put in the feet. Let these simmer for three hours, or until perfectly tender; then take them out and lay them on a sieve. Mix together on a plate, with the back of a spoon, butter, salt, flour (one tablespoonful), pepper, nutmeg and lemon-juice as above, and put the feet, with a gill of milk, into a stewpan. When very hot, add the butter, &c., and stir continually till melted. Now mix the yolks of two eggs with five tablespoonfuls of milk: stir this to the other ingredients, keep moving the pan over the fire continually for a minute or two, but do not allow it to boil after the eggs are added. Serve in a very hot dish, and garnish with croûtons, or sippets of toasted bread.

Time.—3 hours.

Sufficient for 6 persons.

Seasonable at any time.

1110.—SQUAB PIE.

(*Cornish Recipe.*)

Ingredients.—2 lbs. of neck of mutton, 2 lbs. of apples, 1 lb. of onions, ½ lb. of good suet crust, mushroom ketchup, salt and pepper, sugar.

Mode.—Trim the neck into neat chops, and season them highly with salt and pepper. Peel, core and slice the apples, peel and slice the onions. Lay the chops in a pie-dish, with the apples and onions on top, and add some sugar; cover with the paste, and bake three-quarters of an hour. When done, pour the gravy out at the side, skim off all fat, and add a spoonful of mushroom ketchup, then return it to the pie.

Time.—¾ of an hour. **Average Cost,** 2*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1111.—TO DRESS A SHEEP'S HEAD.

(*Fr.*—Tête de Mouton.)

Ingredients.—1 sheep's head, sufficient water to cover it, 3 carrots, 3 turnips, 2 or 3 parsnips, 3 onions, a small bunch of parsley, 1 teaspoonful of pepper, 3 teaspoonfuls of salt, ¼ lb. of Scotch oatmeal.

Mode.—Clean the head well, and let it soak in warm water for two

hours, to get rid of the blood; put it into a saucepan, with sufficient cold water to cover it, and, when it boils, add the vegetables, peeled and sliced, and the remaining ingredients; before adding the oatmeal, mix it to a smooth batter with a little of the liquor. Keep stirring till it boils up; then shut the saucepan closely, and let it stew gently for an hour and a half or two hours. It may be thickened with rice or barley, but oatmeal is preferable.

Time.—1½ or 2 hours. **Average Cost,** 6*d.* each.
Sufficient for 3 persons.
Seasonable at any time.

Singed Sheep's Head.—The village of Dudingston, which stands "within a mile of Edinburgh town," was formerly celebrated for this ancient and homely Scottish dish. In the summer months, many opulent citizens used to resort to this place to solace themselves over singed sheep's heads, boiled or baked. The sheep fed upon the neighbouring hills were slaughtered at this village, and the carcasses were sent to town; but the heads were left to be consumed in the place. We are not aware whether the custom of eating sheep's heads at Dudingston is still kept up by the good folks of Edinburgh.

1112.—TOAD-IN-THE-HOLE.

(*Cold Meat Cookery.*)

Ingredients.—6 oz. of flour, 1 pint of milk, 3 eggs, a few slices of cold mutton, pepper and salt to taste, 2 kidneys.

Mode.—Make a smooth batter of flour, milk and eggs in the above proportion; butter a baking-dish, and pour in the batter. Into this place a few slices of cold mutton, previously well seasoned, and the kidneys, which should be cut into rather small pieces; bake about one hour, or rather longer, and send it to table in the dish it was baked in. Oysters or mushrooms may be substituted for the kidneys, and will be found exceedingly good.

Time.—Rather more than 1 hour. **Average Cost,** exclusive of the cold meat, 9*d.*

Seasonable at any time.

1113.—COLD LAMB RE-DRESSED.

Ingredients.—Cold roast lamb, bread-crumbs, parsley, yolks of 2 eggs, ¼ pint of gravy, lemon-juice, nutmeg, ¼ lb. of butter.

Mode.—Trim the slices as before, then lay them in a mixture of chopped parsley, bread-crumbs and the beaten yolks of the eggs. Then fry of a pale golden brown in butter, and dish with gravy into which a few drops of lemon-juice and some grated nutmeg have been stirred.

Time.—15 minutes. **Average Cost,** 8*d.*, exclusive of meat.
Sufficient for 3 or 4 persons.
Seasonable.—Easter to Michaelmas.

1114.—BREAST OF LAMB AND GREEN PEAS.
(*Fr.*—Poitrine d'Agneau aux Petits Pois.)

Ingredients.—1 breast of lamb, a few slices of bacon, ½ pint of stock, No. 273, 1 lemon, 1 onion, 1 bunch of savoury herbs, green peas.

Mode.—Remove the skin from a breast of lamb, put it into a saucepan of boiling water, and let it simmer for 5 minutes. Take it out and lay it in cold water. Line the bottom of a stewpan with a few thin slices of bacon; lay the lamb on these; peel the lemon, cut it into slices, and put these on the meat, to keep it white and make it tender; cover with 1 or 2 more slices of bacon; add the stock, onion, and herbs, and set it on a slow fire to simmer very gently until tender. Have ready some green peas, put these on a dish, and place the lamb on the top of these. The appearance of this dish may be much improved by glazing the lamb, and spinach may be substituted for the peas when variety is desired.

Time.—1½ hour. **Average Cost,** 7*d.* per lb.

Sufficient for 3 persons.

Seasonable.—Grass lamb, from Easter to Michaelmas.

The Lamb as a Sacrifice.—The number of lambs consumed in sacrifices by the Hebrews must have been very considerable. Two lambs "of the first year" were appointed to be sacrificed daily for the morning and evening sacrifice; and a lamb served as a substitute for the first-born of unclean animals, such as the ass, which could not be accepted as an offering to the Lord. Every year, also, on the anniversary of the deliverance of the children of Israel from the bondage of Egypt, every family was ordered to sacrifice a lamb or kid, and to sprinkle some of its blood upon the door-posts, in commemoration of the judgment of God upon the Egyptians. It was to be eaten roasted, with unleavened bread and bitter herbs, in haste, with the loins girded, the shoes on the feet, and the staff in the hand; and whatever remained until the morning was to be burnt. The sheep was also used in the numerous special, individual, and national sacrifices ordered by the Jewish law. On extraordinary occasions, vast quantities of sheep were sacrificed at once; thus Solomon, on the completion of the temple, offered "sheep and oxen that could not be told nor numbered for multitude."

1115.—STEWED BREAST OF LAMB.
(*Fr.*—Poitrine d'Agneau au Vin Blanc.)

Ingredients.—1 breast of lamb, pepper and salt to taste, sufficient stock, No. 273, to cover it, 1 glass of sherry, thickening of butter and flour

Mode.—Skin the lamb, cut it into pieces, and season them with pepper and salt; lay these in a stewpan, pour in sufficient stock or gravy to cover them, and stew very gently until tender, which will be in about 1½ hour. Just before serving, thicken the sauce with a little butter and flour; add the sherry, give one boil, and pour it over the meat. Green peas, or stewed mushrooms, may be strewed over the meat, and will be found a very great improvement.

Time.—1½ hour. **Average Cost,** 7*d.* per lb.

Sufficient for 3 persons.

Seasonable.—Grass lamb, from Easter to Michaelmas.

1116.—LAMB CHOPS. (*Fr.*—Côtelettes d'Agneau.)

Ingredients.—Loin of lamb, pepper and salt to taste.

Mode.—Trim off the flap from a fine loin of lamb, and cut it into chops about three-quarters of an inch in thickness. Have ready a bright clear fire; lay the chops on a gridiron, and broil them of a nice pale brown, turning them when required. Season them with pepper and salt: serve very hot and quickly, and garnish with crisped parsley, or place them on mashed potatoes. Asparagus, spinach, or peas are the favourite accompaniments of lamb chops.

Time.—About 8 or 10 minutes. **Average Cost,** 11*d.* per lb.

Sufficient.—Allow 2 chops to each person.

Seasonable from Easter to Michaelmas.

1117.—LAMB'S FRY.

Ingredients.—1 lb. of lamb's fry, 3 pints of water, egg and bread-crumbs, 1 teaspoonful of chopped parsley, salt and pepper to taste.

Mode.—Boil the fry for a quarter of an hour in the above proportion of water, take it out and dry it in a cloth; grate some bread down finely, mix with it a teaspoonful of chopped parsley and a high seasoning of pepper and salt. Brush the fry lightly over with the yolk of an egg, sprinkle over the bread-crumbs, and fry for 5 minutes. Serve very hot on a napkin in a dish, and garnish with plenty of crisped parsley.

Time.—¼-hour to simmer the fry; 5 minutes to fry it. **Average Cost,** about 8*d.* to 10*d.* per lb.

Sufficient for 2 or 3 persons.

Seasonable from Easter to Michaelmas.

1118.—HASHED LAMB AND BROILED BLADEBONE. (*Fr.*—Epaule d'Agneau à la Sauce Piquante.)

Ingredients.—The remains of a cold shoulder of lamb, pepper and salt to taste, 2 oz. of butter, about ½ pint of stock or gravy, 1 tablespoonful of shalot vinegar, 3 or 4 pickled gherkins.

Mode.—Take the bladebone from the shoulder, and cut the meat into collops as neatly as possible. Season the bone with pepper and salt, pour a little oiled butter over it, and place it in the oven to warm through. Put the stock into a stewpan, add the ketchup and shalot vinegar, and lay in the pieces of lamb. Let these heat gradually through, but do not allow them to boil. Take the bladebone out of the oven and place it on a gridiron over a sharp fire to brown. Slice the gherkins, put them into the

hash, and dish it with the bladebone in the centre. It may be garnished with croûtons or sippets of toasted bread.

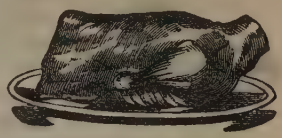
Time.—Altogether 2½ hours. **Average Cost,** exclusive of the meat 6*d.*

Seasonable.—From Easter to Michaelmas.

1119.—ROAST FORE-QUARTER OF LAMB. (*Fr.*—Quartier de Devant.)

Ingredients.—Lamb, a little salt.

Mode.—To obtain the flavour of lamb in perfection, it should not be long kept; time to cool is all that is required; and though the meat may be somewhat thready, the juices and flavour will be infinitely superior to that of lamb that has been killed 2 or 3 days. Make up the fire in good time, that it may be clear and brisk when the joint is put down. Place it at sufficient distance to prevent the fat from burning, and baste it constantly till the moment of serving. Lamb should be very thoroughly done without being dried up, and not the slightest appearance of red gravy should be visible, as in roast mutton: this rule is applicable to all young white meats. Serve with a little gravy made in the dripping-pan, the same as for other roasts, and send to table with it a tureen of mint sauce and, if liked, fresh salad. A cut lemon, a small piece of fresh butter and a little cayenne, should also be placed on the table, so that when the carver separates the shoulder from the ribs, they may be ready for his use; if, however, he should not be very expert, we would recommend that the cook should divide these joints nicely before coming to table.



FORE-QUARTER OF LAMB.

Time.—Fore-quarter of lamb weighing 10 lbs., 1¾ to 2 hours. **Average Cost,** 9*d.* per lb.

Sufficient for 7 or 8 persons.

Seasonable.—Grass lamb, from Easter to Michaelmas.

1120.—BOILED LEG OF LAMB WITH BECHAMEL SAUCE. (*Fr.*—Gigot d'Agneau à la Béchamel.)

Ingredients.—Leg of lamb, béchamel sauce, No. 665.

Mode.—Do not choose a very large joint, but one weighing about 5 lbs. Have ready a saucepan of boiling water, into which plunge the lamb, and when it boils up again, draw it to the side of the fire, and let the water cool a little. Then stew very gently for 1¼ hour, reckoning from the time that the water begins to simmer. Make some Béchamel by recipe No.

665, dish the lamb, pour the sauce over it, and garnish with tufts of boiled cauliflower or carrots. When liked, melted butter may be substituted for the béchamel; this is a more simple method, but not nearly so nice. Send to table with it some of the sauce in a tureen, and boiled cauliflowers, spinach, or peas.

Time.—1¼ hour after the water simmers. **Average Cost,** 1*s.* per lb.

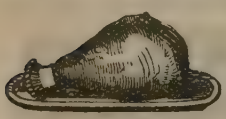
Sufficient for 6 or 8 persons.

Seasonable from Easter to Michaelmas.

1121.—ROAST LEG OF LAMB. (*Fr.*—Gigot Rôti.)

Ingredients.—Lamb, a little salt.

Mode.—Place the joint at a good distance from the fire at first, and baste well the whole time it is cooking. When nearly done, draw it nearer the fire to acquire a nice brown colour. Sprinkle a little fine salt over the meat, empty the dripping-pan of its contents, pour in a little boiling water, and strain this over the meat. Serve with mint sauce; and for vegetables, send peas, spinach, or cauliflowers to table with it.



LEG OF LAMB.

Time.—A leg of lamb weighing 5 lbs., 1½ hour. **Average Cost,** 1*s.* per lb.

Sufficient for 6 or 8 persons.

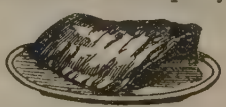
Seasonable from Easter to Michaelmas.

1122.—BRAISED LOIN OF LAMB.

(*Fr.*—Longe d'Agneau Braisée aux Petits Pois, etc.)

Ingredients.—1 loin of lamb, a few slices of bacon, 1 bunch of green onions, 5 or 6 young carrots, a bunch of savoury herbs, 2 blades of pounded mace, 1 pint of stock, salt to taste.

Mode.—Bone a loin of lamb, and line the bottom of a stewpan just capable of holding it with a few thin slices of fat bacon; add the remaining ingredients, cover the meat with a few more slices of bacon, pour in the stock, and simmer very *gently* for two hours; take it up, dry it, strain and reduce the gravy to a glaze, with which glaze the meat, and serve it either on stewed peas, spinach, or stewed cucumbers.



LOIN OF LAMB.

Time.—2 hours. **Average Cost,** 11*d.* per lb.

Sufficient for 5 or 6 persons.

Seasonable from Easter to Michaelmas.

1123.—ROAST SADDLE OF LAMB.
(*Fr.*—Selle d'Agneau Rôtie.)

Ingredients.—Lamb, a little salt.

Mode.—This joint is now very much in vogue, and is generally considered a nice one for a small party. Have ready a clear brisk fire, and put down the joint at a little distance, to prevent the fat from scorching:

SADDLE OF LAMB.

RIBS OF LAMB.

keep it well basted all the time it is cooking. Serve with mint sauce and a fresh salad, and send to table with it either peas, cauliflowers, o spinach.

Time.—A small saddle, 1½ hour; a larger one, 2 hours. **Average Cost,** 11*d.* per lb.

Sufficient for 5 or 6 persons.

Seasonable from Easter to Michaelmas.

Note.—Loin and ribs of lamb are roasted in the same manner, and served with the same sauces as the above. A loin will take about 1¼ hour; ribs, from 1 to 1¼ hour.

1124.—ROAST SHOULDER OF LAMB.
(*Fr.*—Epaule d'Agneau Rôtie.)

Ingredients.—Lamb, a little salt.

Mode.—Have ready a clear brisk fire, and put down the joint at a sufficient distance from it that the fat may not burn. Keep constantly basting until done, and serve with a little gravy made in the dripping-pan, and send mint sauce to table with it. Peas, spinach, or cauliflowers are the usual vegetables served with lamb, and also a fresh salad.

Time.—A shoulder of lamb rather more than 1 hour. **Average Cost,** 10*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

1125.—SHOULDER OF LAMB, STUFFED.
(*Fr.*—Epaule farcie, aux Concombres, à l'Oseille, etc.)

Ingredients.—Shoulder of lamb, forcemeat, No. 629, trimmings of veal or beef, 2 onions, ½ head of celery, 1 faggot of savoury herbs, a few slices of fat bacon, 1 quart of stock, No. 273.

Mode.—Take the bladebone out of a shoulder of lamb, fill up its place with forcemeat, and sew it up with coarse thread. Put it into a stewpan, with a few slices of bacon under and over the lamb, and add the remaining ingredients. Stew very gently for rather more than 2 hours. Reduce the gravy, with which glaze the meat, and serve with peas, stewed cucumbers, or sorrel sauce.

Time.—Rather more than 2 hours. **Average Cost,** 10*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from Easter to Michaelmas.

MUTTON AND LAMB ENTRÉES.

1126.—MUTTON CROQUETTES. (*Fr.*—Croquettes.)

Ingredients.—Cold roast mutton, potatoes, flour, 1 egg, salt, pepper, hot lard.

Mode.—Cut the meat, any and all kinds will do, free from gristle and bone and chop small, seasoning with salt and pepper, and chopped pickles if liked. Boil some potatoes, then mash them, and make into a paste with flour and egg. Roll out and cut into rounds with a saucer, put some of the meat on one half, double over the other and pinch the edges. Fry a nice light brown in boiling lard. This is an excellent method of re-dressing cold meat.

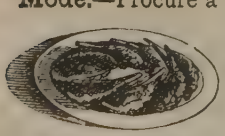
Time.—½ hour. **Average Cost,** about 4*d.* exclusive of meat.

Seasonable at any time.

1127.—MUTTON CUTLETS WITH MASHED POTATOES. (*Fr.*—Côtelettes de Mouton à la Purée de Pommes de Terre.)

Ingredients.—About 3 lbs. of the best end of the neck of mutton, salt and pepper to taste, mashed potatoes.

Mode.—Procure a well-hung neck of mutton, saw off about 3 inches of the top of the bones, and cut the cutlets of a moderate thickness. Shape them by chopping off the thick part of the chine-bone; beat them flat with a cutlet-chopper, and scrape quite clean a portion of the top of the bone. Broil them over a nice clear fire for about 7 or 8 minutes, and turn them frequently. Have ready some smoothly-mashed white



MUTTON CUTLETS.

potatoes ; make a mound of them in a dish ; pepper and salt the cutlets, and put them round, the thick end downwards.

Time.—7 or 8 minutes. **Average Cost** for this quantity, 2*s.* 3*d.*
Sufficient for 6 persons. **Seasonable** at any time.

1128.—MUTTON CUTLETS. (*Fr.*—Côtelettes de Mouton.)

Ingredients.—2 lbs. of the best end of neck of mutton, 4 tablespoonfuls of bread-crumbs, 1 tablespoonful of minced parsley, ½ teaspoonful of minced onion, grated lemon-peel, salt, mace, pepper, flour, 2 oz. of butter, or 2 oz. of lard, 1 egg, 1 wineglassful of madeira.

Mode.—Cut the neck into well-shaped cutlets and pare the bones to flatten them. Mix the bread-crumbs, herbs and seasoning together, melt the butter and dip each cutlet into it, then into beaten egg and lastly into the mixed bread-crumbs, &c. Put the lard into a frying-pan and as soon as it boils put in the cutlets and fry them a rich brown. Remove them to a hot dish and keep them hot. For gravy, dredge some flour into the pan and let it get brown ; then pour in a teacupful of boiling water and the madeira. Boil up at once and pour round the cutlets.

Time.—10 minutes. **Average Cost,** 1*s.* per lb. when trimmed.
Sufficient for 6 persons. **Seasonable** at any time.

1128A.—STEWED KIDNEYS.

Ingredients.—6 kidneys, a small shalot, 2 or 3 mushrooms, ½ pint of stock or gravy, 2 oz. of butter, parsley, thyme, seasoning, lemon.

Mode.—Skin the kidneys, remove all the fat, flour and cut them in thin slices. Mince finely the shalot, the thyme and parsley and the mushrooms, then sprinkle the slices of kidney with the mixture and a little salt and cayenne. Melt the butter in a stewpan and fry the kidneys brown in it, thicken with a little flour, then add the stock or gravy and a squeeze of lemon and let it come to the boil.

Time.—About 15 minutes. **Average Cost,** 1*s.* 6*d.*
Sufficient for 4 persons. **Seasonable** at any time.

1129.—ITALIAN MUTTON CUTLETS.
(*Fr.*—Côtelettes de Mouton à l'Italienne.)

Ingredients.—3 lbs. of neck of mutton, clarified butter, 1 egg, 4 tablespoonfuls of bread-crumbs, 1 oz. of minced savoury herbs, 1 teaspoonful each of minced parsley and lemon-peel, pepper, salt and pounded mace t taste, flour, ½ pint of hot water or broth, 2 teaspoonfuls each of Harvey's sauce and tarragon vinegar, 1 of soy, 1 tablespoonful of port.

Mode.—Cut the mutton into nicely-shaped cutlets, flatten them, and trim off some of the fat, dip them in clarified butter, and then into the beaten yolk of an egg. Mix well together bread-crumbs, herbs, parsley, shalot, lemon-peel, and seasoning in the above proportion, and cover the

cutlets with these ingredients. Melt some butter in a frying-pan, lay in the cutlets, and fry them a nice brown; take them out and keep them hot before the fire. Dredge some flour into the pan, and if there is not sufficient butter, add a little more; stir till it looks brown, then pour in the hot broth or water, and the remaining ingredients; give one boil, and pour round the cutlets. If the gravy should not be thick enough, add a little more flour. Mushrooms, when obtainable, are a great improvement to this dish, and when not in season, mushroom-powder may be substituted for them.

Time.—10 minutes; rather longer, should the cutlets be very thick. **Average Cost,** 2*s.* 9*d.*

Sufficient for 6 or 8 persons.

Seasonable at any time.

1130.—SHEEP'S BRAINS WITH MATELOTE SAUCE.

(*Fr.*—Cervelles de Mouton en Matelote.)

Ingredients.—6 sheep's brains, vinegar, salt, a few slices of bacon, 1 small onion, 2 cloves, a small bunch of parsley, sufficient stock or weak broth to cover the brains, 1 tablespoonful of lemon-juice, matelote sauce, No. 733.

Mode.—Detach the brains from the heads without breaking them, and put them into a pan of warm water; remove the skin, and let them remain for 2 hours. Have ready a saucepan of boiling water, add a little vinegar and salt, and put in the brains. When they are quite firm, take them out and put them into very cold water. Place 2 or 3 slices of bacon in a stewpan, put in the brains, the onion stuck with 2 cloves, the parsley, and a good seasoning of pepper and salt; cover with stock or weak broth, and boil them gently for about 25 minutes. Have ready some croûtons; arrange these in the dish alternately with the brains, and cover with a matelote sauce, No. 733, to which has been added the above proportion of lemon-juice.

Time.—25 minutes. **Average Cost,** 2*s.* 6*d.*

Sufficient for 6 persons.

Seasonable at any time.

1131.—LAMB AND CUCUMBERS.

(*Fr.*—Côtelettes d'Agneau à la Purée de Concombres.)

Ingredients.—Cold roast lamb, 3 cucumbers, ¼ lb. of butter, ½ pint of good brown gravy.

Mode.—Cut the cucumbers open, take out the seeds, then put them into boiling salted water and boil them five minutes. Remove them to

another pan containing the gravy, and let them simmer till tender. Meanwhile, cut the cold lamb into neat slices, and fry them in butter of a nice golden brown. Rub the cucumber through a sieve, return to the pan and mix in a little butter; then pour on a hot dish, lay the meat on top and serve. A purée of spinach may be substituted for the cucumber.

Time.—20 minutes. **Average Cost,** exclusive of meat, 1*s.* 4*d.*

Sufficient for 6 persons.

Seasonable.—Easter to Michaelmas.

1132.—LAMB CUTLETS AND SPINACH.

(*Fr.*—Côtelettes aux Épinards.)

Ingredients.—8 cutlets, egg and bread-crumbs, salt and pepper to taste, a little clarified butter.

Mode.—Cut the cutlets from a neck of lamb, and shape them by cutting off the thick part of the chine bone. Trim off most of the fat and all the skin, and scrape the top part of the bones quite clean. Brush the cutlets over with egg, sprinkle them with bread-crumbs, and season with pepper and salt. Now dip them into clarified butter, sprinkle over a few more bread-crumbs, and fry them over a sharp fire, turning them when required. Lay them before the fire to drain, and arrange them on a dish with spinach in the centre, which should be previously well boiled, drained, chopped and seasoned.

Time.—About 7 or 8 minutes. **Average Cost,** 1*s.* per lb.

Sufficient for 4 persons.

Seasonable from Easter to Michaelmas.

Note.—Peas, asparagus, or French beans may be substituted for the spinach; or lamb cutlets may be served with stewed cucumbers, Soubise sauce, &c. &c.

1133.—LAMBS' SWEETBREADS, LARDED, AND ASPARAGUS.

(*Fr.*—Ris d'Agneau Bardé, aux Asperges.)

Ingredients.—2 or 3 sweetbreads, ½ pint of veal stock, white pepper and salt to taste, a small bunch of green onions, 1 blade of pounded mace, thickening of butter and flour, 2 eggs, nearly ½ pint of cream, 1 teaspoonful of minced parsley, a very little grated nutmeg.

Mode.—Soak the sweetbreads in lukewarm water, and put them into a saucepan with sufficient boiling water to cover them, and let them simmer for ten minutes; then take them out and put them into cold water. Now lard them, lay them in a stewpan, add the stock, seasoning, onions, mace, and a thickening of butter and flour, and stew gently for a quarter of an

hour or twenty minutes. Beat up the egg with the cream, to which add the minced parsley and a very little grated nutmeg. Put this to the other ingredients, stir it well till quite hot, but do not let it boil after the cream is added, or it will curdle. Have ready some asparagus-tops, boiled; add these to the sweetbreads, and serve.

Time.—Altogether ½ hour. **Average Cost,** 3*s.*
Sufficient.—2 sweetbreads for 6 persons.
Seasonable from Easter to Michaelmas.

1134.—ANOTHER WAY TO DRESS SWEETBREADS.
(*Fr.*—Ris d'Agneau au Gratin.)

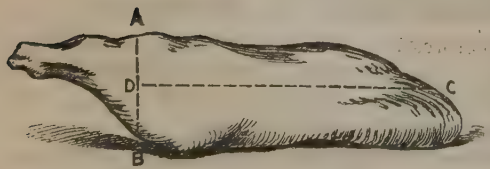
Ingredients.—Sweetbreads, egg and bread-crumbs, ½ pint of gravy, No. 623, ½ glass of sherry.

Mode.—Soak the sweetbreads in water for an hour, and throw them into boiling water to render them firm. Let them stew gently for about a quarter of an hour, take them out and put them into a cloth to drain all the water from them. Brush them over with egg, sprinkle them with bread-crumbs, and either brown them in the oven or before the fire, or fry them in hot fat. Have ready the above quantity of gravy, to which add half a glass of sherry; dish the sweetbreads, pour the gravy under them, and garnish with watercress.

Time.—Rather more than ½ hour. **Average Cost,** 2*s.* 6*d.* each.
Sufficient.—3 sweetbreads for 1 entrée.
Seasonable from Easter to Michaelmas.

GENERAL DIRECTIONS FOR CARVING MUTTON AND LAMB.

1135.—HAUNCH OF MUTTON.

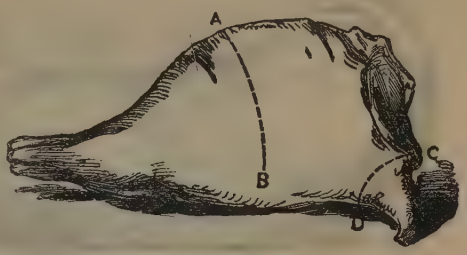


HAUNCH OF MUTTON.

A deep cut should, in the first place, be made quite down to the bone, across the knuckle-end of the joint, along the line A to B. This will let the gravy escape; and then it should be carved, in not too thick slices, along the whole length of the haunch, in the direction of the line from D to C.

1136.—LEG OF MUTTON.

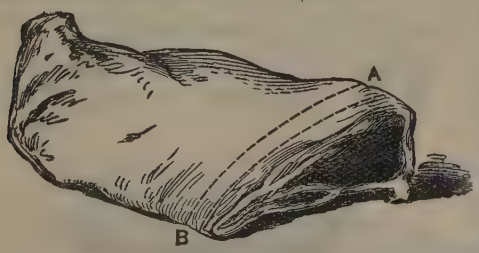
This homely, but capital English joint is almost invariably served at table as shown in the engraving. The carving of it is not very difficult: the knife should be carried sharply down in the direction of the line from A to B, and slices taken from either side, as the guests may desire, some liking the knuckle-end, as well done, and others preferring the more underdone part. The fat should be sought near the line C to D. Some connoisseurs are fond of having this joint dished with the under-side uppermost, so as to get at the finely-grained meat lying under that part of the joint known as the Pope's eye; but this is an extravagant fashion, and one that will hardly find favour in the eyes of many economical British housewives and housekeepers.



LEG OF MUTTON.

1137.—LOIN OF MUTTON.

There is one point in connection with carving a loin of mutton which includes every other; that is, that the joint should be thoroughly well jointed by the butcher before it is cooked. This knack of jointing requires practice and the proper tools; and no one but the butcher is supposed to have these. If the bones be not well jointed, the carving of a loin of mutton is not a gracious business; whereas, if that has been attended to, it is an easy and untroublesome task. The knife should be inserted at A, and after feeling your way between the bones, it should be carried sharply in the direction of the line A to B. As there are some people who prefer the outside cut, while others do not like it, the question as to their choice of this should be asked.



LOIN OF MUTTON.

1138.—SADDLE OF MUTTON.

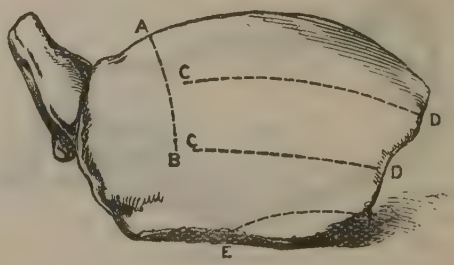
Although we have heard, at various intervals, growlings expressed at the inevitable "saddle of mutton" at the dinner-parties of the middle classes, yet we doubt whether any other joint is better liked, when it has been well hung and artistically cooked. There is a diversity of opinion respecting the mode of sending this joint to table; but it has only reference to whether or no there shall be any portion of the tail, or, if so, how many joints of the tail.

SADDLE OF MUTTON.

We ourselves prefer the mode as shown in the illustration here given; but others may, upon equally good grounds, prefer to have the tail shorter, or quite cut off. Some trim the tail with a paper frill. The carving is not difficult: it is usually cut in the direction of the line rom B to A, quite down to the bones, in evenly-sliced pieces. A fashion, however, patronised by some, is to carve it obliquely, in the direction of the line from D to C; in that case the joint would be turned round the other way, having the thin end on the right of the carver.

1139.—SHOULDER OF MUTTON.

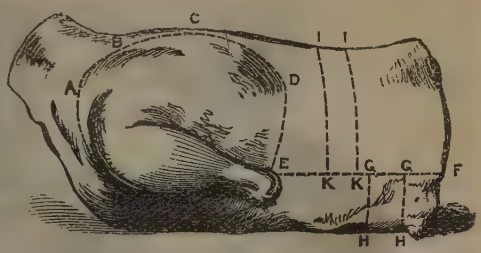
This is a joint not difficult to carve. The knife should be drawn from the outer edge of the shoulder in the direction of the line from A to B, until the bone of the shoulder is reached. As many slices as can be carved in this manner should be taken, and afterwards the meat lying on either side of the blade-bone should be served, by carving in the direction of C to D, and C to D. The uppermost side of the shoulder being now finished, the joint should be turned, and slices taken off along its whole length. There are some who prefer this under-side of the shoulder for its juicy flesh, although the grain of the meat is not so fine as that on the other side.



SHOULDER OF MUTTON.

1140.—FORE-QUARTER OF LAMB.

We always think that a good and practised carver delights in the manipulation of this joint, for there is a little field for his judgment and dexterity which does not always occur. The separation of the shoulder from the breast is the first point to be attended to; this is done by passing the knife slightly round the dotted line, as shown by the letters A, B, C, D and E, so as to cut through the skin, and then, by raising with a little force the shoulder, into which the fork should be firmly fixed, it will come away with just a little more exercise of the knife. In dividing the shoulder and breast the carver should take care not to cut away too much of the meat from the latter, as that would rather spoil its appearance when the shoulder is removed. The breast and shoulder being separated, it is usual to lay a small piece of butter, and sprinkle a little cayenne, lemon-juice and salt between them; and when this is melted and incorporated with the meat and gravy, the shoulder may, as more convenient, be removed into another dish. The next operation is to separate the ribs from the brisket, by cutting through the meat on the line F to E. The joint is then ready to be served to the guests; the ribs being carved in the direction of the lines from I to K, and the brisket from G. to H. The carver should ask those at the table what parts they prefer, ribs, brisket—or a piece of shoulder.



FORE-QUARTER OF LAMB.

Leg of Lamb, Loin of Lamb, Saddle of Lamb, Shoulder of Lamb are carved in the same manner as the corresponding joints of mutton. (*See* Nos. 1136, 1137, 1138, 1139.)

CHAPTER XVIII.

GENERAL OBSERVATIONS ON THE COMMON HOG.

1141 ***The Hog*** belongs to the order *Mammalia*, the genus *Sus scrofa*, and the species *Pachydermata*, or thick-skinned; and its generic characters are a small head, with long flexible snout, truncated; 42 teeth, divided into 4 upper incisors, converging, 6 lower incisors, projecting, 2 upper and 2 lower canine, or tusks, the former short, the latter projecting, formidable and sharp, and 14 molars in each jaw; cloven feet, furnished with 4 toes, and tail, small, short, and twisted; while, in some varieties, this appendage is altogether wanting.

1142. ***From the Number and Position of the Teeth***, physiologists are enabled to define the nature and functions of the animal; and from those of the *Sus*, or hog, it is evident that he is as much a *grinder* as a *biter*, or can live as well on vegetable as on animal food; though a mixture of both is plainly indicated as the character of food most conducive to the integrity and health of its physical system.

1143. ***Thus the Pig Tribe of Mammals,*** though not ruminating, as might be inferred from the number of their molar teeth, is yet a link between the *herbivorous* and the *carnivorous* tribes, and is consequently what is known as *omnivorous;* or, in other words, capable of converting any kind of aliment into nutriment.

1144. ***Though the Hoof in the Hog*** is, as a general rule, cloven, there are several remarkable exceptions, as in the species native to Norway, Illyria, Sardinia and *formerly* to the Berkshire variety of the British domesticated pig, in which the hoof is entire and *un*cleft.

1145. ***Whatever difference in its Physical Nature*** climate and soil may produce in this animal, his functional characteristics are the same in whatever part of the world he may be found; and whether in the trackless forests of South America, the coral Isles of Polynesia, the Jungles of India, or the spicy brakes of Sumatra, he is everywhere known for his gluttony, laziness and indifference to the character and quality of his food. And though he occasionally shows an epicure's relish for a succulent plant or a luscious carrot, which he will discuss with all his salivary organs keenly excited, he will, the next moment, turn with equal gusto to some carrion offal that might excite the forbearance of the unscrupulous cormorant. It is this coarse and repulsive mode of feeding that has, in every country and language, obtained for him the opprobrium of being "an unclean animal."

1146. ***In the Mosaic Law,*** the pig is condemned as an unclean beast, and consequently interdicted to the Israelites, as unfit for human food. "And the swine, though he divideth the hoof and be cloven-footed, yet he cheweth not the cud. He is unclean to you."—Lev. xi. 7. Strict, however, as the law was respecting the cud-chewing and hoof-divided animals, the Jews, with their usual perversity and violation of the divine commands, seem afterwards to have ignored the prohibition; for, unless they eat pork, it is difficult to conceive for what purpose they kept droves of swine, as from the circumstance recorded in Matthew, xviii. 32, when Jesus was in Galilee, and the devils, cast out of the two men, were permitted to enter the herd of swine that were feeding on the hills in the neighbourhood of the Sea of Tiberias, it is very evident they did. There is only one interpretation by which we can account for a prohibition that debarred the Jews from so many foods which we regard as nutritious luxuries: that, being fat and the texture more hard of digestion than other meats, they were likely, in a hot, dry climate, where vigorous exercise could seldom be taken, to produce disease, and especially cutaneous affections; indeed, in this light, as a code of sanitary ethics, the book of Leviticus is the most admirable system of moral government ever conceived for man's benefit.

1147. ***Setting his Coarse Feeding and Slovenly Habits out of the question,*** there is no domestic animal so profitable or so useful to man as the much-maligned pig, or any that yields him a more varied or more luxurious repast. The prolific powers of the pig are extraordinary, even under the restraint of domestication; but when left to run wild in favourable situations, as in the islands of the South Pacific, the result, in a few years, from two animals put on shore and left undisturbed, is truly surprising; for they breed so fast, and have such numerous litters, that unless killed off in vast numbers both for the use of the inhabitants and as fresh provisions for ships' crews, they would degenerate into vermin. In this country the pig has usually two litters, or farrows, in a year, the breeding seasons being April and October; and the period the female goes with her young is about four months, 16 weeks or 122 days. The number produced at each litter depends upon the character of the breed; 12 being the average number in the small variety, and 10 in the large; in the mixed breeds, however, the average is between 10 and 15, and in some instances has reached as many as 20. But however few or however many young pigs there may be to the farrow, there is always one who is the dwarf of the family circle, a poor, little, shrivelled, half-starved

anatomy, with a small melancholy voice, a staggering gait, a woe-begone countenance, and a thread of a tail, whose existence the complacent mother ignores, his plethoric brothers and sisters repudiate, and for whose emaciated jaws there is never a spare or supplemental teat, till one of the favoured gormandisers, overtaken by momentary oblivion, drops the lacteal fountain, and gives the little squeaking struggler the chance of a momentary mouthful. This miserable little object, which may be seen bringing up the rear of every litter, is called the Tony pig, or the *Anthony;* so named, it is presumed, from being the one always assigned to the Church, when tithe was taken in kind; and as St. Anthony was the patron of husbandry, his name was given in a sort of bitter derision to the starveling that constituted his dues; for whether there are 10 or 16 pigs to the litter, the Anthony is always the last of the family to come into the world.

1148. ***From the Grossness of his Feeding,*** the large amount of aliment he consumes, his gluttonous way of eating it, from his slothful habits, laziness and indulgence in sleep, the pig is particularly liable to disease, and especially indigestion, heartburn and affections of the skin. To counteract the consequence of a violation of the physical laws, a powerful monitor in the brain of the pig teaches him to seek for relief and medicine. To open the pores of his skin, blocked up with mud, and excite perspiration, he resorts to a tree, a stump, or his trough—anything rough and angular, and using it as a currycomb to his body, obtains the luxury of a scratch and the benefit of cuticular evaporation; he next proceeds with his long supple snout to grub up antiscorbutic roots, cooling salads of mallow and dandelion, and, greatest treat of all, he stumbles on a piece of chalk or a mouthful of delicious cinder, which, he knows by instinct, is the most sovereign remedy in the world for that hot, unpleasant sensation he has had all the morning at his stomach.

1149. ***It is a Remarkable Fact*** that, though everyone who keeps a pig knows how prone he is to disease, how that disease injures the quality of the meat, and how eagerly he pounces on a bit of coal or cinder, or any coarse, dry substance that will adulterate the rich food on which he lives, and by affording soda to his system, correct the vitiated fluids of his body—yet very few have the judgment to act on what they see, and by supplying the pig with a few shovelfuls of cinders in his sty, save the necessity of his rooting for what is so needful to his health. Instead of this, however, and without supplying the animal with what its instinct craves for, his nostril is sometimes bored with a red-hot iron, and a ring clenched in his nose to prevent rooting for what he feels to be absolutely necessary for his health; and ignoring the fact that, in a domestic state at least, the pig lives on the richest of all food—scraps of cooked animal substances, boiled vegetables, bread and other items, given in that concentrated essence of aliment for a quadruped, called "wash," and that he eats to repletion, takes no exercise, and finally sleeps through all of the twenty-four hours in which he is not eating; and then, when the animal at last seeks for those medicinal aids which would obviate the evil of such a forcing diet, his keeper, instead of meeting his animal instinct by human reason, and giving him what he seeks, has the inhumanity to torture him by a ring, that, keeping up a perpetual "raw" in the pig's snout, prevents his digging for those corrective drugs which would remove the evils of his artificial existence.

1150. ***Subject to so many Diseases,*** no domestic animal is yet more easily kept in health, cleanliness and comfort, and this without the necessity of "ringing," or any excessive desire of the hog to roam, break through his sty, or plough up his *pound.* Whatever the kind of food may be on which the pig is being fed or fattened, a teaspoonful or more of salt should always be given

in his mess of food, and a little heap of well-burnt cinders, with occasional bits of chalk, should always be kept by the side of his trough, as well as a vessel of clean water; his pound, or the front part of his sty, should be totally free from straw, the brick flooring being every day swept out and sprinkled with a layer of sand. His lair, or sleeping apartment, should be well sheltered by roof and sides from cold, wet and all changes of weather, and the bed made up of a good supply of clean straw, sufficiently deep to enable the pig to burrow his unprotected body beneath it. All the refuse of the garden, in the shape of roots, leaves and stalks, should be placed in a corner of his pound or feeding-chamber, for the delectation of his leisure moments: and once a week, on the family washing-day, a pail of warm soap-suds should be taken into his sty, and by means of a scrubbing-brush and soap, his back, shoulders and flanks, should be well cleaned, and a pail of clean warm water thrown over his body at the conclusion, before he is allowed to retreat to his clean straw to dry himself. By this means the excessive nutrition of his aliment will be corrected, a more perfect digestion insured, and, by opening the pores of his skin, a more vigorous state of health acquired than could have been obtained under any other system.

1151. ***Varieties of the food supplied.***—We have already said that no other animal yields man so many kinds and varieties of luxurious food as is supplied to him by the flesh of the hog, differently prepared; for almost every part of the animal, either fresh, salted or dried, is used for food, and even those viscera not so employed are of the utmost utility in a domestic point of view.

1152. ***Without Hide, Horns and Hoofs,*** constituting the offal of most domestic animals, the pig is still not behind the other mammalia in its usefulness to man. Its skin, especially that of the boar, from its extreme closeness of texture, when tanned, is employed for the seats of saddles, to cover powder, shot and drinking-flasks; and the hair, according to its colour, flexibility and stubbornness, is manufactured into tooth, nail and hair brushes—others into hat, clothes and shoe brushes; while the longer and finer qualities are made into long and short brooms and painters' brushes; and a still more rigid description, under the name of "bristles," are used by the shoemaker as needles for the passage of his wax-end. Besides so many benefits and useful services conferred on man by this valuable animal, his fat, in a commercial sense, is quite as important as his flesh, and brings a price equal to the best joints in the carcass. This fat is rendered, or melted out of the caul, or membrane in which it is contained, by boiling water, and, while liquid, run into prepared bladders, when, under the name of *lard*, it becomes an article of extensive trade and value.

1153. ***Numerous Varieties of the Domesticated Hog.***—The following list of breeds may be accepted as the best, presenting severally all those qualities aimed at in the rearing of domestic stock, as affecting both the breeder and the consumer. *Native* — Berkshire, Essex, York and Cumberland; *Foreign*—the Chinese. Before, however, proceeding with the consideration of the different orders, in the series we have placed them, it will be necessary to make a few remarks relative to the pig generally. In the first place, the *Black Pig* is regarded by breeders as the best and most eligible animal; not only from the fineness and delicacy of the skin, but because it is less affected by the heat in summer, and far less subject to cuticular disease than either the white or brindled hog, but more particularly from its kindlier nature and greater aptitude to fatten.

1154. ***The Great Quality first sought for in a Hog*** is a capacious stomach, and next, a healthy power of digestion; for the greater the quantity he can eat, and the more rapidly he can digest what he has eaten, the more quickly will he fatten; and the faster he can be made to increase in flesh, without a material increase of bone, the better is the breed considered, and the more valuable the animal. In the usual order of nature, the development of flesh and enlargement of bone proceed together; but here the object is to outstrip the growth of the bones by the quicker development of their fleshy covering.

1155. ***The Chief Points sought for in the Choice of a Hog*** are breadth of chest, depth of carcass, width of loin, chine and ribs, compactness of form, docility, cheerfulness, and general beauty of appearance. The head in a well-bred hog must not be too long, the forehead narrow and convex, cheeks full, snout fine, mouth small, eyes small and quick, ears short, thin and sharp, pendulous, and pointing forwards; neck full and broad, particularly on the

BERKSHIRE SOW.

ESSEX SOW.

top, where it should join very broad shoulders; the ribs, loins and haunch should be in a uniform line, and the tail well set, neither too high nor too low; at the same time the back is to be straight or slightly curved, the chest deep, broad and prominent, the legs short and thick; the belly, when well fattened, should nearly touch the ground, the hair be long, thin, fine, and having few bristles, and whatever the colour, uniform, either white, black or blue; but not spotted, speckled, brindled or sandy. Such are the features and requisites that, among breeders and judges, constitute the *beau ideal* of a perfect pig.

1156. ***The Berkshire Pig is the best known and most esteemed*** of all our English domestic breeds, and so highly is it regarded, that even the varieties of the stock are in as great estimation as the parent breed itself. The characteristics of the Berkshire hog are, that it has a tawny colour, spotted with black, large ears hanging over the eyes, a thick, close and well-made body, legs short and small in the bone; that it feeds up to a great weight, fattens quickly, and is good either for pork or bacon. The New or Improved Berkshire possesses all the above qualities, but is infinitely more prone to fatten, while the

objectionable colour has been entirely done away with, being now either all white or completely black.

1157. ***The Essex Sow.***—Next to the former, the Essex takes place in public estimation, always competing, and often successfully, with the Berkshire. The peculiar characters of the Essex breed are that it is tip-eared, has a long sharp head, is roach-backed, with long flat body, standing high on the legs; is rather bare of hair, is a quick feeder, has an enormous capacity of stomach and belly, and an appetite to match its receiving capability. Its colour is white, or else black and white, and it has a restless habit and an unquiet disposition. The present valuable stock has sprung from a cross between the common native animal and either the White Chinese or Black Neapolitan breeds.

1158. ***The Yorkshire, called also the Old Lincolnshire,*** was at one time the largest stock of the pig family in England, and, perhaps, at that time, the worst. It was long-legged, weak in the loins, with coarse white curly

YORKSHIRE SOW.

CUMBERLAND SOW.

hair, and flabby flesh. Now, however, it has undergone as great a change as any breed in the kingdom, and by judicious crossing has become the most valuable we possess, being a very well-formed pig throughout, with a good head, a pleasant, docile countenance, with moderate-sized drooping ears, a broad back, slightly curved, large chine and loins, with deep sides, full chest, and well covered with long thickly-set white hairs. Besides these qualities of form, he is a quick grower, feeds fast, and will easily make from 20 to 25 stone before completing his first year. The quality of the meat is also uncommonly good; the fat and lean being laid on in almost equal proportions. So capable is this species of development, both in flesh and stature, that examples of the Yorkshire breed have been exhibited, weighing as much as a Scotch ox.

1159. ***Cumberland Pig.***—Though almost every county in England can boast some local variety or other of this useful animal, obtained from the native stock by crossing with some of the foreign kinds, Cumberland and the north-west parts of the kingdom have been celebrated for a small breed of white pigs, with a thick, compact and well-made body, short in the legs, the head and back well

formed, ears slouching and a little downwards, and on the whole, a hardy, profitable animal, and one well disposed to fatten.

1160. ***The Chinese Pig.***—There is no variety of this useful animal that presents such peculiar features as the species known to us as the Chinese pig; and as it is the general belief that to this animal and the Neapolitan hog we are indebted for that remarkable improvement which has taken place in the breeds of the English pig, it is necessary to be minute in the description of this, in all respects, singular animal. The Chinese, in the first place, consists of many varieties, and presents as many forms of body as differences of colour; the best kind, however, has a beautiful white skin, of singular thinness and delicacy; the hair, too, is perfectly white, and thinly set over the body, with here and there a few bristles. He has a broad snout, short head, eyes bright and fiery, very small fine pink ears, wide cheeks, high chine, with a neck of such immense thickness that when the animal is fat it looks like an elongated carcass, a mass of fat, without shape or form, like a feather pillow. The belly is pendent, and

CHINESE PIG.

WESTPHALIAN BOAR.

almost trailing on the ground, the legs very short, and the tail so small as to be little more than rudimentary. It has a ravenous appetite, and will eat anything that the wonderful assimilating powers of its stomach can digest; and to that capability there seems no limit in the whole range of animal or vegetable nature. The consequence of this perfect and singularly rapid digestion is an unprecedented proneness to obesity, a process of fattening that, once commenced, goes on with such rapid development that, in a short time, it loses all form, depositing such an amount of fat, that it in fact ceases to have any refuse part or offal, and, beyond the hair on its back and the callous extremity of the snout, *the whole carcass is eatable.*

1161. ***When Judiciously Fed on Vegetable Diet,*** and this obese tendency checked, the flesh of the Chinese pig is extremely delicate and delicious; but when left to gorge almost exclusively on animal food, it becomes oily, coarse and unpleasant. Perhaps there is no other instance in nature where the effect of rapid and perfect digestion is so well shown as in this animal, which thrives on *everything*, and turns to the benefit of its physical economy food of the most *opposite nature*, and of the most unwholesome and *offensive*

character. When fully fattened, the thin cuticle, that is one of its characteristics, cracks from the adipose distension beneath, exposing the fatty mass, which discharges a liquid oil from the adjacent tissues. The great fault in this breed is the remarkably small quantity of lean laid down to the immense proportion of fat. Some idea of the growth of this species may be inferred from the fact of their attaining to 18 stone before two years, and when further advanced, as much as 40 stone. In its pure state, except for roasters, the Chinese pig is too disproportionate for the English market; but when crossed with some of our lean stock, the breed becomes almost invaluable.

1162. ***The Wild Boar*** is a much more cleanly and sagacious animal than the domesticated hog; he is longer in the snout, has his ears shorter, and his tusks considerably longer, very frequently measuring as much as 10 inches. They are extremely sharp, and are bent in an upward circle. Unlike his domestic brother, who roots up here and there, or wherever his fancy takes, the wild boar ploughs the ground in continuous lines or furrows. The boar, when selected as the parent of a stock should have a small head, be deep and broad in the chest; the chine should be arched, the ribs and barrel well rounded, with the haunches falling full down nearly to the hock; and he should always be more compact and smaller than the female. The colour of the wild boar is always of a uniform hue, and generally of an iron gray, shading off into a black. The hair of the boar is of considerable length, especially about the head and mane; he stands, in general, from 20 to 30 inches in height at the shoulders, though instances have occurred where he has reached 42 inches. The young are of a pale yellowish tint, irregularly brindled and light brown. The boar of Germany is a large and formidable animal, and the hunting of him, with a small species of mastiff, is still a national sport. From living almost exclusively on acorns and nuts, his flesh is held in great esteem, and in Westphalia his legs are made into hams by a process which, it is said, enhances the flavour and quality of the meat in a remarkable degree.

1163. ***The Point*** to be taken into consideration by all breeders of pigs is to what ultimate use is the flesh to be put; for, if meant to be eaten fresh, or simply salted, the *small* breed of pigs is best suited for the purpose; if for hams or bacon, the large variety of the animal is necessary. Pigs are usually weaned between six and eight weeks after birth, after which they are fed on soft food, such as mashed potatoes in skimmed or butter-milk. The general period at which the small hogs are killed for the market is from 12 to 16 weeks; from 4 to 5 months they are called store pigs, and are turned out to graze till the animal has acquired its full stature. As soon as this point has been reached, the pig should be forced to maturity as quickly as possible; he should, therefore, be taken from the fields and farmyard, and shut up on boiled potatoes, butter-milk, and peas-meal; after a time to be followed by grains, oil-cake, wash, barley and Indian meal; supplying his sty, at the same time, with plenty of water, cinders, and a quantity of salt in every mess of food presented to him.

1164. ***The Estimated Number of Pigs in Great Britain*** is supposed to exceed 20 millions; and, considering the third of the number as worth £2 apiece, and the remaining two-thirds as of the relative value of 10s. each, would give a marketable estimate of over £20,000,000 for this animal alone.

1165. ***Pork.***—There is no meat that varies so much as pork. For while all the variations common to other meats have to be thought of in pork also, there is here, in addition, the large question of animal *versus* vegetable food. An ox or a sheep will only eat vegetable food; a pig will eat anything, and will live anywhere, though he prefers clean food and housing if he can get it. If a pig is allowed to run about and pick up what garbage he can for food, he makes no fat and his

muscles develop. If he is fed on nuts the fat is flabby and poor, of quite a different consistence to what it might have been had he fed on meal and lain quietly on clean straw in the corner of the sty. The unwholesomeness of pork is in some measure owing to the unwholesome food and life of the animal.

Small-boned lean pork is preferred for roasting. The larger and fatter animal is salted down for bacon and ham, in which form pork is generally eaten.

Every part of the pig is sold for food. It is not even skinned, as most animals are. It also wastes less in cooking than most meat—the rule being, the more fat the less water and the less waste. It has more flavour and goes farther than other meat, and is essentially the meat of the poor, by whom it is eaten all the year round; but it is not seen on well-furnished tables during the summer months except salted as bacon or ham.

1166. ***Unwholesome Pork.***—As has been already observed, pigs are peculiarly liable to parasitic disease. The Cysticercus cellulosæ is met with in the form of a small cyst about the size of a hemp seed, imbedded in the muscular tissue; and when meat thus infested is eaten, it gives rise to the development of tapeworm in the human alimentary canal. Such diseased meat is known as "measly pork." Oxen are also infested with Cysticerci, but far less frequently. These parasites are killed by a temperature high enough to cook the meat thoroughly. Another parasite—the Trichina spiralis—produces more serious effects, death having been frequently caused by the presence of trichinæ in the human body. The disease has been principally noticed in Germany, where it is customary to eat smoked ham and sausages in an uncooked state.

"As a point of practical importance," says Dr. Pavy, "it may be stated that neither salting, smoking nor moderately heating affords any security against the development of the trichinous disease from infested meat. Exposure, however, to the temperature of boiling water effectively kills the animal, but it is obvious that the temperature must be raised throughout every particle of the meat, to ensure that it is rendered harmless." Undercooked or uncooked pork should never, on any account, be eaten.

1167. ***To Choose Pork.***—Unlike every other animal, every part of the pig serves for food, from the skin, "crackling," on the joint of roast pork, to the black puddings of the country people. The fat of good pork should be white, and the lean of a brownish hue, free from streaks and patches of colour. The grain should be fine and the rind thin. It is of all meats the most difficult to digest, and should never be given to the invalid or the dyspeptic. Unlike other meat, it is decidedly more digestible when salt than fresh, and it loses in the process of salting much less of its nutritive value than other meat, because it is chiefly fat, with little lean and little water. The invariable rule is "the more fat, the less water."

1168. ***Ham.***—The best hams come from York, Cumberland and Westmoreland, or are reputed to do so; but many sold under those names are imported from Ireland or sent from the west of England. Westphalian hams have an excellent reputation and are sold at a high price; they are very high flavoured. Canadian sugar-cured hams are low-priced and conveniently small, but they are apt to be excessively salt, and require careful soaking and cooking. Spain and Portugal also send us hams.

1169. ***To Choose a Ham,*** select first one with short bones; then run a knife or skewer in close to the bone to the middle of the ham. If it comes out clean and smells sweet it is good, but if it smells strong and has fat adhering to it, choose another. If the ham is cut, see that the fat is white and not streaked with yellow. All meat first goes bad near the bone, and in legs the part known as "the pope's eye" is sure to turn before the lean surrounding it. A ham may not be rancid

and yet may be of bad quality, too salt, flavourless, or too lean. All hams improve by being kept for a time after they are cured, but it is not possible to keep goods for months and then to sell them for the same price as they would fetch without keeping. The cost of storage room and rent, the chance of loss, the interest on the money so invested, all operate to make a really good and well seasoned ham an expensive article of food. Small dealers, moreover, cannot always afford to lock their money up for any length of time. These are some of the reasons for the prejudice in favour of home-made hams. It is a good plan, in the absence of a proper keeping-place at home, to agree with a pork butcher to take a certain number of home-cured hams, and to let him hang them for some months.

For though hams are the better for keeping in a proper place, they will not keep everywhere. They must be perfectly dry, so an ordinary larder will not serve; and they must not be too hot, so the kitchen is often unsuitable. They must be securely packed in stout paper, or better rag, to keep the flies away.

1170. ***To Buy Bacon.***—In choosing bacon, the same points must be observed as to freshness as for ham. As to the joint to be preferred, that depends altogether upon what it is wanted for, whether the object is to follow economy or fashion, whether fat or lean is wished. Streaky bacon, which is generally thought the best for rashers and is sold at a high price, is part of the breast or the flank, exactly that part that is least valued in other animals. The leg cured as bacon and cut square is known as the gammon, and some of the fleshy parts of the leg are bought by those who like a considerable proportion of lean. The fore end or shoulder is the most economical purchase, and can generally be bought at so low a price that probably it is one of the cheapest forms of animal food. The knuckles or hocks are too bony to be cheap unless they are sold at a very low price, and they always require long and slow boiling. The ribs are not, in the bacon pig sold for so much as the breast, and they are, even at the same price, more advantageous to buy.

Large consumers buy a whole side at once; in that case the fore-end should be used first.

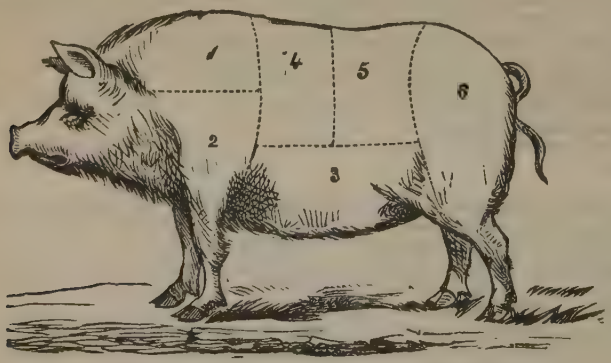
1171. ***The Best and Most Humane Mode of Killing all Large Hogs*** is to strike them down like a bullock, with the pointed end of a poleaxe, on the forehead, which has the effect of killing the animal at once; all the butcher has then to do is to open the aorta and great arteries, and, laying the animal's neck over a trough, let out the blood as quickly as possible. The carcass is then to be scalded, either on a board or by immersion in a tub of very hot water, and all the hair and dirt rapidly scraped off, till the skin is made perfectly white, when it is hung up, opened and dressed, as it is called, in the usual way. It is then allowed to cool, a sheet being thrown around the carcass, to prevent the air from discolouring the newly-cleaned skin. When meant for bacon, the hair is singed instead of being scalded off.

In the country, where for ordinary consumption the pork killed for sale is usually both larger and fatter than that supplied to the London consumer, it is customary to remove the skin and fat down to the lean, and, salting that, roast what remains of the joint. Pork goes further, and is consequently a more economical food than other meats, simply because the texture is closer, and there is less waste in the cooking, either in roasting or boiling. The practice in vogue formerly in this country was to cut out the hams, and cure them separately; then to remove the ribs, which were roasted as "spare-ribs," and, curing the remainder of the side, call it a "gammon of bacon."

Small pork to cut for table in joints is cut up, in most places throughout the kingdom, as represented in the engraving. The side is divided with nine ribs to the fore-quarter.

1172. ***Comparatively speaking,*** very little difference exists between the weight of the live and dead pig, and this simply because there is neither the head nor the hide to be removed. It has been proved that pork loses in cooking, 13½ per cent. of its weight. A salted hand weighing 4 lbs. 5 oz., lost in the cooking 11 oz.; after cooking, the meat weighing only 3 lbs. 1 oz., and the bone 9 oz. The original cost was 7½*d.* a pound; but by this deduction, the cost rose to 9*d.* per pound with the bone, and 10¼*d.* without it.

1173. ***Pork, to be Preserved,*** is cured in several ways, either by covering it with salt, or immersing it in ready-made brine, where it is kept till required; or it is only partially salted, and then hung up to dry, when the meat is called white bacon; or, after salting, it is hung in wood-smoke till the flesh is impregnated with the aroma from the wood. The Wiltshire bacon, which is regarded as the finest in the kingdom, is prepared by laying the sides of a hog in large wooden troughs, and then rubbing into the flesh quantities of powdered bay-salt, made hot in a frying-pan. This process is repeated for four days; they are then left for three weeks, merely turning the flitches every other day. After that time they are hung up to dry. The hogs usually killed for purposes of bacon in England average from 18 to 20 stone; on the other hand, the hogs killed in the country, for farm-house purposes, seldom weigh less than 26 stone. The legs of boars, hogs, and, in Germany, those of bears, are prepared differently, and called hams.



PIG, SHOWING THE MODE OF CUTTING UP VARIOUS JOINTS.

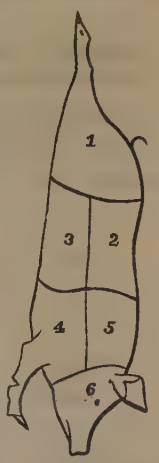
1174. ***The Names of the Several Joints*** are as follows:—

Fore-Quarter.	Hind-Quarter.
1. Spare-rib.	3. Spring, or belly.
2. Hand.	5. Loin.
4. Fore-loin.	6. Leg.

The weight of the several joints of a good pork pig of four stone may be as follows, viz.:—

The leg	8 lbs.
The loin and spring	7 ,,
The hand	6 ,,
The chine	7 ,,
The cheek	from 2 to 3 ,,

Of a bacon pig, the legs are reserved for curing, and when cured are called hams; when the meat is separated from the shoulder-blade and bones, and cured, it is called bacon. The bones, with part of the meat left on them, are divided into spare-ribs, griskins and chines.



SIDE OF PORK, SHOWING THE SEVERAL JOINTS.

1, Leg; 2, Loin; 3, Spring; 4, Hand; 5, Spare-rib; 6, Head.

FORE-QUARTER.

(1.) *Spare-rib.*—Generally roasted.

(2.) *Hand.*—Usually slightly salted and boiled, to eat either hot or cold.

(4.) *Fore-loin.*—For roasting.

HIND-QUARTER.

(3.) *Spring or belly.*—Generally salted and boiled.

(5.) *Loin.*—The best roasting joint, but rather fat. Large chops are cut from it.

(6.) *Leg.*—The most economical roasting joint in this as in most other animals. It is less fat than the fore-quarter. Used also for raised pies.

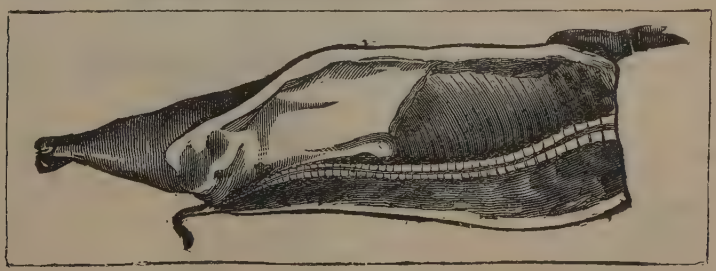
Besides these joints the following parts of the pig are sold for food :—

(7.) *Head*, also known in various parts of the country as "cheek" or "chopper." Weighs 5 lbs. to 6 lbs. and can often be bought very cheap. Is generally slightly salted and made into brawn. Can also be collared or boiled.

(8.) *Feet*, or pettitoes. Generally boiled and served hot or cold. Not unfrequently they are boned and stuffed.

(9.) *Liver, sweetbread* and some of the inside fat are often sold together under the name of pig's fry.

(10.) *Lard.*—Any part of the fat is melted down and sold in bladders, tubs, or by the pound, for pastry making, frying, &c. The lower the heat at which it is melted the smoother and less granulous it is. It is usually mixed with water to melt, and often much water is left with it, so that it wastes considerably if it has to be remelted. Occasionally it is said to be mixed with flour or starch. Much is imported annually from America. It has a lower melting point than beef or mutton fat, and—partly for that reason, partly because it always has an unpleasant characteristic flavour—is less suitable for frying than other fats. It is better adapted for pastry making



1175.—TABLE OF THE RELATIVE VALUE OF VARIOUS JOINTS OF PORK.

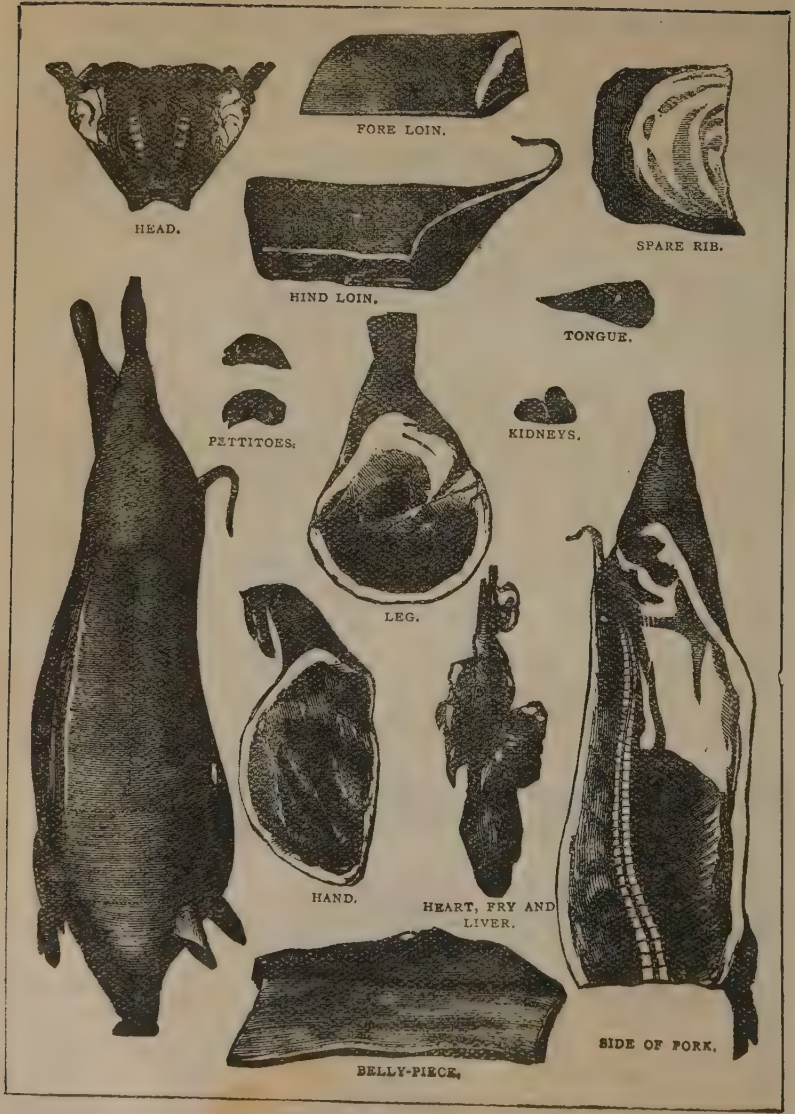
Showing the Actual Cost of the Eatable Portions, after deducting Bone, Skin and Waste, and Loss by Weight, by different Modes of Cooking.

In the following tables the different parts have been carefully tested, with the view of finding out which are really the most economical. It will be seen that the leg of pork wastes less than the loin, and that the best part of bacon is the cheapest when boiled.

Name of Joint.	How usually Cooked.	Weight before Cooking.	Weight when Cooked, bone & waste deducted.	Total Loss per lb.	Average Cost per lb.	Cost per lb. after Cooking, bone & waste deducted.
		lbs. oz.	lbs. oz.	oz.	*s. d.*	*s. d.*
Bacon (back)	Boiled	2 8	2 8	None	0 11	0 11
,, (side)	Fried	0 8	0 6	4	0 11	1 2¾
,, (cushion)	Boiled	4 8	3 8	3½	0 9	0 11½
Ham	Boiled	11 15	7 7	6	1 0	1 7½
,, (rashers)	Fried	0 12	0 8	5½	1 0	1 6
,, (knuckle)	Boiled	2 11	1 15	4½	0 8	1 0
Leg of Pork	Roasted	6 8	4 9	4¾	0 9	1 1
,,	Boiled	5 11	4 0	4¾	0 9	1 1
Loin of Pork (hind)	Roasted	4 3	2 7	6½	0 10	1 4¾
,, (fore)	Roasted	4 6	2 10	6½	0 9	1 3
,, (whole)	Roasted	14 0	9 8	5	0 9	1 1
Liver and Fry	Fried	1 10	1 1	5½	0 9	1 1¾
Pickled Pork	Boiled	2 0	1 14	1	0 8	0 8½

1175A.—TABLE GIVING WEIGHT OF BONE, SKIN AND WASTE IN JOINTS OF PORK.

Name of Joint.	Weight of Joint when bought.	Weight of bone, skin and waste.	Loss of Weight by Cooking.	Total Weight of waste.	Weight of eatable matter.
	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.
Bacon (back)	2 8	None	None	None	2 8
,, (cushion)	4 8	0 7	0 9	1 0	3 8
Ham	11 15	0 13½	3 10¾	4 8	7 7
,, (rashers)	0 12	0 2	0 2	0 4	0 8
Leg of Pork	6 8	1 0	0 15	1 15	4 9
Loin of Pork	14 0	1 0	3 8	4 8	9 8
Pickled Pork	2 0	0 2	None	0 2	1 14



THE JOINTS OF PORK.

RECIPES FOR COOKING PORK.

CHAPTER XIX.

1176.—PORK CUTLETS.

(*Fr.*—Côtelettes de Porc, Sauce Moutarde.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast loin of pork, 1 oz. of butter, 2 onions, 1 dessertspoonful of flour, ½ pint of gravy, pepper and salt to taste, 1 teaspoonful of vinegar and mustard.

Mode.—Cut the pork into nice-sized cutlets, trim off most of the fat, and chop the onions. Put the butter into a stewpan, lay in the cutlets and chopped onions, and fry a light brown; then add the remaining ingredients, simmer gently for 5 or 7 minutes, and serve.

Time.—5 to 7 minutes. **Average Cost,** exclusive of the meat, 5*d.*
Seasonable from October to March.

Austrian Method of Herding Pigs.—In the Austrian empire there are great numbers of wild swine, while, among the wandering tribes peopling the interior of Hungary, and spreading over the vast steppes of that country, droves of swine form a great portion of the wealth of the people, who chiefly live on a coarse bread and wind-dried bacon.

In Germany, Switzerland, the Tyrol, and other mountainous districts of Continental Europe, though the inhabitants, almost everywhere, as in England, keep one or more pigs, they are at little or no trouble in feeding them, one or more men being employed by one or several villages as swine-herds; who, at a certain hour, every morning, call for the pig or pigs, and driving them to their feeding-grounds on the mountain-side and in the wood, take custody of the herd till, on the approach of night, they are collected into a compact body and driven home for a night's repose in their several sties.

The amount of intelligence and docility displayed by the pigs in these mountain regions, is much more considerable than that usually allowed to this animal, and the manner in which these immense herds of swine are collected, and again distributed, without an accident or mistake, is a sight both curious and interesting; for it is all done without the assistance of a dog, or the aid even of the human voice, and solely by the crack of the long-lashed and heavily-loaded whip, which the swine-herd carries, and cracks much after the fashion of the French postillion; and which, though he frequently cracks, waking a hundred sharp echoes from the woods and rocks, he seldom has to use correctionally; the animal soon acquiring a knowledge of the meaning of each crack, and, once having felt its leaded thong, a lasting remembrance of its power. At early dawn, the swine-herd takes his stand at the outskirts of the first village, and begins flourishing through the misty air his immensely-long lash, keeping a sort of rude time with the crack, crack, crack, crack, crack, crack, crack, of his whip. The nearest pigs, hearing the well-remembered sound, rouse from their straw, and rush from their sties into the road, followed by all their litters. As soon as a sufficient number are collected, the drove is set in motion, receiving, right and left, as they advance, fresh numbers; whole communities, or solitary individuals, streaming in from all quarters, and taking their place, without distinction, in the general herd; and, as if conscious where their breakfast lay, without wasting a moment on idle investi

gation, all eagerly push on to the mountains. In this manner village after village is collected, till the drove not unfrequently consists of several thousands. The feeding-ground has, of course, often to be changed, and the drove have sometimes to be driven many miles, and to a considerable height up the mountain, before the whip gives the signal for the dispersion of the body and the order to feed, when the herdsman proceeds to form himself a shelter, and look after his own comfort for the rest of the day. As soon as twilight sets in, the whip is again heard echoing the signal for muster; and in the same order in which they were collected, the swine are driven back, each group tailing off to its respective sty, as the herd approaches the villages, till, the last grunter having found his home, the drover seeks his cottage and repose.

1177.—PORK CUTLETS OR CHOPS.
(*Fr.*—Côtelettes de Porc Grillées aux Tomates, à la Sauce Piquante.)

Ingredients.—Loin of pork, pepper and salt to taste.

Mode.—Cut the cutlets from a delicate loin of pork, bone and trim them neatly, and cut away the greater portion of the fat. Season them with pepper; place the gridiron on the fire; when quite hot, lay on the chops and broil them for about a quarter of an hour, turning them 3 or 4 times, and be particular that they are *thoroughly* done, but not dry. Dish them, sprinkle over a little fine salt, and serve plain, or with tomato sauce, sauce piquante, or pickled gherkins, a few of which should be laid round the dish as a garnish.

Time.—About ¼ hour. **Average Cost,** 10*d.* per lb. for chops.

Sufficient.—Allow 6 for 4 persons.

Seasonable from October to March.

1178.—PORK CHOPS.
(*Fr.*—Côtelettes de Porc Panées à la Purée de Pommes de Terre.)

(*Another Mode.*)

Ingredients.—Loin or fore-loin of pork, egg and bread-crumbs, salt and pepper to taste; to every tablespoonful of bread-crumbs allow ½ teaspoonful of minced sage; clarified butter.

Mode.—Cut the cutlets from a loin or fore-loin of pork; trim them the same as mutton cutlets, and scrape the top part of the bone. Brush them over with egg, sprinkle with bread-crumbs, with which have been mixed minced sage and a seasoning of pepper and salt; drop a little clarified butter on them, and press the crumbs well down. Put the frying-pan on the fire, put in some lard; when this is hot, lay in the cutlets, and fry them a light brown on both sides. Take them out, put them before the fire to dry the greasy moisture from them, and dish them on mashed potatoes. Serve with them any sauce that may be preferred, such as tomato sauce, sauce piquante, sauce Robert, or pickled gherkins.

Time.—From 15 to 20 minutes. **Average Cost,** 10*d.* per lb. for chops.

Sufficient.—Allow 6 cutlets for 4 persons.

Seasonable from October to March.

Note.—The remains of roast loin of pork may be dressed in the same manner.

1179.—PORK CHEESE. (*Fr.*—Fromage de Cochon.)

(*An excellent Breakfast Dish.*)

Ingredients.—2 lbs. of cold roast pork, pepper and salt to taste, 1 dessertspoonful of minced parsley, 4 leaves of sage, a very small bunch of savoury herbs, 2 blades of pounded mace, a little nutmeg, ½ teaspoonful of minced lemon-peel; good strong gravy, sufficient to fill the mould.

Mode.—Cut, but do not chop, the pork into fine pieces, and allow a quarter of a pound of fat to each pound of lean. Season with pepper and salt; pound well the spices, and chop finely the parsley, sage, herbs, and lemon-peel, and mix the whole nicely together. Put it into a mould, fill up with good, strong, well-flavoured gravy, and bake rather more than one hour. When cold, turn it out of the mould.

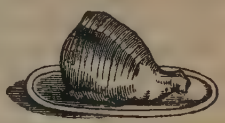
Time.—Rather more than 1 hour.

Seasonable from October to March.

1180.—ROAST LEG OF PORK. (*Fr.*—Gigot de Porc.)

Ingredients.—Leg of pork, a little oil, stuffing of sage and onions.

Mode.—Choose a small leg of pork, and score the skin across in narrow strips, about a quarter of an inch apart. Cut a slit in the knuckle, loosen the skin, and fill it with a sage-and-onion stuffing, made by Recipe No. 638. Brush the joint over with a little salad-oil (this makes the crackling crisper, and a better colour) and put it down to a bright, clear fire, not too near, as that would cause the skin to blister. Baste it well, and serve with a little gravy made in the dripping-pan, and do not omit to send to table with it a tureen of well-made apple-sauce.



ROAST LEG OF PORK.

Time.—A leg of pork weighing 8 lbs., about 3 hours. **Average Cost,** 9*d.* per lb.

Sufficient for 6 or 7 persons.

Seasonable from October to March.

English Mode of Hunting, and Indian Pig-sticking.—The hunting of the wild boar has been in all times, and in all countries, a pastime of the highest interest and excitement, and from the

age of Nimrod, has been considered second only to the more dangerous sport of lion-hunting. The buried treasures of Nineveh, restored to us by Mr. Layard, show us, on their sculptured annals, the kings of Assyria in their royal pastime of boar-hunting. That the Greeks were passionately attached to this sport, we know both from history and the romantic fables of the poets. Marc Antony, at one of his breakfasts with Cleopatra, had *eight wild boars* roasted whole; and though the Romans do not appear to have been addicted to hunting, wild-boar fights formed part of their gladiatorial shows in the amphitheatre. In France, Germany and Britain, from the earliest time, the boar-hunt formed one of the most exciting of sports; but it was only in this country that the sport was conducted without dogs, a real hand-to-hand contest of man and beast, the hunter, armed only with a boar-spear, a weapon about four feet long, the ash staff guarded by plates of steel, and terminating in a long, narrow, and very sharp blade: this with a hunting-knife, or hanger, completed his offensive arms. Thus equipped, the hunter would either encounter his enemy face to face, confront his desperate charge, as with erect tail, depressed head, and flaming eyes, he rushed with his foamy tusks full against the hunter, who sought to strike his ready hanger into his throat. But expert as the hunter might be, it was not often the formidable brute was so quickly despatched; for he would sometimes seize the spear in his powerful teeth, and nip it off like a reed, or, coming full tilt on his enemy, by his momentum and weight bear him to the earth, ripping up, with a horrid gash, his leg or side, and before the writhing hunter could draw his knife, the infuriated beast would plunge his snout in the wound, and rip, with savage teeth, the body of the victim. At other times he would suddenly swerve from his charge, and, doubling on his opponent, attack the hunter in the rear. From his speed, great weight, and savage disposition, the wild boar is always a dangerous antagonist, and requires great courage, coolness, and agility on the part of the hunter. The Continental sportsman rides to the chase in a cavalcade, with music and dogs—a kind of small hound or mastiff, and leaving all the onerous part of the contest to them, when the boar is becoming weary, and while beset by the dogs, rides up, and drives his lance home in the beast's back or side. Boar-hunting has been for some centuries obsolete in England, the animal no longer existing in a wild state among us; but in our Indian empire, and especially in Bengal, the pastime is pursued by our countrymen with all the daring of the national character; and as the animal which inhabits the cane-brakes and jungles is a formidable foe, the sport is attended with great excitement. The hunters, mounted on small, active horses, and armed only with long lances, ride, at early daylight, to the skirts of the jungle, and having sent in their attendants to beat the cover, wait till the tusked monster comes crashing from among the canes, when chase is immediately given, till he is come up with, and transfixed by the first weapon. Instead of flight, however, he often turns to bay, and by more than one dead horse and wounded hunter, shows how formidable he is, and what those polished tusks, sharp as pitchforks, can effect, when the enraged animal defends his life.

1181.—HASHED PORK.

(*Fr.*—Ragoût de Porc aux Croûtons.)

Ingredients.—The remains of cold roast pork, 2 onions, 1 teaspoonful of flour, 2 blades of pounded mace, 2 cloves, 1 tablespoonful of vinegar, ½ pint of gravy, pepper and salt to taste.

Mode.—Chop the onions and fry them of a nice brown, cut the pork into thin slices, season them with pepper and salt, and add these to the remaining ingredients. Stew gently for about half an hour, and serve garnished with sippets of toasted bread.

Time.—½ hour. **Average Cost,** exclusive of the meat, 3*d.*

Seasonable from October to March.

1182.—FRIED RASHERS OF BACON AND POACHED EGGS. (*Fr.*—Œufs Pochés au Lard.)

Ingredients.—Bacon; eggs.

Mode.—Cut the bacon into thin slices, trim away the rusty parts, and cut off the rind. Put it into a *cold* frying-pan—that is to say, do not

place the pan on the fire before the bacon is in it. Turn it 2 or 3 times, and dish it on a very hot dish. Poach the eggs, and slip them on to the bacon without breaking the yolks, and serve quickly.

Time.—3 or 4 minutes. **Average Cost,** 10*d.* to 1*s.* per lb. for the primest parts.

Sufficient.—Allow 6 eggs for 3 persons.

Seasonable at any time.

Note.—Fried rashers of bacon, curled, serve as a pretty garnish to many dishes, and for small families, answer very well as a substitute for boiled bacon, to serve with a small dish of poultry, &c.

1183.—BROILED RASHERS OF BACON.

(*Fr.*—Lard Grillé.)

(*A Breakfast Dish.*)

Mode.—Before purchasing bacon, ascertain that it is perfectly free from rust, which may easily be detected by its yellow colour; and for broiling, the streaked part of the thick flank is generally the most esteemed. Cut it into *thin* slices, take off the rind, and broil over a nice clear fire; turn it 2 or 3 times, and serve very hot. Should there be any cold bacon left from the previous day, it answers very well for breakfast, cut into slices, and broiled or fried.

Time.—3 or 4 minutes. **Average Cost,** 10*d.* to 1*s.* per lb. for the primest parts.

Seasonable at any time.

Note.—When the bacon is cut very thin, the slices may be curled round and fastened by means of small skewers, and fried or toasted before the fire.

1184.—BOILED BACON. (*Fr.*—Lard Bouilli.)

Ingredients.—Bacon; water.

Mode.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put it into a saucepan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is *thoroughly* done; then take it up, strip off the skin, and sprinkle over the bacon a few bread-raspings, and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

BOILED BACON.

Time.—1 lb. of bacon, ¾ hour; 2 lbs., 1¼ hour. **Average Cost,** 10*d.* to 1*s.* per lb. for the primest parts.

Sufficient.—2 lbs., when served with poultry or veal, sufficient for 10 persons.

Seasonable at any time.

1185.—TO CURE BACON IN THE WILTSHIRE WAY.

Ingredients.—1½ lb. of coarse sugar, 1½ lb. of bay-salt, 6 oz. of saltpetre, 1 lb. of common salt.

Mode.—Sprinkle each flitch with salt, and let the blood drain off for 24 hours; then pound and mix the above ingredients well together and rub it well into the meat, which should be turned every day for a month; then hang it to dry, and afterwards smoke it for 10 days.

Time.—To remain in the pickle, 1 month; to be smoked, 10 days.

Sufficient.—The above quantity of salt for 1 pig.

How Pigs were formerly Pastured and Fed.—Though unquestionably far greater numbers of swine are now kept in England than formerly, every peasant having one or more of that useful animal, in feudal times immense droves of pigs were kept by the franklings and barons: in those days, the swine-herds being a regular part of the domestic service of every feudal household, their duty consisted in daily driving the herd of swine from the castle-yard, or outlying farm, to the nearest woods, chase, or forest, where the frankling or vavasour had, either by right or grant, what was called *free warren*, or the liberty to feed his hogs off the acorns, beech, and chestnuts that lay in such abundance on the earth, and far exceeded the power of the royal or privileged game to consume. Indeed, it was the license granted the nobles of free warren, especially for their swine, that kept up the iniquitous forest laws to so late a date, and covered so large a portion of the land with such immense tracts of wood and brake, to the injury of agriculture and the misery of the people. Some idea of the extent to which swine were grazed in the feudal times may be formed by observing the number of pigs still fed in Epping Forest, the Forest of Dean, and the New Forest, in Hampshire, where for several months of the year, the beech-nuts and acorns yield them so plentiful a diet. In Germany, where the chestnut is so largely cultivated, the amount of food shed every autumn is enormous, and consequently the pig, both wild and domestic, has, for a considerable portion of the year, an unfailing supply of admirable nourishment. Impressed with the value of this fruit for the food of pigs, the late Prince Consort, with great judgment, encouraged the collection of chestnuts in Windsor Park, and by giving a small reward to poor old people and children for every bushel collected, not only founded an occupation for many of the unemployed poor, but, by providing a gratuitous food for their pig, encouraged a feeling of providence and economy.

1186.—FOR CURING BACON, AND KEEPING IT FREE FROM RUST.

(*Cobbett's Recipe.*)

The Two Sides that Remain, and which are called flitches, are to be cured for bacon. They are first rubbed with salt on their insides, or flesh sides, then placed one on the other, the flesh sides uppermost, in a salting trough which has a gutter round its edges to drain away the brine, for, to have sweet and fine bacon, the flitches must not be sopping in brine, which gives it the sort of vile taste that barrel and sea pork have. Every one knows how different is the taste of fresh dry salt from that of salt in a dissolved state; therefore, change the salt often—once in 4 or 5 days; let it melt and sink in, but not lie too long; twice change the flitches, put that at bottom which was first on the top; this mode will cost

you a great deal more in salt than the sopping mode, but without it your bacon will not be so sweet and fine, nor keep so well. As for the time required in making your flitches sufficiently salt, it depends on circumstances. It takes a longer time for a thick than a thin flitch, and longer in dry than in damp weather, or in a dry than in a damp place, but for the flitches of a hog of five score, in weather not very dry or damp, about 6 weeks may do; and as yours is to be fat, which receives little injury from over-salting, give time enough for you to have bacon until Christmas comes again.

1187. The Place for Salting should, like a dairy, always be cool, but well ventilated; confined air, though cool, will taint meat sooner than the mid-day sun, accompanied by a breeze. With regard to smoking the bacon, two precautions are necessary: first to hang the flitches where no rain comes down upon them; and next, that the smoke must proceed from wood, not peat, turf, or coal. As to the time required to smoke a flitch, it depends a good deal upon whether there be a constant fire beneath: and whether the fire be large or small: a month will do if the fire be pretty constant and rich, as a farm-house fire usually is; but over-smoking, or rather too long hanging in the air, makes the bacon rust; great attention should therefore be paid to this matter. The flitch ought not to be dried up to the hardness of a board, and yet it ought to be perfectly dry. Before you hang it up, lay it on the floor, scatter the flesh side pretty thickly over with bran or with some fine sawdust, not of deal or fir; rub it on the flesh, or pat it well down upon it: this keeps the smoke from getting into the little openings, and makes a sort of crust to be dried on.

1188. To keep the Bacon Sweet and Good, and free from hoppers, sift fine some clean and dry wood-ashes. Put some at the bottom of a box or chest long enough to hold a flitch of bacon; lay in one flitch, and then put in more ashes, then another flitch, and cover this with 6 or 8 inches of the ashes. The place where the box or chest is kept ought to be dry, and should the ashes become damp, they should be put in the fire-place to dry, and when cold, put back again. With these precautions, the bacon will be as good at the end of the year as on the first day.

1189. For Simple General Rules, these may be safely taken as a guide; and those who implicity follow the directions given, will possess at the expiration of from 6 weeks to 2 months well-flavoured and well-cured bacon.

Hog not Bacon. Anecdote of Lord Bacon.—As Lord Bacon, on one occasion, was about to pass sentence of death upon a man of the name of Hogg, who had just been tried for a long career of crime, the prisoner suddenly claimed to be heard in arrest of judgment, saying, with an expression of arch confidence as he addressed the bench, "I claim indulgence, my lord, on the plea of relationship; for I am convinced your lordship will never be unnatural enough to hang one of your own family."

"Indeed," replied the judge, with some amazement, "I was not aware that I had the honour of your alliance; perhaps you will be good enough to name the degree of our mutual affinity."

"I am sorry, my lord," returned the impudent thief, "I cannot trace the links of consanguinity: but the moral evidence is sufficiently pertinent. My name, my lord, is Hogg, your lordship's is Bacon; and all the world will allow that bacon and hog are *very* closely allied."

"I am sorry," replied his lordship, "I cannot admit the truth of your instance; hog cannot be bacon until it is *hanged*; and so, before I can admit your plea, or acknowledge the family compact, Hogg must be hanged to-morrow morning."

1190.—TO BAKE A HAM. (*Fr.*—Jambon.)

Ingredients.—Ham; a common crust.

Mode.—As a ham for baking should be well soaked, let it remain in water for at least 12 hours. Wipe it dry, trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep the gravy in. Place it in a moderately-heated oven, and bake for nearly 4 hours. Take off the crust, and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill. This method of cooking a ham is, by many persons, considered far superior to boiling it, as it cuts fuller of gravy and has a finer flavour, besides keeping a much longer time good.

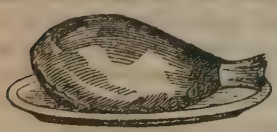
Time.—A medium-sized ham, 4 hours. **Average Cost,** from 1*s.* per lb. by the whole ham, or a very excellent American one can be bought at 8*d.*

Seasonable all the year.

1191.—TO BOIL A HAM. (*Fr.*—Jambon.)

Ingredients.—Ham, water, glaze or raspings.

Mode.—In choosing a ham, ascertain that it it is perfectly sweet, by running a sharp knife into it, close to the bone; and if, when the knife is withdrawn, it has an agreeable smell, the ham is good; if, on the contrary, the blade has a greasy appearance and offensive smell, the ham is bad. If it has been long hung, and it is very dry and salt, let it remain in soak for 24 hours, changing the water frequently. This length of time is only necessary in the case of its being very hard; from 8 to 12 hours would be sufficient for a Yorkshire or Westmoreland ham. Wash it thoroughly clean, and trim away from the under-side all the rusty and smoked parts, which would spoil the appearance. Put it into a boiling-pot, with sufficient cold water to cover it; bring it gradually to boil, and as the scum rises carefully remove it. Keep it simmering very gently until tender, and be careful that it does not stop boiling nor boil too quickly. When done take it out of the pot, strip off the skin, and sprinkle over it a few bread-raspings, put a



BOILED HAM.

frill of cut paper round the knuckle and serve. If to be eaten cold, let the ham remain in the water until nearly cold: by this method the juices are kept in, and it will be found infinitely superior to one taken out of the water hot. When the skin is removed, sprinkle over bread-raspings, or, if wanted particularly nice, glaze it. Place a paper frill round the knuckle, and garnish with parsley or cut vegetable flowers.

Time.—A ham weighing 10 lbs., 4 hours to *simmer gently*: 15 lbs. 5 hours; a very large one about 6 hours. **Average Cost,** from 1*s.* per lb. by the whole ham.

Seasonable all the year.

1192.—HOW TO BOIL A HAM TO GIVE IT AN EXCELLENT FLAVOUR.

Ingredients.—Vinegar and water, 2 heads of celery, 2 turnips, 3 onions, a large bunch of savoury herbs.

Mode.—Prepare the ham as in the preceding recipe, and let it soak for a few hours in vinegar and water. Put it on in cold water, and when it boils, add the vegetables and herbs. Simmer very gently until tender, take it out, strip off the skin, cover with bread-raspings, and put a paper ruche or frill round the knuckle.

Time.—A ham weighing 10 lbs., 4 hours. **Average Cost,** 1*s.* per lb. by the whole ham.

Seasonable at any time.

How to Silence a Pig. Anecdote of Charles V.—When the Emperor Charles V. was one day walking in the neighbourhood of Vienna, full of pious considerations, engendered by the thoughts of the Dominican cloister he was about to visit, he was much annoyed by the noise of a pig, which a country youth was carrying a little way before him. At length, irritated by the unmitigated noise. "Have you not learned how to quiet a pig?" demanded the imperial traveller tartly.

"Noa," replied the ingenious peasant, ignorant of the quality of his interrogator:—"noa; and I should very much like to know how to do it," changing the position of his burthen, and giving his load a surreptitious pinch of the ear, which immediately altered the tone and volume of his complaining.

"Why, take the pig by the tail," said the emperor, "and you will see how quiet he will become."

Struck by the novelty of the suggestion, the countryman at once dangled his noisy companion by the tail, and soon discovered that, under the partial congestion caused by its inverted position, the pig had indeed become silent; when, looking with admiration on his august adviser, he exclaimed:

"Ah, you must have learned the trade much longer than I, for you understand it a great deal better."

1193.—HAM TOAST. (*Fr.*—Jambon au Gratin.)

Ingredients.—½ lb. of lean ham, yolks of 2 eggs, gravy or cream, slices of toasted bread.

Mode.—Mince the ham very finely, then put it in a saucepan with the well-beaten yolks of eggs, and enough gravy or cream to make a smooth

paste. Stir it for ten minutes over the fire, then spread on rounds of hot buttered toast, and serve immediately.

Time.—10 minutes. **Average Cost,** 9*d.*

Sufficient for 3 persons.

Seasonable at any time.

1194.—FRIED HAM AND EGGS.

(*Fr.*—Œufs Frits au Jambon.)

(A Breakfast Dish.)

Ingredients.—Ham; eggs.

Mode.—Cut the ham into slices, and take care that they are of the same thickness in every part. Cut off the rind, and if the ham should be particularly hard and salt, it will be found an improvement to soak it for about ten minutes in hot water, and then dry it in a cloth. Put it into a cold frying-pan, set it over the fire, and turn the slices three or four times whilst they are cooking. When done, place them on a dish, which should be kept hot in front of the fire during the time the eggs are being poached. Poach the eggs, slip them on to the slices of ham, and serve quickly.

Time.—7 or 8 minutes to fry the ham. **Average Cost,** 1*s.* per lb. by the whole ham.

Sufficient.—Allow 2 eggs and a slice of ham to each person.

Seasonable at any time.

Note.—Ham may also be toasted or broiled; but, with the latter method, to insure its being well cooked, the fire must be beautifully clear, or it will have a smoky flavour far from agreeable.

1195.—POTTED HAM, that Will Keep Good for Some Time.

(*Fr.*—Jambon en Terrine.)

Ingredients.—To 2 lbs. of lean ham allow 1 lb. of fat, 2 teaspoonfuls of pounded mace, ½ nutmeg, grated, rather more than ½ teaspoonful of cayenne.

Mode.—Mince the ham, fat and lean together in the above proportion, and pound it well in a mortar, seasoning it with cayenne pepper, pounded mace and nutmeg; put the mixture into a deep baking-dish and bake for half an hour; then press it well into a stone jar, fill up the jar with clarified lard, cover it closely, and paste over it a piece of thick paper. If well seasoned, it will keep a long time in winter, and will be found very convenient for sandwiches, &c.

Time.—½ hour. **Average Cost,** for this quantity, 3*s.* 6*d.*

Seasonable at any time.

1196.—POTTED HAM. (*Fr.*—Jambon en Terrine.)

(*Another Mode.*)

Ingredients.—To 2 lbs. of lean ham allow ½ lb. of fat, 1 teaspoonful of pounded mace, ½ teaspoonful of pounded allspice, ½ nutmeg, pepper to taste, clarified butter.

Mode.—Cut some slices from the remains of a cold ham, mince them small, and to every 2lbs. of lean allow the above proportion of fat. Pound the ham in a mortar to a fine paste, with the fat, gradually add the seasoning and spices, and be very particular that all the ingredients are well mixed and the spices well pounded. Press the mixture into potting-pots, pour over clarified butter, and keep it in a cool place.

Average Cost, for this quantity, *2s. 6d.*

Seasonable at any time.

Note.—The little scraps that can be cut off after the ham is unfit for sending to table serve for this, if all outside pieces and rust are carefully removed.

Importance of the Boar's Head: Scottish Feuds, &c.—The boar's head, in ancient times, formed the most important dish on the table, and was invariably the first placed on the board upon Christmas-day, being preceded by a body of servitors, a flourish of trumpets, and other marks of distinction and reverence, and carried into the hall by the individual of next rank to the lord of the feast. At some of our colleges and inns of court, the serving of the boar's head on a silver platter on Christmas-day is a custom still followed; and, till very lately, a boar's head was competed for at Christmas-time by the young men of a rural parish in Essex. Indeed, so highly was the grizzly boar's head regarded in former times, that it passed into the cognizance of some of the noblest families in the realm: thus it was not only the crest of the Nevills and Warwicks, with their collateral houses, but it was the cognizance of Richard III., that—

> "Wretched, bloody, and usurping boar,
> That spoiled your summer fields and fruitful vines,
> Swills your warm blood like wash, and makes his trough
> In your embowell'd bosoms,"—

and whose nature it was supposed to typify; and was universally used as a *sign* to taverns. The Boar's Head, in Eastcheap, which, till within the last twenty-five years, still stood, in all its primitive quaintness, though since removed to make way for the London Bridge approaches, will live vividly in the mind of every reader of Shakspeare as the resort of the Prince of Wales, Poins, and his companions, and the residence of Falstaff and his coney-catching knaves, Bardolph, Pistol, and Nym: and whose sign was a Boar's Head, carved in stone over the door, and a smaller one in wood on each side of the doorway.

The traditions and deeds of savage vengeance recorded in connection with this grim trophy of the chase are numerous in all parts of Europe. But the most remarkable connected with the subject in this country were two events that occurred in Scotland about the 11th and 15th centuries.

A border family having been dispossessed of their castle and lands by a more powerful chief, were reduced for many years to great indigence, the expelled owner only living in the hope of wreaking a terrible vengeance, which, agreeably to the motto of his house, he was content to "bide his time" for. The usurper, having invited a large number of his kindred to a grand hunt in his new domains, and a feast after in the great hall, returned from the chase, and, discovering the feast not spread, vented his wrath in no measured terms on the heads of the tardy servitors. At length a menial approached, followed by a line of servants, and, placing the boar's head on the table, the guests rushed forward to begin the meal, when, to their horror, they discovered not a boar's, but a bull's head—a sign of death. The doors were immediately closed, and the false servants, who were the adherents of the dispossessed chief, threw off their disguise, and, falling on the usurper and his friends, butchered them and every soul in the castle belonging to the rival faction.

A tribe of caterans, or mountain robbers, in the Western Highlands, having been greatly persecuted by a powerful chief of the district, waylaid him and his retinue, put them all to the sword, and, cutting off the chief's head, repaired to his castle, where they ordered the terrified wife to supply them with food and drink. To appease their savage humour, the lady gave orders for their entertainment, and, on returning to the hall to see that her orders were complied with, discovered, in place of the boar's head that should have graced the board, her husband's bleeding head; the savage caterans, in rude derision, as a substitute for the apple or lemon usually placed between the jaws, having thrust a slice of bread in the dead man's mouth.

1197.—FOR CURING HAMS.

(*Mons. Ude's Recipe.*)

Ingredients.—For 2 hams, weighing about 16 or 18 lbs. each, allow 1 lb. of moist sugar, 1 lb. of common salt, 2 oz. of saltpetre, 1 quart of good vinegar.

Mode.—As soon as the pig is cold enough to be cut up, take the two hams and rub them well with common salt, and leave them in a large pan for three days. When the salt has drawn out all the blood, drain the hams and throw the brine away. Mix sugar, salt and saltpetre together in the above proportion, rub the hams well with these, and put them into a vessel large enough to hold them, always keeping the salt over them. Let them remain for three days, then pour over them a quart of good vinegar. Turn them in the brine every day for a month, then drain them well, and rub them with bran. Have them smoked over a wood fire, and be particular that the hams are hung as high up as possible from the fire; otherwise the fat will melt, and they will become dry and hard.

Time.—To be pickled, 1 month; to be smoked, 1 month.

Sufficient for two hams of 18 lbs. each.

Seasonable from October to March.

The Price of a Sow in Africa.—In one of the native states of Africa, a pig one day stole a piece of food from a child as it was in the act of conveying the morsel to its mouth; upon which the robbed child cried so loud that the mother rushed out of her hovel to ascertain the cause; and seeing the purloining pig make off munching his booty, the woman in her heat struck the grunter so smart a blow that the surly rascal took it into his head to go home very much indisposed, and, after a certain time, resolved to die—a resolution that he accordingly put into practice; upon which the owner instituted judicial proceedings before the Star Chamber court of his tribe against the husband and family of the woman whose rash act had led to such results; and as the pig happened to be a *sow*, in the very flower of her age, the prospective loss to the owner in unnumbered tens of pigs, with the expenses attending so high a tribunal, swelled the damages and costs to such a sum that it was found impossible to pay them; and as, in the barbarous justice existing among these rude people, every member of a family is equally liable as the individual who committed the wrong, the father, mother, children, relatives—an entire community, to the number of *thirty-two souls*, were sold as slaves, and a fearful sum of human misery perpetrated, to pay the value of a thieving old sow.

1198.—TO SALT TWO HAMS, about 12 or 15 lbs. each.

Ingredients.—2 lbs. of treacle, ½ lb. of saltpetre, 1 lb. of bay-salt, 2 lbs. of common salt.

Mode.—Two days before they are put into pickle, rub the hams well with salt, to draw away all slime and blood. Throw what comes from them away, and rub them with treacle, salpetre and salt. Lay them in a deep pan, and let them remain one day; boil the above proportion of treacle, saltpetre, bay-salt and common salt for a quarter of an hour, and pour this pickle boiling hot over the hams. There should be sufficient of it to cover them. For a day or two rub them well with it; afterwards they will only require turning. They ought to remain in this pickle for three weeks or a month, and then be sen to be smoked, which will take

nearly or quite a month to do. An ox-tongue pickled in this way is most excellent, to be eaten either green or smoked.

Time.—To remain in the pickle, 3 weeks or a month; to be smoked, about a month.

Seasonable from October to March.

1199.—TO CURE SWEET HAMS IN THE WESTMORELAND WAY.

Ingredients.—3 lbs. of common salt, 3 lbs. of coarse sugar, 1 lb. of bay-salt, 3 quarts of strong beer.

Mode.—Before the hams are put into pickle, rub them the preceding day well with salt, and drain the brine well from them. Put the above ingredients into a saucepan, and boil for a quarter of an hour; pour over the hams, and let them remain a month in the pickle. Rub and turn them every day, but do not take them out of the pickling-pan; and have them smoked for a month.

Time.—To be pickled, 1 month; to be smoked, 1 month.

Seasonable from October to March.

1200.—TO PICKLE HAMS.

(*Suffolk Recipe.*)

Ingredients.—To a ham from 10 or 12 lbs. allow 1 lb. of coarse sugar, ¾ lb. of salt, 1 oz. of saltpetre, ½ teacupful of vinegar.

Mode.—Rub the hams well with common salt, and leave them for a day or two to drain; then rub well in the above proportion of sugar, salt, saltpetre and vinegar, and turn them every other day. Keep them in the pickle one month, drain them, and send them to be smoked over a wood fire for three weeks or a month.

Time.—To remain in the pickle, 1 month; to be smoked, 3 weeks or 1 month.

Sufficient.—The above proportion of pickle sufficient for 1 ham.

Seasonable.—Hams should be pickled from October to March.

Novel Way of Recovering a Stolen Pig.—It is a well-known fact that in Ireland the pig is, in *every* respect, a domesticated animal, sharing often both the bed and the board of the family, and making an outer ring to the domestic circle, as, seated round the pot of potatoes, they partake of the midday meal called dinner. An Irishman upon one occasion having lost an interesting member of his household, in the form of a promising young porker, consulted his priest on the occasion, and, having hinted at the person he suspected of purloining the "illigant slip of a pig," he was advised to take no further notice of the matter, but leave the issue to his spiritual adviser. Next Sunday, his reverence, after mass, came to the front of the altar-rails, and, looking very hard at the supposed culprit, exclaimed, "Who stole Pat Doolan's pig?" To this inquiry there was, of course, no answer;—the priest did not expect there would be any. The following Sunday the same query was propounded a little stronger—"Who of you was it, I say, who stole *poor* Pat Doolan's pig?" It now became evident that the culprit was a hardened sinner; so, on the third Sunday, instead of repeating the unsatisfactory inquiry, the priest, after, as usual, eye-

ing the obdurate offender, said, in a tone of pious sorrow, "Mike Regan, Mike Regan, you treat me with contempt!" That night, when the family was all asleep, the latch of the door was noiselessly lifted, and the "illigant slip of a pig" cautiously slipped into the cabin.

1201.—TO SMOKE HAMS AND FISH AT HOME.

Take an old hogshead, stop up all the crevices, and fix a place to put a cross-stick near the bottom, to hang the articles to be smoked on. Next, in the side, cut a hole near the top, to introduce an iron pan filled with sawdust and small pieces of green wood. Having turned the tub upside down, hang the articles upon the cross-stick, introduce the iron pan in the opening, and place a piece of red-hot iron in the pan, cover it with sawdust, and all will be complete. Let a large ham remain 40 hours, and keep up a good smoke.

1202.—TO CURE BACON OR HAMS IN THE DEVONSHIRE WAY.

Ingredients.—To every 14 lbs. of meat allow 2 oz. of saltpetre, 2 oz. of salt prunella, 1 lb. of common salt. For the pickle, 3 gallons of water, 5 lbs. of common salt, 7 lbs. of coarse sugar, 3 lbs. of bay salt.

Mode.—Weigh the sides, hams and cheeks, and to every 14 lbs. allow the above proportion of saltpetre, salt prunella and common salt. Pound and mix these together, and rub well into the meat; lay it in a stone trough or tub, rubbing it thoroughly, and turning it daily for 2 successive days. At the end of the second day, pour on it a pickle made as follows: Put the above ingredients into a saucepan, set it on the fire, and stir frequently; remove all the scum, allow it to boil for a quarter of an hour, and pour it hot over the meat. Let the hams, &c., be well rubbed and turned daily; if the meat is small, a fortnight will be sufficient for the sides and shoulders to remain in the pickle, and the hams three weeks; if from 30 lbs. and upwards, 3 weeks will be required for the sides, &c., and from 4 to 5 weeks for the hams. On taking the pieces out, let them drain for an hour, cover with dry sawdust, and smoke from a fortnight to 3 weeks. Boil and carefully skim the pickle after using, and it will keep good, closely corked, for 2 years. When boiling it for use, add about 2 lbs. of common salt, and the same of treacle, to allow for waste. Tongues are excellent put into this pickle cold, having been first rubbed with saltpetre and salt, and allowed to remain 24 hours, not forgetting to make a deep incision under the thick part of the tongue, so as to allow the pickle to penetrate more readily. A fortnight or 3 weeks, according to the size of the tongue, will be sufficient.

Time.—Small meat to remain in the pickle a fortnight, hams 3 weeks; to be smoked from a fortnight to 3 weeks.

The following is from Morton's "Cyclopædia of Agriculture," and will be found fully worthy of the high character of that publication;—

1203.—CURING OF HAMS AND BACON.

THE CARCASS OF THE HOG, after hanging over-night to cool, is laid on a strong bench or stool, and the head is separated from the body at the neck, close behind the ears; the feet and also the internal fat are removed. The carcass is next divided into two sides in the following manner:—The ribs are divided about an inch from the spine on each side, and the spine, with the ends of the ribs attached, together with the internal flesh between it and the kidneys, and also the flesh above it, throughout the whole length of the sides, are removed. The portion of the carcass thus cut out is in the form of a wedge—the breadth of the interior consisting of the breadth of the spine, and about an inch of the ribs on each side, being diminished to about half an inch at the exterior or skin along the back. The breast-bone, and also the first anterior rib, are also dissected from the side. Sometimes the whole of the ribs are removed; but this, for reasons afterwards to be noted, is a very bad practice. When the hams are cured separately from the sides, which is generally the case, they are cut out so as to include the hock-bone, in a similar mode to the London mode of cutting a haunch of mutton. The carcass of the hog thus cut up is ready for being salted, which process, in large curing establishments, is generally as follows. The skin side of the pork is rubbed over with a mixture of fifty parts by weight of salt, and one part of saltpetre in powder, and the incised parts of the ham or flitch, and the inside of the flitch covered with the same. The salted bacon, in pairs of flitches with the insides to each other, is piled one pair of flitches above another on benches slightly inclined, and furnished with spouts or troughs to convey the brine to receivers in the floor of the salting-house, to be afterwards used for pickling pork for navy purposes. In this state the bacon remains a fortnight, which is sufficient for flitches cut from hogs of a carcass weight less than 15 stone (14 lbs. to the stone). Flitches of a larger size, at the expiration of that time, are wiped dry and reversed in their place in the pile, having, at the same time, about half the first quantity of fresh, dry, common salt sprinkled over the inside and incised parts; after which they remain on the benches for another week. Hams being thicker than flitches, will require, when less than 20 lbs. weight, 3 weeks; and when above that weight, 4 weeks to remain under the above-described process. The next and last process in the preparation of bacon and hams, previous to being sent to market, is drying. This is effected by hanging the flitches and hams for 2 or 3 weeks in a room heated by stoves, or in a smoke-house, in which they are exposed for the same length of time to the smoke arising from the slow combustion of the

sawdust of oak or other hard wood. The latter mode of completing the curing process has some advantage over the other, as by it the meat is subject to the action of *creosote*, a volatile oil produced by the combustion of the sawdust, which is powerfully antiseptic. The process also furnishing a thin covering of a resinous varnish, excludes the air not only from the muscle but also from the fat; thus effectually preventing the meat from becomiug rusted; and the principal reasons for condemning the practice of removing the ribs from the flitches of pork are, that by so doing the meat becomes unpleasantly hard and pungent in the process of salting, and by being more opposed to the action of the air, becomes sooner and more extensively rusted. Notwithstanding its superior efficacy in completing the process of curing, the flavour which smoke-drying imparts to meat is disliked by many persons, and it is therefore by no means the most general mode of drying adopted by mercantile curers. A very impure variety of *pyroligneous* acid, or vinegar made from the destructive distillation of wood, is sometimes used, on account of the highly preservative power of the creosote which it contains, and also to impart the smoke-flavour; in which latter object, however, the coarse flavour of tar is given, rather than that derived from the smoke from combustion of wood. A considerable portion of the bacon and hams salted in Ireland is exported from that country packed amongst salt, in bales, immediately from the salting process, without having been in any degree dried. In the process of salting above described, pork loses from eight to ten per cent. of its weight, according to the size and quality of the meat; and a further diminution of weight, to the extent of five to six per cent., takes place in drying during the first fortnight after being taken out of salt; so that the total loss in weight occasioned by the preparation of bacon and hams in a proper state for market, is not less on an average than fifteen per cent. on the weight of the fresh pork.

1204.—COLLARED PIG'S FACE.

(*Fr.*—Hure de Cochon en Galantine.)

(*A Breakfast or Luncheon Dish.*)

Ingredients.—1 pig's face; salt. For brine, 1 gallon of spring water, 1 lb. of common salt, ½ handful of chopped juniper berries, 6 bruised cloves, 2 bay-leaves, a few sprigs of thyme, basil, sage, ¼ oz. of saltpetre. For forcemeat, ½ lb. of ham, ½ lb. of bacon, 1 teaspoonful of mixed spices, pepper to taste, ¼ lb. of lard, 1 tablespoonful of minced parsley, 6 young onions.

Mode.—Singe the head carefully, bone it without breaking the skin, and

rub it well with salt. Make the brine by boiling the above ingredients for a quarter of an hour, and letting it stand to cool. When cold, pour it over the head, and let it steep in this for 10 days, turning and rubbing it often. Then wipe, drain and dry it. For the forcemeat, pound the ham and bacon very finely, and mix with these the remaining ingredients, taking care that the whole is thoroughly incorporated. Spread this equally over the head, roll it tightly in a cloth, and bind it securely with broad tape. Put it into a saucepan with a few meat trimmings, and cover it with stock, let it simmer gently for 4 hours, and be particular that it does not stop boiling the whole time. When quite tender, take it up, put it between 2 dishes and a heavy weight on the top, and when cold, remove the cloth and tape. It should be sent to table on a napkin, or garnished with a piece of deep white paper, with a ruche at the top.

PIG'S FACE.

Time.—4 hours. **Average Cost,** from *2s.* to *2s. 6d.*

Seasonable from October to March.

The Wild and Domestic Hog.—The domestic hog is the descendant of a race long since banished from this island; and it is remarkable that, while the tamed animal has been and is kept under surveillance the wild type when e this race sprung has maintained itself in its ancient freedom, the fierce denizen of the forest, and one of the renowned beasts of the chase. Whatever doubt may exist as to the true origin of the dog, the horse, the ox, and others, or as to whether their original race is yet extant or not, these doubts do not apply to the domestic hog; its wild source still exists, and is universally recognised; like the wolf, however, it has been expelled from our island; but, like that animal, it still roams through the vast wooded tracts of Europe and Asia.

1205.—TO DRESS PIG'S FRY.

(A Savoury Dish.)

Ingredients.—1½ lb. of pig's fry, 2 onions, a few sage-leaves, 2 lbs. of potatoes, pepper and salt to taste.

Mode.—Put the lean fry at the bottom of a pie-dish, sprinkle over it some minced sage and onion, and a seasoning of pepper and salt; slice the potatoes; put a layer of these on the seasoning, then a fat fry, then more seasoning, and a layer of potatoes at the top. Fill the dish with boiling water, and bake for 2 hours, or rather longer.

Time.—Rather more than 2 hours. **Average Cost,** *6d.* per lb.

Sufficient for 3 or 4 persons.

Seasonable from October to March.

1206.—TO MAKE LARD. (*Fr.*—Fonte au Sain-doux.)

Mode.—Melt the inner fat of the pig, by putting it in a stone jar, and placing this in a saucepan of boiling water, previously stripping off the skin. Let it simmer gently over a bright fire, and as it melts, pour it carefully from the sediment. Put it into small jars or bladders for use,

and keep it in a cool place. The flead or inside fat of the pig before it is melted makes exceedingly light crust, and is particularly wholesome. It may be preserved a length of time by salting it well, and occasionally changing the brine. When wanted for use, wash and wipe it, and it will answer for making into paste as well as fresh lard.

Average Cost, 10*d.* per lb.

1207.—BOILED LEG OF PORK.
(*Fr.*—Gigot de Porc.)

Ingredients.—Leg of pork; salt.

Mode.—For boiling, choose a small, compact, well-filled leg, and rub it well with salt; let it remain in pickle for a week or ten days turning and rubbing it every day. Before dressing it put it into cold water for an hour, which improves the colour. If the pork is purchased ready salted, ascertain how long the meat has been in pickle, and soak it accordingly. Put it into a boiling-pot, with sufficient cold water to cover it; let it gradually come to a boil, and remove the scum as it rises. Simmer it very gently until tender, and do not allow it to boil fast, or the knuckle will fall to pieces before the middle of the leg is done. Carrots, turnips, or parsnips may be boiled with the pork, some of which should be laid round the dish as a garnish; and a well-made pease-pudding is an indispensable accompaniment.

Time.—A leg of pork weighing 8 lbs., 3 hours after the water boils, and to be simmered very gently. **Average Cost,** 9*d.* per lb.

Sufficient for 7 or 8 persons.

Seasonable from October to March.

Note.—The liquor in which a leg of pork has been boiled makes excellent pea-soup.

Antiquity of the Hog.—The hog has survived changes which have swept multitudes of pachydermatous animals from the surface of our earth. It still presents the same characteristics, both physical and moral, which the earliest writers, whether sacred or profane, have faithfully delineated. Although the domestic has been more or less modified by long culture, yet the wild species remains unaltered, insomuch that the fossil relics may be identified with the bones of the existing descendants.

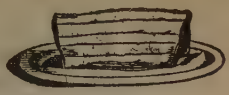
1208.—ROAST GRISKIN OF PORK.
(*Fr.*—Echine de Porc.)

Ingredients.—Pork; a little powdered sage.

Mode.—As this joint frequently comes to table hard and dry, particular care should be taken that it is well basted. Put it down to a bright fire, and flour it. About 10 minutes before taking it up, sprinkle over some powdered sage; make a little gravy in the dripping-pan, strain it over the meat, and serve with a tureen of apple sauce. This joint will be done in

far less time than when the skin is left on, consequently it should have the greatest attention, that it be not dried up.

SPARE-RIB OF PORK.



GRISKIN OF PORK.

Time.—Griskin of pork weighing 6 lbs., 1½ hour. **Average Cost,** *7d.* per lb.

Sufficient for 5 or 6 persons.

Seasonable from October to March.

Note.—A spare-rib of pork is roasted in the same manner as above, and would take 1½ hour for one weighing about 6 lbs.

1209.—LARDING. (*Fr.*—A Larder.)

Ingredients.—Bacon and larding-needle.

Mode.—Bacon for larding should be firm and fat, and ought to be cured without any saltpetre, as this reddens white meats. Lay it on a table, the rind downwards; trim off any rusty part, and cut it into slices of any equal thickness. Place the slices one on the top of another, and cut them evenly into narrow strips, so arranging it that every piece of bacon is of the same size. Bacon for fricandeaux, poultry and game, should be about 2 inches in length, and rather more than one-eighth of an inch in width. If for larding fillets of beef or loin of veal, the pieces of bacon must be thicker. The following recipe of Soyer is, we think, very explicit; and any cook, by following the directions here given, may be able to lard, if not well, sufficiently for general use.

BACON FOR LARDING, AND LARDING-NEEDLE.

"Have the fricandeau trimmed, lay it, lengthwise, upon a clean napkin across your hand, forming a kind of bridge with your thumb at the part you are about to commence at; then with the point of the larding-needle make three distinct lines across, half an inch apart; run the needle into the third line, at the further side of the fricandeau, and bring it out at the first, placing one of the lardoons in it; draw the needle through, leaving out a quarter of an inch of the bacon at each line; proceed thus to the

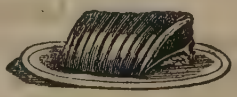
end of the row; then make another line, half an inch distant, stick in another row of lardoons, bringing them out at the second line, leaving the ends of the bacon out all the same length; make the next row again at the same distance, bringing the ends out between the lardoons of the first row, proceeding in this manner until the whole surface is larded in chequered rows. Everything else is larded in a similar way; and, in the case of poultry, hold the breast over a charcoal fire for one minute, or dip it into boiling water, in order to make the flesh firm."

1210.—ROAST LOIN OF PORK. (*Fr.*—Longe de Porc.)

Ingredients.—Pork; a little salt.

Mode.—Score the skin in strips rather more than a quarter of an inch apart, and place the joint at a good distance from the fire, on account of the crackling, which would harden before the meat would be heated through, were it placed too near. If very lean, it should be rubbed over with a little salad oil, and kept well basted all the time it is at the fire.

FORE LOIN OF PORK.



HIND LOIN OF PORK.

Pork should be very thoroughly cooked, but not dry; and be careful never to send it to table the least underdone, as nothing is more unwholesome and disagreeable than underdressed white meats. Serve with apple sauce and a little brown gravy made in the dripping-pan. A stuffing of sage and onion may be made separately, and baked in a flat dish; this method is bettter than putting it in the meat, as many persons have so great an objection to the flavour.

Time.—A loin of pork weighing 5 lbs., about 2 hours; allow more time should it be very fat. **Average Cost,** 9*d.* per lb.

Sufficient for 5 or 6 persons.

Seasonable from September to March.

Fossil Remains of the Hog.—In British strata, the oldest fossil remains of the hog which Professor Owen states that he has examined, were from fissures in the red crag (probably miocene) of Newbourne, near Woodbridge, Suffolk. "They were associated with teeth of an extinct *felis* about the size of a leopard, with those of a bear, and with remains of a large cervus. These mammalian remains were found with the ordinary fossils of the red crag; they had undergone the same process of trituration, and were impregnated with the same colouring matter as the associated bones and teeth of fishes acknowledged to be derived from the regular strata of the red crag. These mammaliferous beds have been proved by Mr. Lyell to be older than the fluvio-marine or Norwich crag, in which remains of the mastodon, rhinoceros and horse have been discovered; and still older than the fresh-water pleistocene deposits, from which the remains of the mammoth, rhinoceros, &c., are obtained in such abundance. I have met," says the professor, in addition, "with some satisfactory instances of the association of fossil remains of a species of hog with those of the mammoth, in the newer pleiocene fresh water formations of England."

1211.—TO CURE PIG'S CHEEKS. (*Fr.*—Hure de Cochon.)

Ingredients.—Salt, ½ oz. of saltpetre, 2 oz. of bay-salt, 4 oz. of coarse sugar.

Mode.—Cut out the snout, remove the brains and split the head, taking off the upper bone to make the jowl a good shape; rub it well with salt; next day take away the brine, and salt it again the following day; cover the head with saltpetre, bay-salt and coarse sugar, in the above proportion, adding a little common salt. Let the head be often turned, and when it has been in the pickle for 10 days, smoke it for a week or rather longer.

Time.—To remain in the pickle, 10 days; to be smoked, 1 week.

Average Cost, 6*d.* per lb.

Seasonable.—Should be made from September to March.

Note.—A pig's cheek, or Bath chap, will take about 2 hours after the water boils.

1212.—PIG'S LIVER. (*Fr.*—Foie de Cochon.)

(*A Savoury and Economical Dish.*)

Ingredients.—The liver and lights of a pig, 6 or 7 slices of bacon, potatoes, 1 large bunch of parsley, 2 onions, 2 sage-leaves, pepper and salt to taste, a little broth or water.

Mode.—Slice the liver and lights, and wash these perfectly clean, and parboil the potatoes; mince the parsley and sage, and chop the onion rather small. Put the meat, potatoes, and bacon into a deep tin dish, in alternate layers, with a sprinkling of the herbs, and a seasoning of pepper and salt between each; pour on a little water or broth, and bake in a moderately-heated oven for 2 hours.

Time.—2 hours. **Average Cost,** 1*s.* 6*d.*

Sufficient for 6 or 7 persons.

Seasonable from October to March.

1213.—PIG'S PETTITOES. (*Fr.*—Pieds de Cochon.)

Ingredients.—Pig's feet, liver and heart, a thin slice of bacon, 1 onion, 1 blade of mace, 6 peppercorns, 3 or 4 sprigs of thyme, 1 pint of gravy, pepper and salt to taste, thickening of butter and flour.

Mode.—Put the liver, heart and pettitoes into a stewpan with the bacon, mace, peppercorns, thyme, onion and gravy, and simmer these gently for a quarter of an hour; then take out the heart and liver, and mince them very fine. Keep stewing the feet until quite tender, which will be in from 20 minutes to half an hour, reckoning from the time that they boiled up first; then put back the minced liver, thicken the gravy

with a little butter and flour, season with pepper and salt, and simmer over a gentle fire for 5 minutes, occasionally stirring the contents. Dish the mince, split the feet, and arrange them round alternately with sippets of toasted bread, and pour the gravy in the middle.

Time.—Altogether 40 minutes.

Sufficient for 3 or 4 persons.

Seasonable from October to March.

1214.—TO PICKLE PORK.

Ingredients.—¼ lb. of saltpetre; salt.

Mode.—As pork does not keep long without being salted, cut it into pieces of a suitable size as soon as the pig is cold. Rub the pieces of pork well with salt, and put them into a pan with a sprinkling of it between each piece; as it melts on the top, strew on more. Lay a coarse cloth over the pan, a board over that, and a weight on the board, to keep the pork down in the brine. If excluded from the air, it will continue good for nearly 2 years.

Average Cost, 9*d.* per lb. for the prime parts.

Seasonable.—The best time for pickling meat is late in the autumn.

The Universality of the Hog.—A singular circumstance in the domestic history of the hog is the extent of its distribution over the surface of the earth; being found even in insulated places, where the inhabitants are semi-barbarous, and where the wild species is entirely unknown. The South Sea Islands, for example, were found on their discovery to be well stocked with a small black hog; and the traditionary belief of the people was that these animals were coeval with the origin of themselves. Yet they possessed no knowledge of the wild boar, or any other animal of the hog kind, from which the domestic breed might be supposed to be derived. In these islands the hog is the principal quadruped, and the fruit of the bread-tree is its principal food, although it is also fed with yams, eddoes and other vegetables. This nutritious diet, which it has in great abundance, is, according to Foster, the reason of its flesh being so delicious, so full of juice, and so rich in fat, which is not less delicate to the taste than the finest butter.

1215.—TO BOIL PICKLED PORK.

Ingredients.—Pork; water.

Mode.—Should the pork be very salt, let it remain in water about 2 hours before it is dressed; put it into a saucepan with sufficient cold water to cover it, let it gradually come to a boil, then gently simmer until quite tender. Allow ample time for it to cook, as nothing is more disagreeable than underdone pork, and when boiled fast, the meat becomes hard. This is sometimes served with boiled poultry and roast veal, instead of bacon; when tender, and not over salt, it will be found equally good.

Time.—A piece of pickled pork weighing 2 lbs., 1¼ hour; 4 lbs., rather more than 2 hours. **Average Cost,** 9*d.* per lb. for the primest parts.

Seasonable at any time.

1216.—PORK PIES. (*Fr.*—Patés de Porc.)

(*Warwickshire Recipe.*)

Ingredients.—For the crust, 5 lbs. of lard to 14 lbs. of flour, milk and water. For filling the pies, to every 3 lbs. of meat allow 1 oz. of salt, 2½ oz. of pepper, a small quantity of cayenne, 1 pint of water.

Mode.—Rub into the flour a portion of the lard; the remainder put with sufficient milk and water to mix the crust, and boil this gently for a quarter of an hour. Pour it boiling on the flour, and knead and beat it till perfectly smooth. Now raise the crust in either a round or oval form, cut up the pork into pieces the size of a nut, season it in the above proportion, and press it compactly into the pie, in alternate layers of fat and lean, and pour in a small quantity of water; lay on the lid, cut the edges smoothly round, and pinch them together. Bake in a brick oven, which should be slow, as the meat is very solid. Very frequently, the inexperienced cook finds much difficulty in raising the crust. She should bear in mind that it must not be allowed to get cold, or it will fall immediately; to prevent this, the operation should be performed as near the fire as possible. As considerable dexterity and expertness are necessary to raise the crust with the hand only, a glass bottle or small jar may be placed in the middle of the paste, and the crust moulded on this; but be particular that it is kept warm the whole time.

Sufficient.—The proportions for 1 pie are 1 lb. of flour and 3 lbs. of meat.

Seasonable from September to March.

1217.—LITTLE RAISED PORK-PIES.

(*Fr.*—Petits Patés de Porc.)

Ingredients.—2 lbs. of flour, ½ lb. of butter, ½ lb. of mutton suet, salt and white pepper to taste, 4 lbs. of the neck of pork, 1 dessertspoonful of powdered sage.

Mode.—Well dry the flour, mince the suet, and put these with the butter into a saucepan, to be made hot, and add a little salt. When melted, mix it up into a stiff paste, and put it before the fire with a cloth over it until ready to make up; chop the pork into small pieces, season it with white pepper, salt and powdered sage; divide the paste into rather small pieces, raise it in a round or oval form, fill with the meat, and bake in a brick oven. These pies will require a fiercer oven than those in the preceding recipe, as they are made so much smaller, and consequently do not require so soaking a heat.

Time.—If made small, about 1½ hour.

Seasonable from September to March.

1218.—TO MAKE BRAWN.

Ingredients.—To a pig's head weighing 6 lbs. allow 1½ lb. of lean beef, 2 tablespoonfuls of salt, 2 teaspoonfuls of pepper, a little cayenne, 6 pounded cloves.

Mode.—Cut off the cheeks and salt them, unless the head be small, when all may be used. After carefully cleaning the head, put it on in sufficient cold water to cover it, with the beef, and skim it just before it boils. A head weighing 6 lbs. will require boiling from 2 to 3 hours. When sufficiently boiled to come off the bones easily, put it into a hot pan, remove the bones, and chop the meat with a sharp knife before the fire, together with the beef. *It is necessary to do this as quickly as possible to prevent the fat settling in it.* Sprinkle in the seasoning, which should have been previously mixed. Stir it well and put it quickly into a brawn-tin if you have one, if not, a cake-tin or mould will answer the purpose, if the meat is well pressed with weights, which must not be removed for several hours. When quite cold, dip the tin into boiling water for a minute or two, and the preparation will turn out and be fit for use.

Time.—From 2 to 3 hours. **Average Cost,** for a pig's head, 5*d.* per pound.

Seasonable from September to March.

The liquor in which the head was boiled will make good pea soup, and the fat, if skimmed off and boiled in water, and afterwards poured into cold water, answers the purposes of lard.

1219.—TO MAKE SAUSAGES. (*Fr.*—Saucisses.)

(Author's Oxford Recipe.)

Ingredients.—1 lb. of pork, fat and lean, without skin or gristle; 1 lb. of lean veal, 1 lb. of beef suet, ½ lb. of bread-crumbs, the rind of ½ lemon, some nutmeg, 6 sage leaves, 1 teaspoonful of pepper, 2 teaspoonfuls of salt, ½ teaspoonful of savoury, ½ teaspoonful of marjoram.

Mode.—Chop the pork, veal and suet finely together, add the bread-crumbs, lemon-peel (which should be well minced), and a grating of nutmeg. Wash and chop the sage-leaves very finely; add these, with the remaining ingredients, to the sausage-meat, and when thoroughly mixed, either put the meat into skins, or, when wanted for table, form it into little cakes, which should be floured and fried.

Average Cost, for this quantity, 2*s.* 6*d.*

Sufficient for about 30 moderate-sized sausages.

Seasonable from October to March.

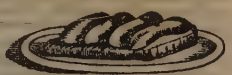
The Hog in England.—From time immemorial, in England, this animal has been esteemed as of the highest importance. In the Anglo-Saxon period, vast herds of swine were tended by men, who watched over their safety, and who collected them under shelter at night. At that time, the flesh of the animal was the staple article of consumption in every family, and a large portion of

the wealth of the rich freemen of the country consisted of these animals. Hence it was common to make bequests of swine, with lands for their support; and to these were attached rights and privileges in connection with their feeding, and the extent of woodland to be occupied by a given number was granted in accordance with established rules. This is proved by an ancient Saxon grant, quoted by Sharon Turner, in his "History of the Anglo-Saxons," where the right of pasturage is conveyed in a deed by the following words:—"I give food for seventy swine in that woody allotment which the countrymen call Wolferdinlegh."

1220.—FRIED SAUSAGES.

Ingredients.—Sausages; a small piece of butter.

Mode.—Prick the sausages with a fork (this prevents them from bursting), and put them into a frying-pan with a small piece of butter. Keep moving the pan about, and turn the sausages three or four times. In from 10 to 12 minutes they will be sufficiently cooked, unless they are *very large*, when a little more time should be allowed for them. Dish them with or without a piece of toast under them, and serve very hot. In some counties, sausages are boiled and served on toast. They should be plunged into boiling water, and simmered for about 10 or 12 minutes.



FRIED SAUSAGES.

Time.—10 to 12 minutes. **Average Cost,** 10*d.* to 1*s.* per lb.

Seasonable.—Good from September to March.

Note.—Sometimes, in close warm weather, sausages very soon turn sour; to prevent this, put them in the oven for a few minutes with a small piece of butter to keep them moist. When wanted for table, they will not require so long frying as uncooked sausages.

The Saxon Swineherd.—The men employed in herding swine during the Anglo-Saxon period of our history were, in general, thralls or born slaves of the soil, who were assisted by powerful dogs, capable even of singly contending with the wolf until his master came with his spear to the rescue. In the "Ivanhoe" of Sir Walter Scott, we have an admirable picture, in the character of Gurth, an Anglo-Saxon swine-herd, as we also have of his master, a large landed proprietor, a great portion of whose wealth consisted of swine, and whose rude but plentiful board was liberally supplied with the flesh.

1221.—SAUSAGE-MEAT CAKES.

Ingredients.—To every lb. of lean pork, add ¾ lb. of fat bacon, ½ oz. of salt, 1 saltspoonful of pepper, ¼ teaspoonful of grated nutmeg, 1 teaspoonful of minced parsley.

Mode.—Remove from the pork all skin, gristle and bone, and chop it finely with the bacon; add the remaining ingredients, and carefully mix all together. Pound it well in a mortar, make it into convenient-sized cakes, flour these, and fry them a nice brown for about ten minutes. This is a very simple method of making sausage-meat, and, on trial, will prove very good, its great recommendation being that it is so easily made.

Time.—10 minutes. **Average Cost,** 10*d.* per lb.

Seasonable from September to March.

1222.—TO SCALD A SUCKING-PIG. (*Fr.*—Cochon au Lait.)

Put the pig into cold water directly it is killed; let it remain for a few minutes, then immerse it in a large pan of boiling water for two minutes. Take it out, lay it on a table, and pull off the hair as quickly as possible. When the skin looks clean, make a slit down the belly, take out the entrails, well clean the nostrils and ears, wash the pig in cold water, and wipe it thoroughly dry. Take off the feet at the first joint, and loosen and leave sufficient skin to turn neatly over. If not to be dressed immediately, fold it in a wet cloth, to keep it from the air.

The Learned Pig.—That the pig is capable of education is a fact long known to the world; and though, like the ass, naturally stubborn and obstinate, that he is equally amenable, with other animals, to caresses and kindness, has been shown from very remote time; the best modern evidence of his docility, however, is the instance of the learned pig, first exhibited about a century since, but which has been continued down to our own time by repeated instances of an animal who will put together all the letters or figures that compose the day, month, hour, and date of the exhibition, besides many other unquestioned evidences of memory. The old anecdote of breaking a sow into a pointer, till she became more staunch even than the dog itself, though surprising, is far less wonderful than that evidence of education where so generally obtuse an animal may be taught not only to spell, but couple figures and give dates correctly.

1223.—ROAST SUCKING-PIG. (*Fr.*—Cochon au Lait Rôti.)

Ingredients.—Pig, 6 oz. of bread-crumbs, 16 sage-leaves, pepper and salt to taste, a piece of butter the size of an egg, salad oil or butter to baste with, about ½ pint of gravy, 1 tablespoonful of lemon-juice.

Mode.—A sucking-pig, to be eaten in perfection, should not be more than three weeks old, and should be dressed the same day that it is killed. After preparing the pig for cooking, as in the preceding recipe, stuff it with finely-grated bread-crumbs, minced sage, pepper, salt, and a piece of butter the size of an egg, all of which should be well mixed together, and put into the body of the pig. Sew up the slit neatly, and truss the legs back, to allow the inside to be roasted, and the under part to be crisp. Put the pig down to a bright, clear fire, not too near, and let it lay till thoroughly dry; then have ready some butter tied up in a piece of thin cloth, and rub the pig with this in every part. Keep it well rubbed with the butter the whole of the time it is roasting, and do not allow the crackling to become blistered or burnt. When half-done, hang a pig-iron before the middle part (if this is not obtainable, use a flat-iron), to prevent its being scorched and dried up before the ends are done. Before it is taken from the fire, cut off the head, and part that and the body down the middle. Chop the brains and mix them with the stuffing; add half a pint of good gravy, a tablespoonful of lemon-juice, and the gravy that flowed from the pig; put a little of this on the dish with the pig, and the remainder send to table in a tureen. Place the pig

ROAST SUCKING-PIG.

back to back in the dish, with one half of the head on each side, and one of the ears at each end, and send it to table as hot as possible. Instead of the butter, many cooks take salad oil for basting, which makes the crackling *crisp*; and as this is one of the principal things to be considered, perhaps it is desirable to use it; but be particular that it is very pure, or it will impart an unpleasant flavour to the meat. The brains and stuffing may be stirred into a tureen of melted butter instead of gravy, when the latter is not liked. Apple-sauce and the old-fashioned currant-sauce are not yet quite obsolete as an accompaniment to roast pig.

Time.—1½ to 2 hours for a small pig. **Average Cost,** 6*s.* to 8*s.*

Sufficient for 9 or 10 persons.

Seasonable from September to February.

How Roast Pig was Discovered.—Charles Lamb, who, in the early part of this century, delighted the reading public by his quaint prose sketches, written under the title of "Essays of Elia," has, in his own quiet, humorous way, devoted one paper to the subject of *Roast Pig*, and more especially to that luxurious and toothsome dainty known as "CRACKLING;" and shows, in a manner peculiarly his own, "*how crackling first came into the world.*"

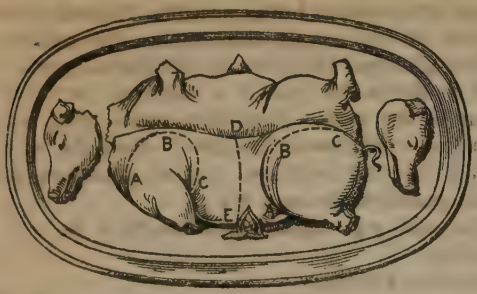
According to this erudite authority, man, in the golden age—or, at all events, the primitive age—eat his pork and bacon raw, as, indeed, he did his beef and mutton; unless, as Hudibras tells us, he was an epicure, when he used to make a saddle of his saddle of mutton, after spreading it on his horse's back, and riding on it for a few hours, till thoroughly warmed, he sat down to the luxury of a dish cooked to a turn. At the epoch of the story, however, a citizen of some Scythian community had the misfortune to have his hut, or that portion of it containing his live stock of pigs, burnt down. In going over the *debris* on the following day, and picking out all the available salvage, the proprietor touched something unusually or unexpectedly hot, which caused him to shake his hand with great energy, and clap the tips of his suffering fingers to his mouth. The act was simple and natural, but the result was wonderful. He rolled his eyes in ecstatic pleasure, his frame distended, and, conscious of a celestial odour, his nostrils widened, and, while drawing in deep inspirations of the ravishing perfume, he sucked his fingers with a gusto he had never, in his most hungry moments, conceived. Clearing away the rubbish from beneath him, he at last brought to view the carcase of one of his pigs, *roasted to death*. Stooping down to examine this curious object, and touching its body, a fragment of the burnt skin was detached, which, with a sort of superstitious dread, he at length, and in a spirit of philosophical inquiry, put into his mouth. Ye gods! the felicity he then enjoyed no pen can chronicle! then it was that he—the world—first tasted *crackling*. Like a miser with his gold, the Scythian hid his treasure from the prying eyes of the world, and feasted, in secret, more sumptuously than the gods. When he had eaten up all his pig, the poor man fell into a melancholy; he refused the most tempting steak, though cooked on the horse's back, and turned every half hour after his own favourite recipe; he fell in fact, from his appetite, and was reduced to a shadow, till, unable longer to endure the torments of memory he hourly suffered, he rose one night and secretly set fire to his hut, and once more was restored to flesh and manhood. Finding it impossible to live in future without roast-pig, he set fire to his house every time his larder became empty; till at last his neighbours, scandalized by the frequency of these incendiary acts, brought his conduct before the supreme council of the nation. To avert the penalty that awaited him, he brought his judges to the smouldering ruins, and, discovering the secret, invited them to eat; which having done, with tears of gratitude, the august synod embraced him, and, with an overflowing feeling of ecstasy, dedicated a statue to the memory of the man who first *instituted roast pork*.

GENERAL DIRECTIONS FOR CARVING PORK.

1224.—SUCKING-PIG.

A sucking-pig seems, at first sight, rather an elaborate dish, or rather animal, to carve; but, by carefully mastering the details of the business, every difficulty will vanish; and if a partial failure be at first

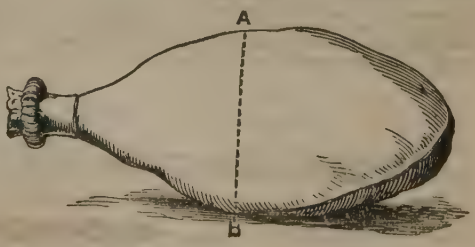
made, yet all embarrassment will quickly disappear on a second trial. A sucking-pig is usually sent to table in the manner shown in the engraving. The first point to be attended to, after it is brought to table, is to separate the shoulder from the carcase, by carrying the knife quickly and neatly round the circular line, as shown by the figures A, B, C; the shoulder will then easily come away. The next step is to take off the leg; and this is done in the same way, by cutting round this joint in the direction shown by the figures A, B, C, in the same way as the shoulder. The ribs then stand fairly open to the knife, which should be carried down in the direction of the line D to E; and two or three helpings will dispose of these. The other half of the pig is served, of course, in the same manner. Different parts of the pig are variously esteemed; some preferring the flesh of the neck; others, the ribs, and others, again, the shoulders. The truth is, the whole of a sucking-pig is delicious, delicate eating; but, in carving it, the host should consult the various tastes and fancies of his guests, keeping the larger joints generally for the gentlemen of the party.



ROAST PIG.

1225.—HAM.

In cutting a ham, the carver must be guided according as he desires to practise economy, or have, at once, fine slices out of the prime part. Under the first supposition, he will commence at the knuckle end, and cut off thin slices towards the thick part of the ham, slanting the knife from the thick part to the knuckle. To reach the choicer portion, the knife, which must be very sharp and thin, should be carried quite down to the bone, in the direction of the line A to B. There are some who like to carve a ham by cutting a hole at the top, and then

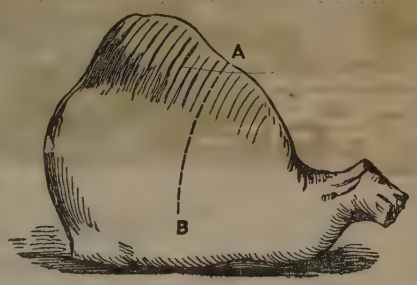


HAM.

slicing pieces off inside the hole, gradually enlarging the circle; but we think this a plan not to be recommended. A ham, either hot or cold, is sent to table with a paper ruffle round the knuckle.

1226.—LEG OF PORK.

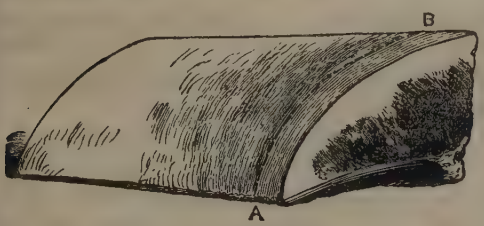
This joint, which is such a favourite one with many people, is easy to carve. The knife should be carried sharply down to the bone, clean through the crackling, in the direction of the line A to B. Sage and onion and apple sauce are usually sent to table with this dish—sometimes the leg of pork is stuffed—and the guests should be asked if they will have either or both. A frequent plan, and we think a good one, is now pursued of sending sage and onion to table separately from the joint, as it is not everybody to whom the flavour of this stuffing is agreeable.



LEG OF PORK.

1227.—LOIN OF PORK.

As with a loin of mutton, it is essential a loin of pork must be properly jointed before cooking, and the crackling must be scored. These points being attended to, there is no difficulty in carving the joint. The knife should be inserted at fig. A, and carried between the bones along the dotted line to fig. B, dividing the joint into neat and even chops.



LOIN OF PORK.

Note.—The other dishes of pork do not call for any special remarks as to their carving or helping.

CHAPTER XX.

PRESERVED AND TINNED MEAT.

1228. ***An Important Trade*** has sprung up within the last quarter of a century in tinned foods of various kinds. There are some indications that the trade has passed its greatest success, the latest returns having persistently shown a steady decrease in the import of tinned meat and an increase in that of fresh meat. When tinned provisions were first introduced the problem of bringing fresh meat from distant continents to the London market had not yet been solved, and it was confidently predicted that tinned meat would change the whole aspect of the butchers' trade.

Previous to the discovery of the method, mutton, in Australia, was grown for the sake of the wool and the carcass was wasted, or melted down for tallow. There can be no doubt that tinned provisions are a valuable addition to our food-supply, and if they have not taken the place that once was claimed for them that is due to a variety of causes at first overlooked or non-existent.

1229. ***Over-cooking.***—The great drawback of tinned meat is that it is over-cooked. The mode of its preparation necessitates this: Tins containing cooked meat, with one small aperture only, are placed in a bath of chloride of zinc which is made to boil. The boiling point of chloride of zinc is considerably above that of water, and consequently the contents of the tin are heated to the highest possible point and a jet of steam and air pours from the one small hole in the tin. As soon as the air is exhausted and only steam issues a drop of solder closes the tin, which, in cooling, collapses. If ever so little air remains, fermentation takes place, and the sides of the tin bulge; this bulging is therefore always a bad sign.

For choosing tins the only point to be observed is a slight concavity of sides and top. There is some slight differencein different makers, both in price and in quality, but this is far less than the wide difference between tinned meat and any other kind of meat cooked in any other way.

1230. ***Value of Tinned Meat.***—The whole of the meat is in the tin, and those who judge only from theory have therefore argued that there is as much

feeding power in a 2 lb. tin of meat as in 2 lbs. of cooked meat. Practice, however, convinces us that the value of the two is not the same. Not what a man swallows, but what he digests and assimilates feeds him. It is, besides, necessary that the digestive organs should be always employed, for as soon as their work is done they clamour for more. A very readily digestible food even if it be nutrilious, is not desirable for the man who works hard all day in the open air.

Tinned meat is received with disfavour on account of both these objections. The hardworking poor complain that it is not as satisfying as an equal weight of butchers' meat: and the fastidious declare that the peculiar toughness of the overcooked fibre and the want of flavour prevent that willing digestion for which the agreeable character of the food is one of the first necessities.

Probably a great part of that sold in this country is eaten cold by those who by ignorance or by circumstances are prevented from cooking at home. That it is a good change from the salt fish and meat with which it alternates in the diet of the poor is sufficiently proved by the successful use of tinned meat on board ship, where salt junk was until recently served out daily.

1231. ***To Cook Tinned Meat.***—But for our readers tinned meat is only an addition to an already sufficient diet, chiefly valuable because it is at hand when butcher's shops are not, and is convenient to furnish forth an impromptu meal.

Scattered up and down among recipes for cold meat cookery many hints and directions are given for the substitution of tinned meat. That it is cooked too much and should be but just warmed through in a good gravy is as a rule true of all cold meat, which is very frequently spoiled by boiling and simmering, but it is especially true here. That the meat is tasteless and insipid necessitates a high-flavoured or sharp sauce. And because the tough fibres and unusual consistence of the meat constitute one of its greatest faults, it is often advisable to chop or mince it before serving. Perhaps the best plan of all is to take out any large and well-shaped pieces that may be suitable for serving whole in a gravy, and then to reserve the scraps for mincing separately as croquettes, rissoles, &c.

The fat is always melted and has the unpleasant granular texture of dripping, so that it is as well to remove it at once and to use it for the sauce, or to melt it down and reserve it for any other purpose. Melted beef fat or marrow is sold in tins for pastry making, and is cheap and good. It can be used at any time instead of lard or dripping.

1232. ***Tinned Soups*** are certainly the best foods of the class. There is no overcooking here, and country housewives find it indispensable, as their town sisters find it desirable, to have a tin of soup to fall back on in an emergency. Both meat and vegetable soups are sold: the former require the addition of water and flavouring; a vegetable broth is the best combination of these two. Several quarts of pot liquor—such as that for instance in which a leg of mutton and carrots have been boiled—can be turned into palatable soup with a tin of meat soup. Moreover, if every cook carried out our directions for a stock-pot, on page 135, there would always be the wherewithal to make a tin of soup into a tureen full.

In all tinned foods there is a danger that small lumps of solder, used in sealing the tin, may fall inside and be accidentally swallowed with the meat. In turning out a tin of soup they should be looked for in the sediment at the bottom and removed. The danger is frequently obviated by leaving a small projection of tin underneath the hole to catch the solder.

1233. ***Tinned Fish*** is very largely consumed. Some are preserved in the same way as the meat; in others oil is used: the object in all cases being to

exclude the air. Sardines, pilchards, and herrings are eaten more as relishes than in the place of solid food. The best are preserved in olive oil, but cotton seed oil often replaces it. The commoner kinds of fish are so cheap and so plentiful in England that it is not worth while, though it would be possible, to tin them; we usually find in this form only salmon, lobster, oysters, and prawns—the delicacies among fish; the three former are eaten in immense quantities by all classes of the population. Prawns may be successfully served in many ways, but they are always costly, and except for garnishing their worth does not come up to their reputation. For the familiar preparation of curried prawns the contents of a tin serve well.

Tinned fish varies in quality as fresh fish varies. Whether one gets a young salmon or an old one, a good lobster or a tough one depends upon chance. But the average is good, and for such dishes as lobster purée and salad, salmon or lobster cutlets and oyster sauce, they are most useful. It is unnecessary to pretend that the tins are as good as the fresh fish. Everyone who has money and opportunity to procure fresh fish will do so. But there remains the majority to whom economy is a necessity, and for whom the choice lies between tinned lobster or salmon or oysters, and none. If the majority are of our opinion they will use the tins.

1234. ***Methods of Preserving Meat.***—There are other means of preserving meat than by tinning it, and if the imports of tins do not increase that is not because we are growing more of our meat at home. Ten years ago it was said that four per cent. of our country supply and twenty per cent. of the London supply came from abroad, and the quantity was annually increasing then, and is increasing still. We keep on importing less live stock, less salt beef and tinned meats, and more fresh meat. Much of the fresh meat is spoken of as "frozen" meat, and it is actually frozen as hard as a board directly it is killed, and in that state carried to the coast and put on board ships fitted with refrigerating chambers, where the air is always kept several degrees below freezing point. No meat nor anything else can putrify without some air, some moisture, and a certain degree of heat. From the tins all the air is excluded, and so whatever the temperature of the tin after once it is sealed the meat remains sweet. It may be carried to the Tropics, or stand in the hottest cupboard in the house, and it is all the same. The New Zealand meat is preserved on quite another principle. A few years ago the body of an animal dead many years was found by some Arctic explorers buried in the ice, but though it had lain there so long it was as well preserved as though it had only died the day before. We all know the preservative action of ice as used by the fishmongers. The meat is stored in cold air chambers in the ships, and on its arrival in England it is transferred to similar store-houses on land. So long as the heat does not rise above a certain point it is preserved, but, like the fish taken from the slab of ice, it very soon goes bad at the ordinary temperature. This method of preserving meat is merely a larger application of the common practice of storing meat in an ice-chamber or refrigerator.

1235. ***Dried Meat.***—Both animal and vegetable food is preserved by drying. Fish is constantly smoked and dried, and thus prepared it forms a large part of the food of our town poor. Beef and other meat is cut in slices and dried in the sun and wind in countries where sun heat is more powerful than here. Pemmican is dried meat reduced to powder and mixed with fat, but even that is less used than heretofore, and in general, drying as a means of preserving meat may be said to have been superseded by more modern methods.

1236. ***Salt Meat.***—Salt and saltpetre are the antiseptics most commonly used in the preservation of food, and their use for this purpose dates from long

ago. Centuries ago, even in the more favoured districts of the South of England, there was no food to keep the cattle all the winter, for the grass was scanty, and turnips are a very recent importation. In the autumn everyone killed meat and salted it down for home consumption through the coming months. Fresh meat, winter and summer alike, was what no one could have and no one expected. Even now, fresh mutton in winter is not always to be had in the outlying districts of Scotland, and we see there salt fish, mutton, hams, with only the occasional variation of eggs and a fowl or two.

It is not to be regretted if salt meat is driven away from our markets by fresh, for salt draws the juice out of the meat with all its soluble constituents, and at the same time it hardens the fibre of the meat itself, and so makes it less digestible. The brine in which several pieces of meat have been pickled will almost set into a jelly, so much has it extracted from the meat, and all is, of course, wasted. Some say that a third of the meat is lost by salting, or even more. The salt can be drawn out of the meat by soaking it in water, but nothing can restore to it what it has lost. Everyone knows that salted food cannot be used for any length of time without injury to the health. Its smallest drawback is—and even this smallest is considerable—that it naturally encourages thirst, and it is allowed that all animals thrive better on moist foods than on dry foods and water. We do not, unfortunately, quench our thirst on any drink so harmless as water, but even if we did, salt foods would be undesirable on this account. The worst is that salted meat has lost its juice with those saline constituents that are not readily supplied except in fresh fruits and vegetables, precisely those foods that are rarest where salt meat is most likely to be used, in large towns, cold countries, during the winter season, or at sea. Sailors at sea get rations of lime juice when the supply of vegetables brought from shore comes to an end, not to counteract the effects of the salt, as some suppose, but to bring in another form what the brine has taken away. In Norway, salt food and scurvy are alike common. In our large towns we owe more than we know to the shiploads of oranges that are brought over sea and sold in every street. Salt food is often preserved from air by being stuffed into sausage skins, and potted. Sugar is also frequently used as an antiseptic, generally with salt, for meat.

1237. ***Smoked Meat.***—Smoking meat and fish greatly increases its power of keeping. Creosote is an excellent antiseptic, and is sold to paint over meat as a substitute for the lengthy and troublesome process of smoking.

RECIPES FOR TINNED MEAT.

CHAPTER XXI.

1238.—COLD MEAT.

Ingredients.—1 tin of meat, parsley.

Mode.—This is an excellent breakfast, supper or luncheon dish. It requires a skilful person to open the tin, or the dish will be spoiled as far as appearance goes. The meat should be turned out as firm and whole as it is possible to turn it out. With a flat instrument—a wooden paper-knife answers the purpose excellently—clear away every vestige of fat, jelly, dripping, &c., that may adhere to the meat; garnish with sprigs of parsley, and serve with mashed potatoes, pickles and salad.

Another and a very good way is to remove all the best shaped and unbroken pieces and to arrange them in a circle on a dish. Fill up the centre with salad, and pour a thick mayonnaise sauce over. Garnish with hard-boiled eggs, beetroot, small lettuces, or meat jelly.

Average Cost, 1*s.* per 2-lb. tin.

Seasonable at any time.

1239.—BEEF COLLOPS.

Ingredients.—1 lb. of Australian beef, 2 oz. of butter or dripping, 1 onion, ¼ pint of stock, No. 273, 1 lemon, 1 teaspoonful of mushroom ketchup, salt, pepper.

Mode.—Mince the beef fine, put the butter or dripping into a stew-pan and the onion, chopped fine, till it is nicely browned. Add the juice of the lemon, the stock, ketchup and seasoning, simmer 5 minutes, then add the meat, simmer five minutes longer, and serve on a hot dish with a border of mashed potatoes or rice.

Time.—15 minutes. **Average Cost,** 10*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1240.—MEAT CROQUETTES.

Ingredients.—1 lb. of meat, ½ lb. of bread-crumbs or cold potatoes, ¼ lb. of dripping, salt, pepper, 1 egg, hot lard, parsley.

Mode.—Chop the meat and bread-crumbs fine, then mix thoroughly with the dripping and seasoning. Make the mixture into small rolls, dip them in the beaten egg, then in fine bread-crumbs, and fry 4 or 5 minutes in boiling lard until they are a good brown. Serve with gravy round them; garnish with fried parsley. This is a good luncheon or supper dish.

Time.—10 to 15 minutes. **Average Cost,** 11*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1241.—CURRIED BEEF.

Ingredients.—2 lbs. of Australian beef, 3 oz. of butter or beef dripping, 1 onion, 1 apple, ½ pint of stock, No. 274, or any weak broth, or water, 1 dessertspoonful of curry powder, 1 of flour.

Mode.—Slice the onion and fry it in the butter or dripping to a light brown, add the stock, an unripe apple, minced very fine, and work in smoothly and gradually the curry powder and flour. Stir well and boil for 4 minutes, then pass it through a sieve. Cut the meat into trim, square pieces, dredge them with flour and add to the rest, simmer 5 minutes, keeping the meat well covered with the gravy. Serve with a border of boiled rice round the dish. [Or, *see* recipe for curried lobster.]

Time.—¼ hour; 20 minutes to boil the rice. **Average Cost,** 1*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time, but especially in winter.

1242.—HARICOT OF BEEF.

Ingredients.—1 pint of haricot beans, 1 lb. tin of beef, 1½ oz. of butter, 2 onions, ½ pint of stock, No. 273, 1 carrot, 1 turnip, 1 glass of port, 1 tablespoonful of Harvey's sauce, pepper, salt, flour, ground rice.

Mode.—Soak the beans overnight, drain them and put them in a saucepan with 2 quarts of water and boil for two hours, or till thoroughly tender, then drain and put them to dry beside the fire with the saucepan lid slightly raised, then put in half an oz. of butter, pepper and salt. In another saucepan prepare a sauce as follows: Put an ounce of butter in the pan and fry the sliced onions of a nice brown, cut up the turnip and carrot, add them, and mix the stock smoothly with 1 tablespoonful of ground rice, put that in the saucepan, and the port wine and Harvey's sauce, simmer for half an hour. Empty the tin of beef, cut the meat

into neat squares, roll in flour and put them into the sauce to simmer for 5 minutes. Dish with the meat and gravy in the centre and the beans in a border round.

Time.—2 hours altogether. **Average Cost,** 1*s.* 4*d.*

Sufficient for 4 persons.

Seasonable at any time.

1243.—BEEF A LA MODE.

Ingredients.—2 lb. tin of beef, 4 dessertspoonfuls of ground rice, 1½ pints of stock, No. 274, 2 bay leaves, 6 pepper-corns, 1 onion, 4 cloves, 2 teaspoonfuls of mushroom ketchup, salt.

Mode.—Open the tin of meat, take the dripping, melt it in a stewpan, and mix it into a smooth paste with the ground rice. Add the stock and seasonings and let it boil, then simmer for 15 or 20 minutes. Strain, then return to the pan and colour it; it should be of the consistence of rich cream. Cut the meat into neat pieces, put it in the sauce, simmer 5 minutes, then serve on a very hot dish.

Time.—20 minutes. **Average Cost,** 1*s.* 6*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

1244.—STEW OF BEEF AND MUSHROOMS.

Ingredients.—1 lb. tin of beef, ½ pint of button mushrooms, 1 teacupful of stock, No. 273, 1 lemon, pepper, salt, flour, butter.

Mode.—Pare the mushrooms and cut off the points of the stalks (The tinned mushrooms may be used, they need no trimming). Put a piece of butter the size of a large walnut into a stewpan, add the mushrooms, the juice of a large lemon, salt and pepper to taste, and simmer gently till tender. Then pour in the stock. Cut up the meat, dip the pieces in flour and put them in the pan. Shake gently, to prevent burning, till they are thoroughly heated, then turn into a deep dish with sippets of toasted bread round. Serve as hot as possible.

Time.—About ½ hour. **Average Cost,** 1*s.* 3*d.*

Sufficient for 4 persons.

Seasonable at any time.

1245.—BEEF PIE.

Ingredients.—2 lbs. of tinned meat, ¼ pint of stock, No. 273, pepper, salt, 1 teaspoonful of mushroom ketchup, 3 lbs. of potatoes, flour.

Mode.—Boil the potatoes, then mash them, or use any cold potatoes for this dish. Cut the meat into neat pieces, roll or dredge them with

flour, then put in the stock and seasoning, and cover with the mashed potatoes. Bake half-an-hour in a good oven.

Time.—½ hour. **Average Cost,** 1*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1246.—IRISH STEW.

Ingredients.—2 lbs. of Australian mutton, 3 large onions, 12 mealy potatoes, 1½ pint of stock, No. 274, or water, pepper, salt.

Mode.—Peel the onions and put them to stew in the stock until tender, add salt and pepper and the potatoes. Simmer for 15 minutes, then add the mutton, cut into neat square pieces, and simmer 5 minutes longer, then turn into a deep dish and serve. Keep a few potatoes whole to garnish with.

Time.—1 hour altogether. **Average Cost,** 1*s.* 8*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

1247.—MEAT AND MACARONI.

Ingredients.—¼ lb. of macaroni, 2 lbs. of tinned meat, pepper, salt, ½ teaspoonful of powdered cinnamon, ½ pint of stock, No. 273.

Mode.—Put the macaroni into sufficient boiling water to cover it, and let it stew till tender. Chop or mince the meat finely, putting in the seasoning. Put it into a stewpan with the stock and let it get hot. Serve it on a round of toast with the macaroni round.

Time.—1½ hour. **Average Cost,** 1*s.* 3*d.*

Sufficient for 6 persons.

Seasonable at any time.

1248.—MEAT AND MACARONI PUDDING.

Ingredients.—Tinned meat, macaroni, 1 slice of bacon or ham, or a couple of sausages; bread, salt, pepper.

Mode.—Put some Naples macaroni into cold water, let it come to the boil and strain it off. Butter a basin and line it with the macaroni laid as even as possible. Chop some meat fine, add some bread soaked in a little water or stock, a slice of bacon or ham, and seasoning to taste. Fill the basin, press it down, cover it with buttered paper, and steam 1¼ hour. Serve with brown or white sauce poured round.

Time.—1¼ hour. **Average Cost,** 10*d.*

Sufficient for 4 persons.

Seasonable at any time.

1249.—MOULDED MEAT.

Ingredients.—1 lb. of meat, ¼ lb. of suet, salt, pepper, spices, parsley, herbs, or lemon peel.

Mode.—Mince the meat finely, adding the suet and the seasoning. Oil or grease a plain mould, press the meat into it, cover it with greased paper, and steam for an hour. Serve as hot as possible, with brown gravy poured round it. The salt corned beef answers well for this and the above dish.

Time.—1 hour. **Average Cost,** 9*d.*

Sufficient for 3 persons.

Seasonable at any time.

1250.—POTTED MEAT.

Ingredients.—1 lb. of Australian meat, ¼ lb. of butter, or ¼ pint of oil, pepper, salt, pounded allspice.

Mode.—Take 1 lb. of lean meat, removing all gristle, skin, &c., and flavour it highly with salt, pepper and spice. Put it in a mortar and pound it well, adding butter or oil at intervals till a smooth paste is obtained. Put it into small pots, pressing it down tightly, and pour clarified butter over the top.

Average Cost, 10*d.*

Seasonable at any time.

1251.—MEAT SANDERS.

Ingredients.—Cold boiled potatoes, 2 oz. of butter, salt, flour, tinned meat, white of egg.

Mode.—Rub some boiled potatoes through a sieve, or mash them well in a basin. Add one or two ounces of butter or dripping, salt, and enough flour to make a paste firm enough to roll out. Cut this paste into squares of 4 or 5 inches, put some chopped and seasoned meat in the middle, and fold it over like sausage rolls. Glaze them with egg, and bake them in a good oven till brown. Serve hot.

Time.—¼ hour. **Average Cost,** 8*d.*

Sufficient for 4 persons.

Seasonable at any time.

1252.—MEAT AND EGG TOAST.

Ingredients.—Slices of bread, remains of cold meat, 2 eggs, 2 tablespoonfuls of milk, 1 oz. of butter, 1 tablespoonful of tomato sauce, salt, pepper.

Mode.—Cut some rounds of bread and fry them or toast and butter them hot. Mince finely any small pieces of tongue or corned or fresh beef. Put in a saucepan 2 eggs, 1 oz. of butter, salt and pepper, and 2 tablespoonfuls of milk. When the eggs begin to thicken, add the meat, and, if possible, a tablespoonful of tomato sauce. Stir it over the fire until it is as thick as cream, pour it over the toast and serve at once.

Time.—10 minutes. **Average Cost,** 5*d.*, exclusive of meat.

Sufficient for two or three persons.

Seasonable at any time.

1253.—MUTTON WITH CAPER SAUCE.

Ingredients.—A 2 lb. tin of mutton, caper sauce, No. 681.

Mode.—Remove the top off the tin of mutton, and stand the tin in a large saucepan filled with boiling water to within a couple of inches from the top of the tin. When thoroughly heated, turn the meat out on a dish, and serve with caper sauce.

Time.—½ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

1254.—MUTTON AND CARROTS STEWED.

Ingredients.—6 carrots, 2 oz. of dripping, 1 tablespoonful of flour, 1 tablespoonful of parsley, ½ teaspoonful each of salt, pepper and grated nutmeg, ¼ pint of milk, 1 lb. of tinned mutton.

Mode.—Take cold boiled carrots and chop them small, melt the dripping in a saucepan and stir the flour into it very smoothly. Scald the parsley and chop it, then add all the ingredients except the meat, and simmer for 5 minutes, then put in the meat, let it get thoroughly heated, but not boil, and serve at once.

Time.—10 minutes. **Average Cost,** 10*d.*

Sufficient for 3 persons.

Seasonable at any time.

1255.—ROASTED MEAT.

Ingredients.—A 6 lb. tin of meat.

Mode.—Take away all fat, jelly and gravy from the meat and put them into the dripping-tin. Be careful in taking the meat from the tin to keep it as intact as possible. Tie the meat with wide strong tape across the

middle, and hang it before a good, bright, but not too fierce, roasting fire, basting it continually with the fat, &c., in the dripping-tin.

Time.—1 hour. **Average Cost,** 3*s.* 6*d.*

Sufficient for 8 persons.

Seasonable at any time.

1255A.—MEAT AND POTATO PIE.

Ingredients.—A 2 lb. tin of mutton, 4 onions, 2 lbs. of potatoes, pepper, salt, ½ pint of gravy, 1 oz. of butter.

Mode.—Peel, boil and mash the potatoes, and line a buttered pie-dish with them, slice the meat and put a layer over the potatoes, seasoning it well. Have the onions boiled and sliced, and next put a layer of them, then one of potatoes, and so on till the dish is full; pour in the gravy, cover with a crust of potatoes, put a little butter over the top, and bake for half an hour.

Time.—½ hour. **Average Cost,** 1*s.* 8*d.*

Sufficient for 6 persons.

Seasonable at any time.

Note.—Tinned meat can also be served in many of the ways suggested for serving up cold meat, especially those where the meat is well seasoned and little cooked.

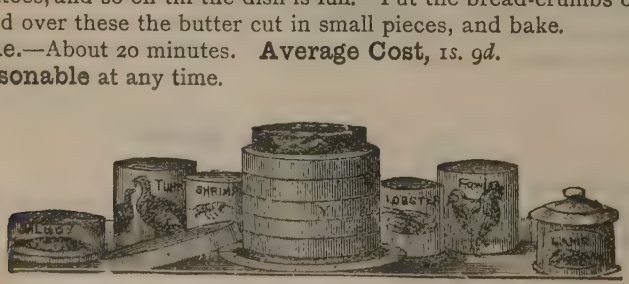
1255B.—POTATO AND MUTTON PIE.

Ingredients.—1 tin of roast mutton, 2 lbs. of potatoes, 2 oz. of butter, 2 onions, a little sauce, milk, seasoning of salt and pepper, a few bread-crumbs.

Mode.—Turn out the meat from the tin, remove most of the fat, boil the potatoes and mash them with 1 oz. of butter, a little milk and seasoning of pepper and salt, slice the onions and fry them in the mutton fat. Butter a deep pie-dish, and line it with potatoes; then put a layer of mutton cut in pieces and well seasoned, next a few onions, then a layer of potatoes, and so on till the dish is full. Put the bread-crumbs over the top, and over these the butter cut in small pieces, and bake.

Time.—About 20 minutes. **Average Cost,** 1*s.* 9*d.*

Seasonable at any time.



CHAPTER XXII.

GENERAL OBSERVATIONS ON BIRDS.

"Birds, the free tenants of land, air and ocean,
Their forms all symmetry, their motions grace;
In plumage, delicate and beautiful;
Thick without burthen, close as fishes' scales,
Or loose as full-blown poppies to the breeze."

The Pelican Island.

1256. ***The Divisions of Birds*** are founded principally on their habits of life, and the natural resemblance which their external parts, especially their bills, bear to each other. According to Mr. Vigors, there are five orders, each of which occupies its peculiar place on the surface of the globe; so that the air, the forest, the land, the marsh and the water, has each its appropriate kind of inhabitants. These are respectively designated as BIRDS OF PREY, PERCHERS, WALKERS, WADERS and SWIMMERS; and, in contemplating their variety, lightness, beauty and wonderful adaptation to the regions they severally inhabit, and the functions they are destined to perform in the grand scheme of creation, our hearts are lifted with admiration at the exhaustless ingenuity, power and wisdom of HIM who has, in producing them, so strikingly "manifested His handiwork."

1257. ***The Mechanism which enables Birds*** to wing their course through the air, is both singular and instructive. Their bodies are covered with feathers, which are much lighter than coverings of hair, with which quadrupeds are usually clothed. The feathers are so placed as to overlap each other, like the slates or the tiles on the roof of a house. They are also arranged from the

fore-part backwards; by which the animals are enabled the more conveniently to cut their way through the air. Their bones are tubular, or hollow, and extremely light compared with those of terrestrial animals. This greatly facilitates their rising from the earth, whilst their heads are comparatively small, their bills shaped like a wedge, their bodies slender, sharp below, and round above. With all these conditions, however, birds could not fly without wings. These, therefore, are the instruments by which they have the power of rapid locomotion, and are constructed in such a manner as to be capable of great expansion when struck in a downward direction. If we except, in this action, the slight hollow which takes place on the under-side, they become almost two planes. In order that the downward action may be accomplished to the necessary extent, the muscles which move the wings have been made exceedingly large; so large, indeed, that, in some instances, they have been estimated at not less than a sixth of the weight of the whole body. Therefore, when a bird is on the ground and intends to fly, it takes a leap, and immediately stretching its wings, strikes them out with great force. By this act these are brought into an oblique direction, being turned partly upwards and partly horizontally forwards. That part of the force which has the upward tendency is neutralized by the weight of the bird, whilst the horizontal force serves to carry it forward. The stroke being completed, it moves upon its wings, which, being contracted and having their edges turned upwards, obviate, in a great measure, the resistance of the air. When it is sufficiently elevated, it makes a second stroke downwards, and the impulse of the air again moves it forward. These successive strokes may be regarded as so many leaps taken in the air. When the bird desires to direct its course to the right or left, it strikes strongly with the opposite wing, which impels it to the proper side. In the motions of the animal, too, the tail takes a prominent part, and acts like the rudder of a ship, except that, instead of sideways, it moves upwards and downwards. If the bird wishes to rise, it raises its tail; and if to fall, it depresses it; and, whilst in a horizontal position, it keeps it steady. There are few who have not observed a pigeon or a crow, preserve for some time, a horizontal flight without any apparent motion of the wings. This is accomplished by the bird having already acquired sufficient velocity, and its wings being parallel to the horizon, meeting with but small resistance from the atmosphere. If it begins to fall, it can easily steer itself upward by means of its tail, till the motion it had acquired is nearly spent, when it must be renewed by a few more strokes of the wings. On alighting, a bird expands its wings and tail fully against the air, as a ship, in tacking round, backs her sails, in order that they may meet with all the resistance possible.

1258. ***In the Construction of the Eyes of Birds,*** there is a peculiarity necessary to their condition. They pass a great portion of their lives among thickets and hedges, and are provided for the defence of their eyes from external injuries, as well as from the effects of the light, when flying in opposition to the rays of the sun, with a nictating or winking membrane, which can, at pleasure, be drawn over the whole eye like a curtain. This covering is neither opaque nor wholly pellucid, but is somewhat transparent; and it is by its means that the eagle is said to be able to gaze at the sun. "In birds," says a writer on this subject, "we find that the sight is much more piercing, extensive and exact, than in the other orders of animals. The eye is much larger in proportion to the bulk of the head than in any of these. This is a superiority conferred upon them not without a corresponding utility; it seems even indispensable to their safety and subsistence. Were this organ in birds dull, or in the least degree opaque, they would be in danger, from the rapidity of their motion, of striking against various objects in their flight. In this case their celerity, instead of being an advantage, would become an evil, and their flight be restrained by the danger re-

sulting from it. Indeed, we may consider the velocity with which an animal moves, as a sure indication of the perfection of its vision. Among the quadrupeds, the sloth has its sight greatly limited; whilst the hawk, as it hovers in the air, can espy a lark sitting on a clod, perhaps at twenty times the distance at which a man or a dog could perceive it."

1259. ***Respiration.***—Amongst the many peculiarities in the construction of birds, not the least is the mode by which their respiration is accomplished. This is affected by means of air-vessels, which extend throughout the body, and adhere to the under-surface of the bones. These, by their motion, force the air through the true lungs, which are very small, and placed in the uppermost part of the chest, and closely braced down to the back and ribs. In the lungs the blood is oxidized. In the experiments made by Mr. John Hunter, to discover the use of this general diffusion of air through the bodies of birds, he found that it prevents their respiration from being stopped or interrupted by the rapidity of their motion through a resisting medium. It is well known that, in proportion to celerity of motion, the air becomes resistive; and were it possible for a man to move with the swiftness of a swallow, as he is not provided with an internal construction similar to that of birds, the resistance of the air would soon suffocate him.

1260. ***Birds are Distributed over every Part of the Globe,*** being found in the coldest as well as the hottest regions, although some species are restricted to particular countries, whilst others are widely dispersed. At certain seasons of the year, many of them change their abodes, and emigrate to climates better adapted to their temperaments or modes of life, for a time, than those which they leave. Many of the birds of Britain, directed by an unerring instinct, take their departure from the island before the commencement of winter, and proceed to the more congenial warmth of Africa, to return with the next spring. The causes assigned by naturalists for this peculiarity are, either a deficiency of food, or the want of a secure asylum for the incubation and nourishment of their young. Their migrations are generally performed in large companies, and, in the day, they follow a leader, which is occasionally changed. During the night, many of the tribes send forth a continual cry, to keep themselves together; although one would think that the noise which must accompany their flight would be sufficient for that purpose. The flight of birds across the Mediterranean was noticed three thousand years ago, as we find it said in the Book of Numbers, in the Scriptures, that "There went forth a wind from the Lord, and brought quails from the sea, and let them fall upon the camp, and a day's journey round about it, to the height of two cubits above the earth."

1261. ***The Song of Birds.*** — It appears, from accurate observations founded upon experiment, that the notes peculiar to different kinds of birds are altogether acquired as language is by man. The attempt of a nestling bird to sing has been compared to the endeavour of a child to talk. The first attempts do not seem to possess the slightest rudiments of the future song; but, as the bird grows older and becomes stronger, it is easily perceived to be aiming at acquiring the art of giving utterance to song. Whilst the scholar is thus endeavouring to form his notes, when he is once sure of a passage, he usually raises his tone, but drops it again when he finds himself unequal to the voluntary task he has undertaken. "Many well-authenticated facts," says an ingenious writer, "seem decisively to prove that birds have no innate notes, but that, like mankind, the language of those to whose care they have been committed at their birth, will be their language in after-life." It would appear, however, somewhat unaccountable why, in a wild state, they adhere so steadily to the song of their own species only, when the notes of so many others are to be heard around them. Persons.

however, who have an accurate ear, and who have given their attention to the songs of birds, can frequently distinguish some which have their notes mixed with those of another species; but this is in general so trifling, that it can hardly be considered as more than the mere varieties of provincial dialects.

1262. ***The Food of Birds.*** — We find that it varies, as it does in quadrupeds, according to the species. Some are altogether carnivorous; others, as so many of the web-footed tribes, subsist on fish; others, again, on insects and worms; and others on grain and fruit. The extraordinary powers of the gizzard of the granivorous tribes, in comminuting their food so as to prepare it for digestion, would, were they not supported by incontrovertible facts founded on experiment, appear to exceed all credibility. Tin tubes, full of grain, have been forced into the stomachs of turkeys, and in twenty-four hours have been found broken, compressed and distorted into every shape. Twelve small lancets, very sharp both at the point and edges, have been fixed in a ball of lead, covered with a case of paper, and given to a turkey-cock, and left in its stomach for eight hours. After that time the stomach was opened, when nothing appeared except the naked ball. The twelve lancets were broken to pieces, whilst the stomach remained perfectly sound and entire. The stones found in the stomachs of birds, replace teeth in that they grind down the grain and other hard substances which constitute their food. The stones themselves, being also ground down and separated by the powerful action of the gizzard, are mixed with the food, and, no doubt, contribute very greatly to the health, as well as to the nourishment of the animals.

1263. ***All Birds are Oviparous;*** the eggs which they produce are, in the various species, different both in figure and colour, as well as in point of number. They contain the elements of the future young, for the perfecting of which in the incubation, a bubble of air is always placed at the large end, between the shell and the inside skin. This air-bubble gets larger by absorbtion through the shell, and evaporation of the fluid contents, so that a large air-bubble is the sign of a stale egg. During incubation, the shell is dissolved, and goes to form the bones of the chick. To preserve an egg perfectly fresh, and even fit for incubation, for five or six months after it has been laid, Réaumur, the French naturalist, has shown that it is only necessary to stop up its pores with a slight coating of varnish or mutton-suet. Birds, however, do not lay eggs, before they have some place to put them; accordingly, they construct nests for themselves with astonishing art.

> "Each circumstance
> How artfully contrived to favour warmth!
> Here read the reason of the vaulted roof;
> How Providence compensates, ever kind,
> The enormous disproportion that subsists
> Between the mother and the numerous brood
> Which her small bulk must quicken into life."

In building their nests, the male and female generally assist each other, and they contrive to make the outside of their tenement bear as great a resemblance as possible to the surrounding foliage or branches; so that it cannot very easily be discovered even by those who are in search of it. This art of nidification is one of the most wonderful contrivances which the wide field of Nature can show, and which, of itself, ought to be sufficient to compel mankind to the belief, that they and every other part of the creation are constantly under the protecting power of a superintending Being, whose benign dispensations seem as exhaustless as they are unlimited.

1264. ***Birds as Food.*** — There is no bird, nor any bird's egg that is known to be poisonous, though they may, and often do, become unwholesome

by reason of the food that the birds eat, which at all times greatly changes the quality of the flesh, even in birds of the same breed.

Barndoor fowls are less fat, but far superior in flavour to the fowls fed in close crops for the town market, and the eggs of fowls fed on scraps and house refuse are generally strong and disagreeable. Wild ducks and other aquatic birds are often rank and fishy flavoured. The pigeon fattens and wastes in the course of a few hours. The pronounced flavour of the grouse is said to be due to the heather shoots on which it feeds.

1265.—***To Choose Poultry.***—All this must be remembered by the housewife who is about to choose poultry. She must ascertain three things respecting her bird:—

Whether it is—1, Young; 2, In good condition; 3, Fresh.

Some authorities say that an old fowl is never permissible for any purpose, and that it only gives a rank, feathery flavour to whatever it is cooked in or with. Mr. Mattieu Williams, from whose book we have quoted on several occasions, seems to suggest that the fault of an old fowl is that it has too strong a flavour, which chiefly calls for dilution. With this view he recommends that an old hen should be slowly stewed according to the old country rule of an hour for every year of age, and then roasted in the ordinary manner. A soup and a stew is thus provided from one meat. Another old country fashion is to pluck the feathers off as soon as the bird is dead, and to plunge it into weak vinegar and water, the vinegar acting to soften the fibre. Of course any old meat must be slowly and long cooked, and a bird is no exception to the rule. Properly cooked, even an old fowl will be a welcome addition to the dietary in most middle-class houses, if it be grown on the premises; but it will certainly be unwelcome if it has been purchased in mistake for, and at the same price as, a young one. A young fowl has large soft feet and neck. The signs of an old fowl are its stiff, horny-looking feet, long spurs, dark-coloured and hairy thighs, stiff beak and bones. The art of the poulterer is exercised to conceal these defects, and he is often very successful. The breasts of ducks and geese are slightly gummed and dusted with down, to give them the downy appearance indicative of youth. The spur of the cock is scraped and cut down to the size of a chicken's spur. A large piece of "leaf," purporting to be the inside fat of the fowl under inspection, is skewered over its breast, but not seldom it is a piece of thin veal or beef fat, only put to deceive the unwary. The breast bone is broken in order to make the bird appear round breasted and plump. In choosing all birds the same rules might be repeated. The bones of all young things are soft and gelatinous, and they always harden with age. The beak, pinion, and breast bone are the bones easiest to try.

If a fowl is known to be, or supposed to be, old, it is better to boil than to roast it; in fact, for boiling many careful housewives would choose a large fowl rather than a small one at the same price.

There being no distinct season for fowls, they can be had of all ages all the year round, and there is no particular day at which a fowl from young becomes old, although there is a decided difference between an old hen that has seen several summers and a fowl that is only just past its best time.

For a fowl the plumage is no guide, because, in towns at any rate, they are almost always sold plucked; but for birds sold in their feathers it is useful to remember that young birds have half-developed plumage and short pen feathers and that underneath the wing is downy. A pigeon can easily be selected by this test.

Fowls can be had all the year round, but they are dearest from Christmas to April or May, and therefore at this time the old ones are most likely to be passed off on unwary customers.

It is not so easy to judge of condition. To be fat and firm-fleshed is a sign of health in all animals, but for no purpose is it advantageous to buy excessively fat

fowls, as the fat wastes in roasting and is seldom or never eaten. Fowls should be fattened on corn or meal. The flesh is flabby and ill-flavoured if it is fed on house scraps or green food. Wild fowl may often be bought very cheap, and if they have fed inland are well flavoured; but if the purchaser has no means of ascertaining where they come from, she will probably find them so strong and fishy as not to be cheap at any price.

The birds that fly far and fast have their muscles too much developed to be very good for food. In the case of migratory birds they are best just before they take their flight.

1266.—***To Keep Poultry.***—There is much variety of taste and of fashion in the time that birds are allowed to hang. Poultry is eaten fresh. Pigeons can scarcely be too fresh. Ducks and geese, and indeed all birds will keep in a good larder for several days, and if they are not plucked and cooked while yet warm, before *rigor mortis* has set in, they should be hung until it has passed off, but should never be in the least "high" or "gamey." If there is any doubt about freshness the bird should be roasted and not boiled. In cold weather it may be safely kept several days, and it should be hung up in a cool and airy place, not laid on a plate or board. Birds are generally plucked and drawn, and often trussed by the poulterer. If they must be kept they should be untrussed, wiped dry, and hung up by the legs. It is a better plan to keep them in their feathers until they are wanted for cooking.

The feet should be limp and pliable. Stiff, dry feet belong to a stale bird. The eyes should not be sunken. If the bird is plucked, there should be no discolouration of the skin, and no odour. The back generally discolours before the breast.

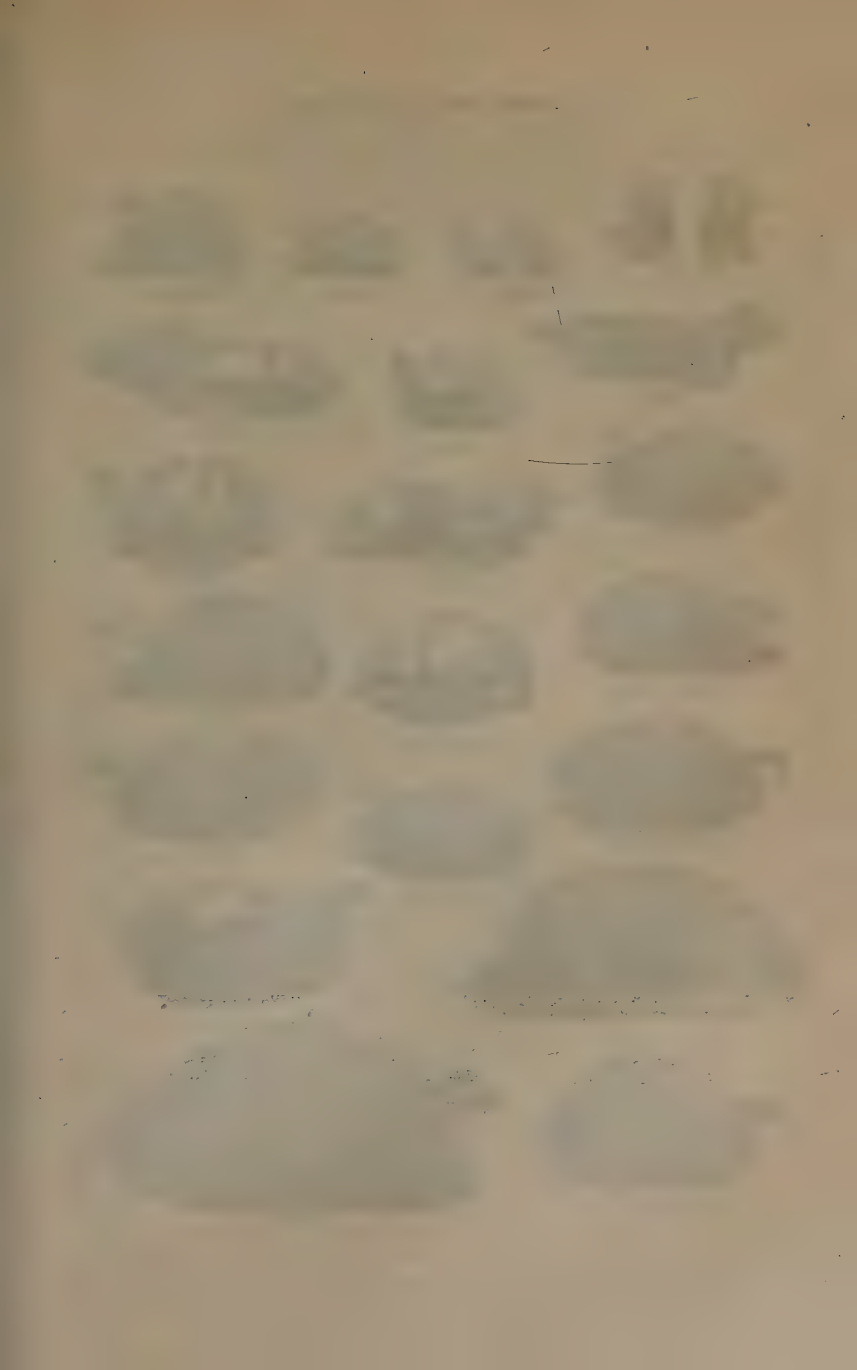
The best thing to do with a bird that is too high is to wash it in permanganate of potash and water. If it is drawn, powdered charcoal can be put inside, and washed out before it is cooked. An old fowl will keep longer than a young one.

Guinea fowls are so often used as a substitute for game in the spring and summer months that we hardly know whether they should go into this chapter or the next. They are hung and cooked like pheasants, which they nearly resemble. As a matter of convenience, rabbits are considered as poultry. They are chosen by their large knee-joints and soft, brown fur: an old rabbit's hair goes gray. They are often sold skinned in town markets, and then the freshness is known by the moist and bluish look of the flesh. Tame rabbits are sent to this country from Belgium, where they are fattened by the peasant farmers. They are often of immense size, and the flesh is white and delicate, but they have not the flavour of the wild rabbit.

Turkeys of very large size are likely to be last year's birds. The care and ingenuity of the breeder is devoted to getting the largest year-old bird. Many are imported. Many more are reared in the Eastern Counties and the fen districts. They are all hatched out in early spring, and, therefore, at Christmas are either one year old birds or two years old.

Swans, peacocks, and herons have all been common food in England, and are even now occasionally eaten, as much as a matter of curiosity as for any other reasons. Swans are fattened in Norfolk, and come into season about November, but they are costly, and not common. Pea-hen is much like guinea-fowl. Herons more nearly resemble wild fowl.

The flesh of poultry is not marbled with fat like the flesh of beasts. The fat is accumulated in the body. Owing to this, birds are more easily digested and are always valuable in the sick room. As a rule, the smaller the bird the more delicate the flesh. In some birds the flesh is white, and in some dark-coloured. It also varies in different parts of the same bird, the wings and breast being whiter, drier, less full-flavoured, but more delicate. Ducks and geese are more oily, and harder of digestion



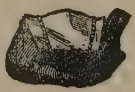
PIGEONS

LARKS.

SNIPE.

WOODCOCK.

RABBIT.



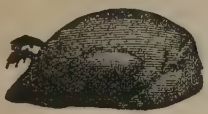
GROUSE.

HARE.

TEAL

QUAIL.

PARTRIDGE.



GOLDEN GROUSE.

PTARMIGAN.

FOWL.

WILD DUCK.

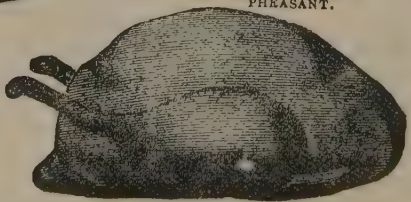
WIDGEON

DUCK.

GOOSE.

PHEASANT.

BLACKCOCK.



TURKEY.

1267.—TABLE SHEWING RELATIVE VALUE OF POULTRY AND GAME.

Giving the actual cost of the eatable portion of all, after deducting Loss in Weight from Cooking, Bone, Skin and Waste.

A great deal of time and trouble has been spent in preparing the following table, all the Poultry and Game having been specially cooked and tested. It will surprise many to see the result, which shows how very costly most of the small birds are, reckoning their price per lb., instead of the usual way at so much each, or per brace.

Name of Bird.	How usually Cooked.	Weight before Cooking.	Weight when Cooked, with bone & waste deducted.	Loss per lb. by Cooking, bone and waste.	Average Cost per lb.	Cost per lb. without bone and waste.
		lbs. oz.	lbs. oz.	oz.	s. d.	s. d.
Chicken	Boiled	2 4	1 4	7	1 0	1 9½
Duck	Roasted.	3 0	1 8	8	1 0	2 0
Fowl	Roasted.	4 0	2 4	7	0 10½	1 6¾
Goose	Roasted.	10 6	5 3	8	0 9	1 6
Grouse	Roasted.	0 14	0 10	4½	2 0	2 9¼
Hare	Roasted.	4 0	2 12	5	1 0	1 5½
Partridge	Roasted.	0 14	0 8	7	1 8	2 11½
Pheasant	Roasted.	2 6	1 3	8	1 2	2 4
Pigeon	Roasted.	0 5	0 2½	8	2 0	4 0
Plover	Roasted.	0 7	0 4	6¾	1 6	2 5½
Rabbit	Boiled	1 8	0 13½	7	0 8	1 2¼
Snipe	Roasted.	0 3	0 1¾	8	2 6	5 0
Turkey	Roasted.	10 0	5 10	7	0 11	1 7½
Venison	Roasted.	13 8	9 4	5	1 3	1 10
Wild Duck	Roasted.	2 0	1 1	7½	1 0	1 10½
Woodcock	Roasted.	0 8	0 4	8	3 0	6 0

Note.—The weights given in the third column are those of poultry and game after being drawn and trussed for cooking.

1267A.—TABLE GIVING WEIGHT of BONE, SKIN & WASTE AND LOSS BY COOKING IN POULTRY AND GAME.

Name of Bird.	Weight when Bought.	Weight of bone, skin and waste.	Loss by Cooking.	Total Loss by Cooking, bone and waste.	Weight of eatable matter.
	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.	lbs. oz.
Duck	3 0	1 0	0 8	1 8	1 8
Fowl	4 0	1 0	0 12	1 12	2 4
Goose	10 6	2 15	2 4	5 3	5 3
Grouse	0 14	0 2	0 2	0 4	0 10
Hare	4 0	0 9	0 11	1 4	2 12
Partridge	0 14	0 3¼	0 2¾	0 6	0 8
Pheasant	2 6	0 11	0 8	1 3	1 3
Pigeon	0 5	0 1	0 1½	0 2½	0 2½
Rabbit	1 8	0 6½	0 4	0 10½	0 13½
Turkey	10 0	3 0	1 6	4 6	5 10
Woodcock	0 8	0 2½	0 1½	0 4	0 4

TRUSSING.

CHAPTER XXIII.

1268. ***Trussing*** may be said to be one of the most important arts in connection with cookery. In London and other large towns where so much, if not all, the poultry and game is sent out ready prepared for cooking, many cooks do not make it a study ; but it ought, nevertheless, to be a part of the education of each one. Realising the importance of this branch of the cook's art, and knowing how difficult it is to learn from written instructions, we have prepared a series of illustrations to practically show the various stages in the preparation of game and poultry for different modes of cooking. To obtain these and to ensure their being reliable guides for the uninitiated we secured the services of a special artist and those of a very experienced trusser. The latter taking each bird or animal in turn demonstrated the manner of plucking, singeing, drawing, trussing, &c., at each stage of which a sketch was made, so that we trust that by studying these drawings the amateur will be helped to acquire the proper method.

1269.—TO PLUCK A BIRD.

Hold the bird in the left hand,as shown in the illustration,and commence to pull off the feathers from under the wing. Having plucked one side,

FOWL BEING PLUCKED.

take the other wing and proceed in the same manner till you have removed all feathers except the down.

1270.—TO SINGE POULTRY.

Hold the bird by the neck with the left hand, as shown in illustration, and with the right hand singe off all small feathers left on the bird with a lighted paper, moving this quickly so as not to scorch the bird. In this singeing those parts that will be hidden after the bird is trussed must be carefully gone over, but it is usual to again singe after trussing. In large kitchens there is sometimes a gas-tube, which is very convenient for singeing poultry, avoiding any chance of burning or scorching during the operation; but a lighted paper carefully used is all that is actually necessary.

FOWL BEING SINGED.

It is an error to depend upon this singeing to take away the feathers that have been carelessly left in plucking; if any should appear they must be pulled out, not singed off, or we may impart to the bird a disagreeable odour of burnt feathers. Birds that have been hanging for a day or two are very easily plucked, the feathers coming out readily; but in hot weather, or when a fowl is required at short notice and has to be plucked directly it is killed, some little trouble may be experienced.

1271.—TO TRUSS A FOWL FOR ROASTING.

In order to draw the bird properly it is well to know where to find the different parts of the inside.

SECTION OF FOWL.

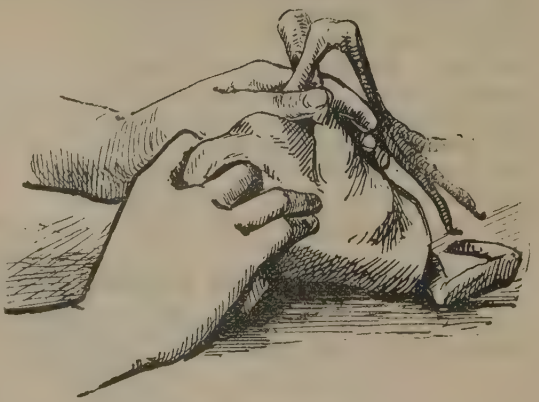
This illustration shows section of fowl cut in half so that it is easy to see exactly where they are to be found.

The fowl, having been plucked and singed, must now be drawn.

First, lay it back downwards on the table, cut a slit in the skin of the neck, draw out the neck and cut it off at the root. Afterwards cut through the skin, leaving enough to form a flap. Through this opening you must, with the middle finger, as shown, loosen the entrails, doing this carefully and thoroughly, that you may afterwards have less trouble in drawing the bird. The preceding illustration ought to be useful for both this stage and drawing, showing how the entrails are placed.

LOOSENING INSIDE.

Secondly, cut off the vent and draw the fowl. To do this hold the fowl as shown in illustration, and carefully take out all the entrails. Be specially careful not to break the gall bladder, for this accident may ruin the bird by imparting a very bitter taste to the flesh. The inside must then be carefully wiped out, as also the flap of skin at the neck, and should you by any accident have broken any part it is best to wash out the inside of the fowl, drying it thoroughly afterwards with a clean cloth.



FOWL BEING DRAWN.

A very great deal of care is necessary in the drawing of all birds, till some practice has been obtained, but afterwards it is a comparatively easy task.

Thirdly, dip the legs in boiling water, scrape them and cut off the claws; also the tips of the pinions.

Some prefer to leave the trimming of the claws till the bird is trussed, when it is laid upon a board and the feet chopped off.

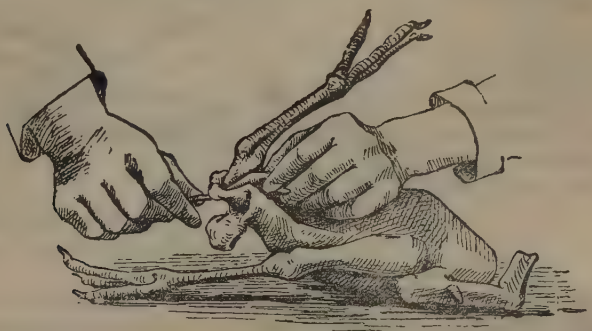
The fowl will now be ready for trussing, and should present the appearance of that shown in the accompanying illustration.

FOWL READY FOR TRUSSING.

Fourthly, skewer the pinions by passing the skewer through the first joint of the one on the right side (the middle of the leg being brought close to it) then through the body and through the pinion on the left, and

SKEWERING OF PINIONS.

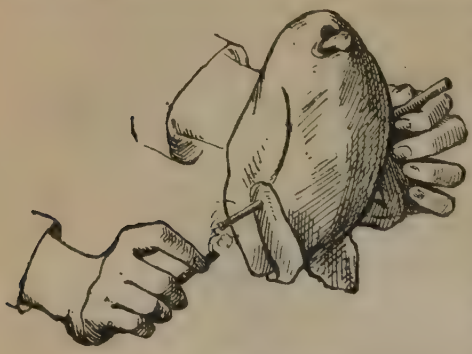
fasten the skin over the neck, drawing it over the back with a small skewer.



SKEWERING OF LEGS.

Fifthly, put another long skewer through the skin of the back on the left side, then through the first joint of the leg, taking up a small piece of skin as shown in illustration, and on through the leg on the right side.

Sixth'y, again singe the bird, and this time it must be very carefully done, so that no feathers remain, then, after cleaning and washing the gizzard, put it in one of the pinions, and the liver on the other side and the fowl will now be ready.



SINGEING AFTER TRUSSING.

In placing the skewers do not mind taking time to put them exactly in the right place, as they should never be withdrawn; the holes thus left would look very unsightly.

1272.—ANOTHER MODE OF TRUSSING

Adopted by many West-End poulterers, is to fix the bird's legs and pinions by needle and twine, as shown in the two illustrations; while, sometimes, the legs are placed under the fowl.

TRUSSING WITH NEEDLE.

FOWL TRUSSED.

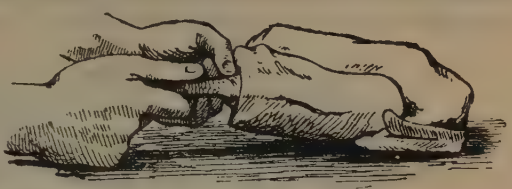
This mode commends itself as being neater than skewering; the needle makes so much smaller holes through the flesh, but it is more difficult to accomplish than the former mode.

When the fowl is trussed in this way the liver and gizzard in the wings are very often omitted, and in either mode of trussing it is optional whether they are put in.

FOWL READY FOR ROASTING.

1273.—TO TRUSS A FOWL FOR BOILING.

First, loosen the skin of the legs in the manner shown in the illustration. It is generally found more difficult for a beginner to truss a fowl for boiling than for roasting, for in loosening the skin and drawing it over the bone it is very easy to break the skin. The legs are usually cut off at the knee joint, but the fowl is occasionally trussed with the feet tucked underneath.

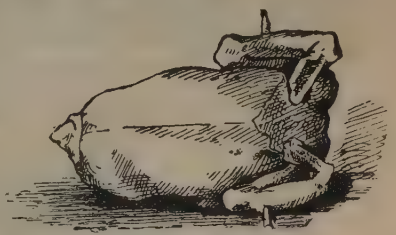


LOOSENING SKIN OF LEGS.

DRAWING SKIN OVER LEGS.

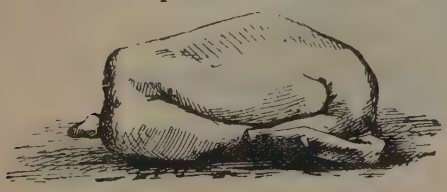
The drawing of the skin over the legs is somewhat difficult to accomplish neatly at first, but like every other detail in connection with the trussing of poultry, it can be easily overcome by patience and perseverance.

Secondly, skewer the pinions and legs as shown. Endeavour to make the bird look as neat, plump and compact as possible, as a boiled fowl should look very smooth and round when cooked. The liver and gizzard are omitted when the fowl is to be boiled, so that nothing may mar the white surface, and it is the aim of all good cooks to have this as white as possible.



SKEWERING OF PINIONS.

A boned fowl is trussed to look as smooth as possible, the legs put well underneath, so that a broad flat surface may be obtained; in fact, the usual shape of a trussed fowl is quite lost sight of, and the boned legs of the bird are sometimes put inside, so that less forcemeat for stuffing is required.

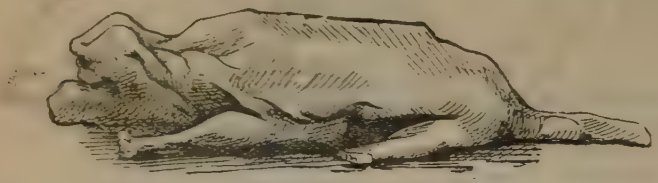


FOWL TRUSSED FOR BOILING.

1274—TO TRUSS A GOOSE.

The bird having been well plucked and singed:

First, cut off the feet at the joint, the pinions at the first joint, and the neck close to the back, leaving enough skin to turn over the back.

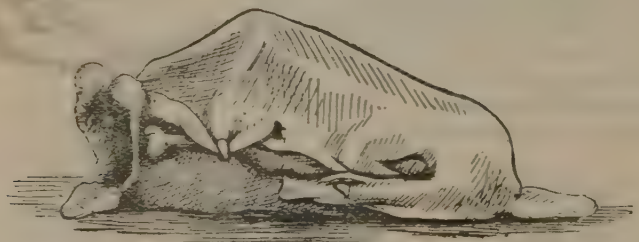


GOOSE READY FOR TRUSSING.

Secondly, loosen the liver, &c., at the throat end, and cut the bird open between the vent and the rump; draw it, wash and wipe the inside and beat the breast bone flat with a rolling-pin.

TRUSSING OF GOOSE.

Thirdly, put a skewer through the under part of one wing and bring it through the other.



GOOSE READY FOR STUFFING.

Skewer the legs by passing the skewer through the first joint and carrying it through the body to secure the other.

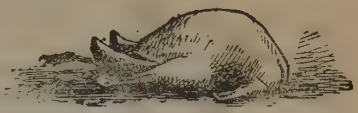
Fourthly, cut off the end of the vent and make a hole in the skin sufficiently large for the passage of the rump in order to keep in the seasoning.

GOOSE READY FOR COOKING.

1275.—TO TRUSS GROUSE.

When plucking leave the breast feathers for removal afterwards, in order to prevent the skin being broken in trussing.

First, cut off the head, leaving enough skin to skewer back, loosen the inside at neck and squeeze out and wipe the inside of the bird.

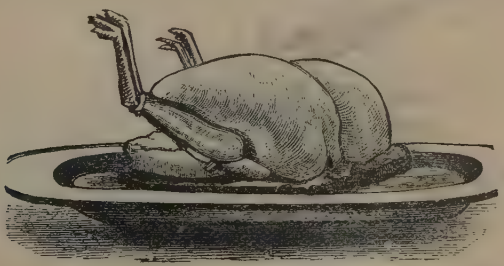


GROUSE READY FOR TRUSSING.

GROUSE BEING TRUSSED.

Secondly, bring the legs close to the breast, between it and the side bones, and pass a skewer through the pinions and the thick part of the thighs, then take off the breast feathers with the aid of a knife, thus avoiding the breaking of the skin.

Partridges and pheasants are trussed in the same manner, but the latter are large enough for the



GROUSE READY FOR COOKING.

passage of the hand and can be drawn in the same way as a fowl

1276.—TO SKIN AND TRUSS A HARE.

First, cut off the fore legs at the first joint and the belly open lengthwise.

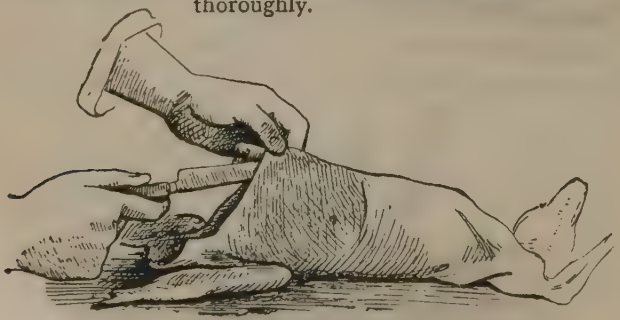
Secondly, raise the skin of the back and draw it over the hind legs, leaving the tail whole; then draw it over the back and slip out the fore legs, easing it with a knife, if necessary, over the neck and head, and being very careful not to injure the ears, which are left on. In skinning this is the most delicate part, and one that is always found difficult by the amateur, but the appearance of a roast hare is spoilt if the ears are torn or otherwise injured.

HARE BEING SKINNED.

In our illustration it will be seen that the hare is hanging from a hook, and this will be found a most convenient way of accomplishing the skinning, as both hands are thus free and the skin can be thus far more carefully removed and with far greater ease than if the animal be laid upon a board.

The same hook that is required for drawing the sinews of a turkey will also serve for the skinning of a hare or rabbit after the legs have been drawn out of the skin.

Thirdly, cut open the hare in the manner shown in the following illustration, paunch it, clean the vent, and wash and wipe the inside thoroughly.



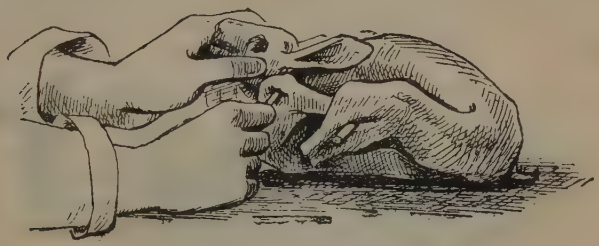
PAUNCHING OF HARE.

After skinning and paunching, if the hare be an old one it is well to wash it in vinegar and water.

Thirdly, cut the sinews of the legs and bring them forward, well against the body, running two skewers right through, one fixing the two fore, and the other the two hind legs.

SKEWERING OF LEGS.

Fourthly, lay the head rather back and skewer it there, passing the



SKEWERING OF HEAD.

skewer through the shoulders, and see that it is skewered firmly and evenly, that it may present a good appearance when cooked.

HARE READY FOR COOKING.

Fifthly, butter two pieces of white paper and pin carefully over each ear.

1277.—TO TRUSS A PIGEON.

First, pluck and draw the bird, wash it very thoroughly and wipe perfectly dry.

Secondly, cut off the neck and head, and the toes at the first joint.

PIGEON READY FOR TRUSSING.

PIGEON IN PROCESS OF TRUSSING.

Thirdly, truss for roasting by crossing the legs and running a skewer through both pinions and legs, as shown.

PIGEON BEING SKEWERED.

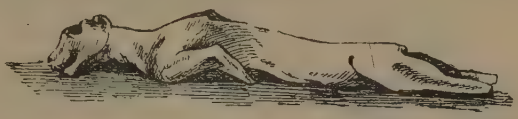
For stewing, twist the legs up on each side, as in illustration, and fasten with one skewer.

PIGEONS READY FOR ROASTING.

Pigeons are better if drawn directly they are killed. They are birds that do not improve by keeping.

1278.—TO TRUSS A RABBIT FOR ROASTING.

First, empty, skin and wash the rabbit thoroughly, take out the eyes, wipe it dry, put in stuffing (if liked) and sew it up.



RABBIT READY FOR TRUSSING.

Secondly, cut off the fore joints of the shoulders and legs, and, bringing them close to the body, skewer firmly.

Thirdly, raise the head and skewer it back between the shoulders.

1279.—TO TRUSS A RABBIT FOR BOILING.

Having emptied, skinned and washed the rabbit, and taken out the eyes,

RABBIT BEING SKEWERED.

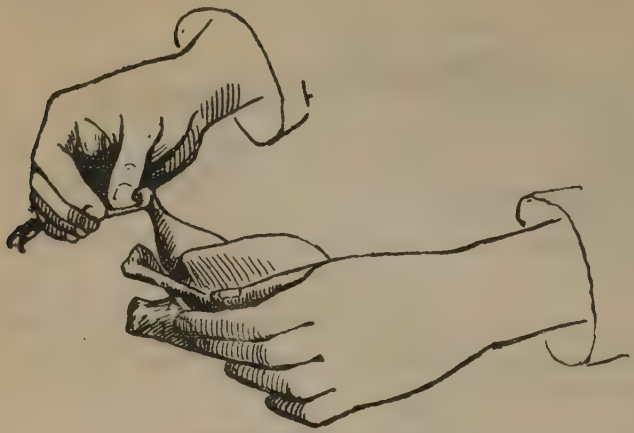
First, cut off the fore joints of shoulders and legs.

RABBIT READY FOR BOILING.

Secondly, draw the legs forward, close to the body, bring the head round to the side, and skewer through all.

1280.—TO TRUSS A SNIPE.

First, pluck the birds, and wipe them outside with a damp cloth, but do not draw them.



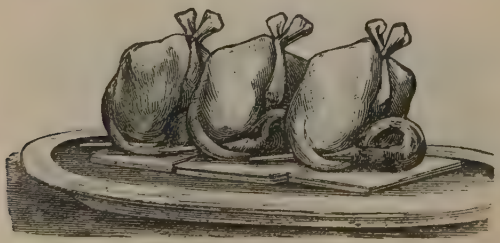
SHOWING TWISTING OF LEGS.

SNIPE TRUSSED.

Secondly, twist the legs as shewn, then thrust them close to the body.

Thirdly, skin the neck and head, and bring the beak round under the wing, as in illustration.

The birds should then be placed on toast, as shown.



SNIPE READY FOR COOKING.

Plovers, quails and woodcocks are dressed in the same way.

1281.—TO TRUSS A TURKEY.

Having plucked and singed the bird in the same manner as a fowl, the next thing will be to draw the sinews.

First, break the leg bones close to the feet, run a hook through, as shown in the illustration, and draw out the sinews. To do this successfully and with the least amount of trouble, it is necessary to have the hook above you, placed rather high up in the wall so that you can bring your weight as well as your strength to bear upon the bird. It is sometimes rather a hard task to draw the sinews, but it is an absolute necessity that they should be taken out, or the legs of the bird will be perfectly uneatable.

When the sinews are drawn, the legs should then be chopped off, as shown in the following illustrations.

Young cock turkeys may be known by their short spurs and black legs, but if the legs are pale and rough and the spurs long, they may be taken as sure indications of age. Turkeys of a medium size are, as a rule, far more tender than the enormous ones so greatly in favour for the Christmas dinner.

These birds should never be dressed the same day that they are killed. In cold weather they may safely hang for a week, but if the weather be mild, then three or four days will be long enough.

DRAWING THE SINEWS

Secondly, cut off the neck close to the back, leaving enough skin to turn

HOOK FOR DRAWING TURKEY.

over it; take out the crop, and loosen the liver and the rest of the inside at the throat end.

TURKEY BEING DRAWN.

Thirdly, cut off the vent, take out the gut, and draw the bird with a hook, of which we give an engraving, taking great care not to break the gut

TURKEY READY FOR TRUSSING.

joining the gizzard for fear of grit, or the gall bladder, which, if broken, would embitter the flesh. Then wash and thoroughly dry the inside.

Fourthly, cut the breast bone through at each side close to the back,

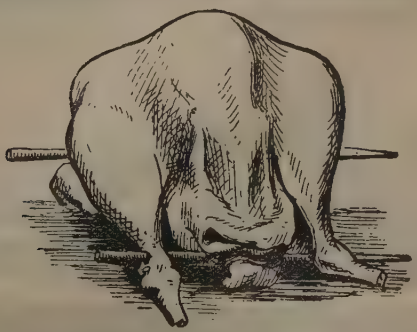
and beat it flat with a rolling pin. Cut off the feet, scald the legs and peel off the outer skin.

SKEWERING OF PINIONS.

Fifthly, place the pinions as shown in illustration, and skewer.

SKEWERING OF LEGS.

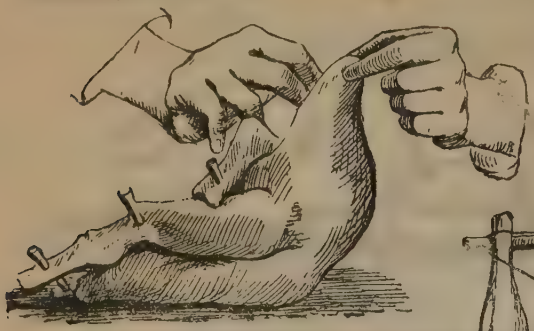
Sixthly, press the legs close to the body, and skewer at first and second joints.



TURKEY READY FOR STUFFING.

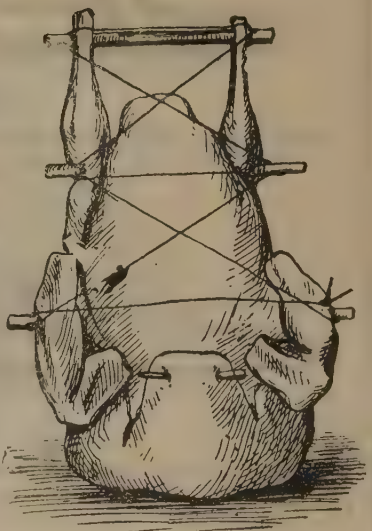
The bird will now be ready for stuffing.

Seventhly, fill the body with whatever stuffing is required; the fuller the better and neater the bird will look; skewer over the flap of skin, and that at the neck.

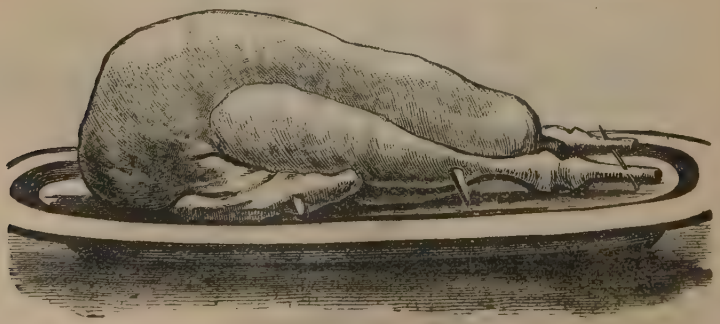


TURKEY BEING STUFFED.

Lastly, turn the bird over, and put a string across and across, as shown in illustration, fastening it firmly, and the turkey will now be ready for cooking. In the case of a very small turkey the string is not required. When a turkey is boned for roasting, the legs are sometimes put inside to reduce the quantity of stuffing needed to fill the bird, but with a boned turkey the aim is not to keep the form of the bird, but to obtain a broad, smooth surface that is very pleasant and easy to carve.



STRINGING OF TURKEY.



TURKEY READY FOR COOKING.

POULTRY & GAME

RECIPES FOR COOKING POULTRY.

CHAPTER XXIV.

1282.—CHICKEN OR FOWL PIE. (*Fr.*—Pâté de Volaille.)

Ingredients.—2 small fowls or 1 large one, white pepper and salt to taste, ½ teaspoonful of grated nutmeg, ½ teaspoonful of pounded mace, forcemeat, No. 629, a few slices of ham, 3 hard-boiled eggs, ½ pint of water, puff crust.

Mode.—Skin and cut up the fowls into joints, and put the neck, legs and backbones in a stewpan, with a little water, an onion, a bunch of savoury herbs, and a blade of mace; let these stew for about an hour, and, when done, strain off the liquor: this is for gravy. Put a layer of fowl at the bottom of a pie-dish, then a layer of ham, then one of forcemeat and hard-boiled eggs cut in rings; between the layers put a seasoning of pounded mace, nutmeg, pepper and salt. Proceed in this manner until the dish is full, and pour in about half a pint of water; border the edge of the dish with puff-crust, put on the cover, ornament the top, and glaze it by brushing over it the yolk of an egg. Bake from 1¼ to 1½ hour, should the pie be very large, and, when done, pour in, at the top, the gravy made from the bones. If to be eaten cold, and wished particularly nice, the joints of the fowls should be boned, and placed in the dish with alternate layers of forcemeat; sausage-meat may also be substituted for the forcemeat, and is now very much used. When the chickens are boned and mixed with sausage-meat, the pie will take about 2 hours to bake. It should be covered with a piece of paper when about half done, to prevent the paste from being dried up or scorched.

Time.—For a pie with unboned meat, 1¼ to 1½ hour; with boned meat and sausage or forcemeat, 1½ to 2 hours.—**Average Cost,** with 2 fowls, 6*s*.

Sufficient for 8 persons.

Seasonable at any time.

The Young Chicks.—The young chicks that are hatched first should be taken from underneath the hen, lest she might think her task at an end, and leave the remaining eggs to spoil. As soon as the young birds are taken from the mother, they must be placed in a basket lined with soft

wool, flannel or hay, and stood in the sunlight if it be summer-time, or by the fire if the weather be cold. It is a common practice to cram young chicks with food as soon as they are born. This is quite unnecessary. They will, so long as they are kept warm, come to no harm if they take no food for twenty-four hours following their birth. Should the whole of the brood not be hatched by that time, those that are born may be fed with bread soaked in milk, and the yolk of a hard-boiled egg, or with Emden grits.

1283.—BACHELOR'S CHICKEN PIE.
(*Fr.*—Pâté de Volaille.)

Ingredients.—1 chicken, 3 pints of flour, 3 tablespoonfuls of cream of tartar, ½ cup of butter, 1½ teaspoonfuls of carbonate of soda, and milk.

Mode.—Cut up the chicken, put it into a stewpan with enough water to make the gravy; if the chicken is young it will only be necessary to let it come to a boil; season it. Make a crust with the flour, &c., dissolving the soda first in hot water, and rubbing the cream of tartar into the butter. Add sufficient milk to make a stiff paste, then roll it out, butter the sides of a deep earthen baking-dish, and line them with paste, but leave the bottom untouched. Put in the chicken, thicken the gravy with a little flour, pour it over the fowl, put on the top crust, and bake three quarters of an hour.

Time.—Altogether 1 to 1¼ hour. **Average Cost, 3*s*.**

Sufficient for 3 or 4 persons.

Seasonable at any time.

1284.—POTTED CHICKEN OR FOWL.
(*Fr.*—Terrine de Volaille.)

(*A Luncheon or Breakfast Dish.*)

Ingredients.—The remains of cold roast chicken; to every lb. of meat allow ¼ lb. of fresh butter, salt and cayenne to taste, 1 teaspoonful of pounded mace, ½ small nutmeg.

Mode.—Strip the meat from the bones of cold roast chicken; when it is freed from gristle and skin, weigh it, and to every lb. of meat allow the above proportion of butter, seasoning and spices. Cut the meat into small pieces, pound it well with the fresh butter, sprinkle in the spices gradually, and keep pounding until it is reduced to a perfectly smooth paste. Put it into potting-pots for use, and cover it with clarified butter, about a quarter of an inch in thickness; and, if to be kept for some time, tie over a bladder. 2 or 3 slices of ham, minced and pounded with the above ingredients, will be found an improvement. It should be kept in a dry place.

Seasonable at any time.

Feeding and Cooping the Chicks.—When all the chicks are hatched, they should be placed along with the mother under a coop in a warm dry spot. If two hens happen to have their broods at the same time, their respective chicks should be carefully kept separate; as, if they get mixed, and so go under the wrong coop, the hens will probably maim and destroy those who

have mistaken their dwelling. After being kept snug beneath the coop for a week (the coop should be placed under cover at nightfall), the chicks may be turned loose for an hour or so in the warmest part of the day. They should be gradually weaned from the soaked bread and chopped egg, instead of which grits or boiled barley should be given: in 8 or 10 days their stomachs will be strong enough to receive bruised barley, and at the end of 3 weeks, if your chicks be healthy, they will be able to take care of themselves. It will be well, however, to keep your eye on them a week or so longer, as the elder chickens may drive them away from their food. Great care should be taken that the very young chicks do not run about the wet ground or on damp grass, as this is the most prominent and fatal cause of disease. While under the coop with their mother, a shallow pan or plate of water should be supplied to the chicks, as in a deeper vessel they are liable to drench themselves and take cold, or possibly to get drowned.

1285.—CHICKEN OR FOWL SALAD.

(*Fr.*—Salade de Volaille.)

Ingredients.—The remains of cold roast or boiled chicken, 2 lettuces, a little endive, 1 cucumber, a few slices of boiled beetroot, salad-dressing, No. 766.

Mode.—Trim neatly the remains of the chicken; wash, dry and slice the lettuces, and place in the middle of a dish; put the pieces of fowl on the top, and pour the salad-dressing over them. Garnish the edge of the salad with hard-boiled eggs cut in rings, sliced cucumber, and boiled beetroot cut in slices. Instead of cutting the eggs in rings, the yolks may be rubbed through a hair sieve, and the whites chopped very finely, and arranged on the salad in small groups, yellow and white alternately. This should not be made long before it is wanted for table.

Average Cost, exclusive of the cold chicken, 10*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

Age and Flavour of Chickens.—It has been the opinion of the medical faculty of all ages and all countries, that the flesh of the young chicken is the most delicate and easy to digest of all animal food. It is less alkalescent than the flesh of any other animal, and its entire freedom from any irritating quality renders it a fit dish for the ailing, or those whose stomachs are naturally weak. In no animal, however, does age work such a change in regard to the quality of its flesh as it does in domestic fowls. In their infancy, cocks and hens are equally tender and toothsome; but as time overtakes them it is the cock whose flesh toughens first. A year-old cock, indeed, is fit for little else than to be converted into soup, while a hen at the same age, although sufficiently substantial, is not callous to the insinuations of a carving-knife. As regards capons, however, the rule respecting age does not hold good. There is scarcely to be found a more delicious animal than a well-fed, well-dressed capon. Age does not dry up his juices; indeed, like wine, he seems but to mellow. At three years old, even, he is as tender as a chick, with the additional advantage of his proper chicken flavour being fully developed. The above remarks, however, concerning the capon, only apply to such as are *naturally* fed and not crammed. The latter process may produce a handsome-*looking* bird, and it might weigh enough to satisfy the whim or avarice of its stuffer; but, when before the fire, it will reveal the cruel treatment to which it has been subjected, and will weep a dripping-panful of fat tears. You will never find heart enough to place such a grief-worn guest at the head of your table. It should be borne in mind as a rule, that small-boned and short-legged poultry are likely to excel the contrary sort in delicacy of colour, flavour and fineness of flesh.

1286.—CHICKEN WITH RICE AND TOMATOES.

(*Fr.*—Poulet au Riz à la Milanaise.)

Ingredients.—A fowl, fat bacon to lard, ½ lb. of rice, carrot, turnip, 2 onions, parsley, herbs, half a teacupful of tomato sauce, 3 oz. of grated parmesan, spice, pepper, salt.

Mode.—Truss the fowl as for boiling, lard the breast, put an onion inside it and braise it with herbs and vegetables, a few slices of lean ham or bacon, and about a pint of good stock. Boil the rice as for curry, moisten it with the strained liquor from the fowl, add the tomato sauce and cheese, and stir it thoroughly. Make a border round the dish, put the fowl in the middle and serve. The breast of the fowl must be browned in a hot oven or with a salamander if necessary.

Time.—1 hour. **Average Cost,** 3*s.* 6*d.*

Seasonable at any time.

1287.—DUCKS AND RED CABBAGE.
(*Fr.*—Canard au Choux.)

Ingredients.—Remains of 2 ducks, ½ red cabbage, 2 oz. of butter, pepper, salt, 1 wineglassful of vinegar, ½ pint of clear gravy.

Mode.—Divide the ducks into nice-sized pieces and simmer very gently in the gravy for 20 minutes or longer. Wash the cabbage and cut it into very thin shreds, wash and drain again, then put it in a stewpan with the butter, some salt and pepper, and cover close. Shake the pan frequently while it is cooking, and if it is not moist enough add a tablespoonful of gravy. Let it stew for one hour or longer if necessary; when done pour the vinegar on it, lay it on a dish and arrange the duck upon it.

Time.—20 minutes for the ducks; 1 hour for the cabbage. **Average Cost,** without the ducks 10*d.*

Sufficient for 4 persons.

Seasonable, September to January.

1288.—DUCKS AND CARROTS.
(*Fr.*—Canard à la Purée de Carottes.)

Ingredients.—Cold duck, 2 lbs. of carrots, 2 oz. of butter, ½ pint of clear gravy, salt, sugar.

Mode.—Wash and scrape the carrots. Then put them on the fire in a pan with cold water and let them boil till soft, then drain and put them into a stewpan with the butter and mash them, adding half the gravy, some salt and pepper, and half a teaspoonful of castor sugar. When thoroughly incorporated, rub the carrots through a sieve into the stewpan and warm again. Meanwhile put the pieces of cold duck into a stewpan and let them get hot, then dish the carrot purée, put the duck on it, and pour the gravy round.

Time.—1¼ hour. **Average Cost,** 6*d.*, exclusive of the cold duck.

Sufficient for 3 persons.

Seasonable, September to January.

1289.—HASHED DUCK. (*Fr.*—Canard au Vin Rouge.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast duck, rather more than 1 pint of weak stock or water, 1 onion, 1 oz. of butter, thickening of butter and flour, salt and cayenne to taste, ½ teaspoonful of minced lemon-peel, 1 dessertspoonful of lemon-juice, ½ glass of port or claret.

Mode.—Cut the duck into nice joints, and put the trimmings into a stewpan; slice and fry the onion in a little butter; add these to the trimmings, pour in the above proportion of weak stock or water, and stew gently for 1 hour. Strain the liquor, thicken it with butter and flour, season with salt and cayenne, and add the remaining ingredients; boil it up and skim well; lay in the pieces of duck, and let them get thoroughly hot through by the side of the fire, but do not allow them to boil; they should soak in the gravy for about half-an-hour. Garnish with sippets of toasted bread. The hash may be made richer by using a stronger and more highly-flavoured gravy; and a little spice or pounded mace may also be added when their flavour is liked.

Time.—1½ hour. **Average Cost,** exclusive of the cold duck, 4*d.*

Seasonable from September to January; ducklings from May to August.

The Duck.—This bird belongs to the order of *Natatores*, or Swimmers; the most familiar tribes of which are ducks, swans, geese, auks, penguins, petrels, pelicans, guillemots, gulls and terns. They mostly live in the water, feeding on fish, worms and aquatic plants. They are generally polygamous, and make their nests among reeds, or in moist places. The flesh of many of the species is eatable, but that of some is extremely rank and oily. The duck is a native of Brittany, but is found on the margins of most of the European lakes. It is excessively greedy, and by no means a nice feeder. It requires a mixture of vegetable and animal food; but aquatic insects, corn and vegetables are its proper food. Its flesh, however, is savoury, being not so gross as that of the goose, and of easier digestion. In the green-pea season it is usually found on an English table; but, according to Ude, "November is its proper season, when it is plump and fat."

1290.—TO RAGOUT A DUCK WHOLE.

(*Fr.*—Canard en Ragoût.)

Ingredients.—1 large duck, pepper and salt to taste, good beef gravy, 2 onions sliced, 4 sage-leaves, a few leaves of lemon-thyme, thickening of butter and flour.

Mode.—After having emptied and singed the duck, season it inside with pepper and salt, and truss it. Roast it before a clear fire for about 20 minutes, and let it acquire a nice brown colour. Put it into a stewpan with sufficient well-seasoned beef gravy to cover it; slice and fry the onions, and add these, with the sage-leaves and lemon-thyme, both of which should be finely minced, to the stock. Simmer gently until the duck is tender; strain, skim and thicken the gravy with a little butter and flour; boil it up, pour over the duck, and serve. When in season, about

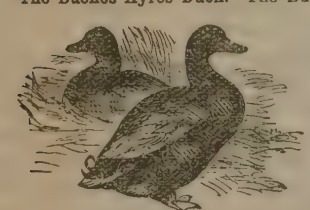
1½ pint of young green peas, boiled separately, and put in the ragoût, very much improve this dish.

Time.—20 minutes to roast the duck; 20 minutes to stew it. **Average Cost,** from 3*s.* to 3*s.* 6*d.* each.

Sufficient for 4 or 5 persons.

Seasonable from September to January; ducklings from May to August.

The Buenos Ayres Duck.—The Buenos Ayres duck is of East Indian birth, and is chiefly valuable as an ornament; for we suppose one would as soon think of picking a Chinese teal for luncheon, or a gold fish for breakfast, as to consign the handsome Buenos Ayres to the spit. The prevailing colour of this bird is black, with a metallic lustre, and a gleaming of blue steel about its breast and wings.



BUENOS AYRES DUCKS.

Varieties of Ducks. — Naturalists count nearly a hundred different species of ducks; and there is no doubt that the intending keeper of these harmless and profitable birds may easily take his choice from amongst twenty different sorts. There is, however, so little difference in the various members of the family, either as regards hardiness, laying or hatching, that the most incompetent fancier or breeder may indulge his taste without danger of making a bad bargain. In connection with their value for table, light coloured ducks are always of milder flavour than those that are dark-coloured, the white Aylesburys being general favourites. Ducks reared exclusively on vegetable diet will have a whiter and more delicate flesh than those allowed to feed on animal offal; while the flesh of birds fattened on the latter food will be firmer than that of those which have only partaken of food of a vegetable nature.

1291.—ROAST DUCKS. (*Fr.*—Canards Rôtis.)

Ingredients.—A couple of ducks; sage and onion stuffing, No. 638; a little flour.

Mode.—To insure ducks being tender, never dress them the same day they are killed; and if the weather permits, they should hang a day or two. Make a stuffing of sage and onion sufficient for one duck, and put it into the body, not in the neck as for a fowl or turkey; leave the other bird unseasoned, as the flavour is not liked by everybody. Having trussed and stuffed them, put them down to a brisk clear fire, and keep them well basted the whole of the time they are cooking. A few minutes before serving, dredge them lightly with flour, to make them froth and look plump; and when the steam draws towards the fire, send them to table hot and quickly, with a good brown gravy poured *round* but not *over* the ducks, and a little of the same in a tureen. When in season, green peas should invariably accompany this dish.

ROAST DUCK.

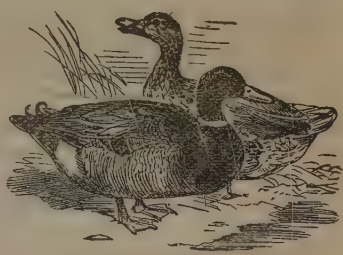
Time.—Full-grown ducks from ¾ to 1 hour; ducklings from 25 to 35 minutes. **Average Cost,** from 3*s.* to 3*s.* 6*d.* each.

Sufficient.—A couple of ducks for 6 or 7 persons.

Seasonable.—Ducklings from May to August; ducks from September to January.

Note.—Ducklings (*Fr.*—Canetons) are trussed and roasted in the same manner, and served with the same sauces and accompaniments. When in season, serve apple sauce.

The Rouen Duck.—The Rouen, or Rhone duck, is a large and handsome variety, of French extraction. The plumage of the Rouen duck is somewhat sombre; its flesh is also much darker, and, though of higher flavour, not near so delicate as that of our own Aylesbury. It is with this latter breed that the Rouen duck is generally mated; and the result is said to be increase of size and strength. In Normandy and Brittany these ducks, as well as other sorts, greatly abound; and the "duck-liver *pâtés*" are there almost as popular as the *pâté de foie gras* of Strasburg. In order to bring the liver of the wretched duck to the fashionable and unnatural size, the same diabolical cruelty is resorted to as in the case of the Strasburg goose. The poor birds are *nailed* by the feet to a board placed close to a fire, and, in that position, plentifully supplied with food and water. In a few days the carcass is reduced to a mere shadow, while the liver has grown monstrously. We would rather abstain from the acquaintance of a man who eat *pâté de foie gras*, knowing its component parts.



ROUEN DUCKS.

Duck's Eggs.—The ancient notion that ducks whose beaks have a tendency to curve upwards are better layers than those whose beaks do not thus point, is, we need hardly say, simply absurd: all ducks are good layers, if they are carefully fed and tended. Ducks generally lay at night, or early in the morning. While they are in perfect health, they will do this; and one of the surest signs of indisposition among birds of this class is irregularity in laying. The eggs laid will approach nearly the colour of the layer—light-coloured ducks laying white eggs, and brown ducks greenish-blue eggs; dark-coloured birds laying the biggest eggs. At one time the notion was prevalent that a duck would hatch no other eggs than her own; and although this is not true, it will be, nevertheless, as well to match the duck's own eggs as closely as possible; for we have known instances wherein the duck has turned out of the nest and destroyed eggs differing from her own in size and colour.

Ducks.—The Mallard, or Wild Duck, from which is derived the domestic species, is prevalent throughout Europe, Asia and America. The mallard's most remarkable characteristic is one which sets at defiance the speculations of the most profound ornithologist. The female bird is extremely plain, but the male's plumage is a splendour of greens and browns, and blues. In the spring, however, the plumage of the male begins to fade, and in two months every vestige of his finery has departed, and he is not to be distinguished from his soberly-garbed wife. Then the greens, and the blues, and the browns begin to bud out again, and by October he is once more a gorgeous drake. It is to be regretted that domestication has seriously deteriorated the moral character of the duck. In a wild state, he is a faithful husband, desiring but one wife, and devoting himself to her; but no sooner is he domesticated than he becomes polygamous, and makes nothing of owning ten or a dozen wives at a time. As regards the females, they are much more solicitous for the welfare of their progeny in a wild state than a tame. Should a tame duck's duckling get into mortal trouble, its mother will just signify her sorrrow by an extra "quack" or so, and a flapping of her wings; but touch a wild duck's little one if you dare! she will buffet you with her broad wings, and dash boldly at your face with her stout beak. If you search for her nest amongst the long grass, she will try no end of manœuvres to lure you from it, her favourite *ruse* bring to pretend lameness, to delude you into the notion that you have only to pursue her vigorously, and her capture is certain; so you persevere for half a mile or so, and then she is up and away, leaving you to find your way back to the nest if you can. Among the ancients, opinion was at variance respecting the wholesomeness and digestibility of goose-flesh, but concerning the excellence of the duck all parties are agreed; indeed, they not only assigned to duck-meat the palm for exquisite flavour and delicacy, they even attributed to it medicinal powers of the highest order. Not only the Roman medical writers of the time make mention of it, but likewise the philosophers of the period. Plutarch assures us that Cato preserved his whole household in health, in a season when plague and disease were rife, through dieting them on roast duck.

1292.—STEWED DUCK AND PEAS.

(*Fr.*—Canard aux Petits Pois.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast duck, 2 oz. of butter, 3 or 4 slices of lean ham or bacon, 1 tablespoonful of flour, 2 pints of thin gravy, a small bunch of green onions, 3 sprigs of parsley, 3 cloves, 1 pint of young green peas, cayenne and salt to taste, 1 teaspoonful of pounded sugar.

Mode.—Put the butter into a stewpan; cut up the duck into joints, lay them in with the slices of lean ham or bacon; make it brown, then dredge in a tablespoonful of flour, and stir this well in before adding the gravy. Put in the onion, parsley, cloves and gravy, and when it has simmered for a quarter of an hour, add a pint of young green peas, and stew gently for about half an hour. Season with cayenne, salt and sugar; take out the duck, place it round the dish, and the peas in the middle.

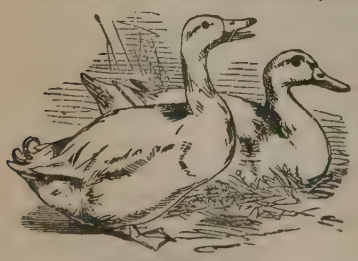
Time.—¾ hour. **Average Cost,** exclusive of the cold duck, 1*s.* 3*d.*

Seasonable from June to August.

Ducks Hatching.—Concerning incubation by ducks, a practised writer says, "The duck requires a secret and safe place, rather than any attendance, and will, at nature's call, cover her eggs and seek her food. On hatching, there is not often a necessity for taking away any of the brood; and, having hatched, let the mother retain her young ones upon the nest her own time. On her moving with her brood, let a coop be prepared upon the short grass, if the weather be fine, and under shelter, if otherwise.

Cooping and Feeding Ducklings.—Brood ducks should be cooped at some distance from any other. A wide and flat dish of water, to be often renewed, should stand just outside the coop, and barley, or any other meal, be the first food of the ducklings. It will be needful, if it be wet weather, to clip their tails, lest these draggle, and so weaken the bird. The period of the duck's confinement to the coop will depend on the weather, and on the strength of the ducklings. A fortnight is usually the extent of time necessary, and they may even be sometimes permitted to enjoy the luxury of a swim at the end of a week. They should not, however, be allowed to stay too long in the water at first; for they will then become ill, their feathers get rough, and looseness of the bowels ensue. In the latter case, let them be closely cooped for a few days, and bean-meal or oatmeal be mixed with their ordinary food.

The Aylesbury Duck.—The white Aylesbury duck is, and deservedly, an universal favourite. Its snowy plumage and comfortable comportment make it a credit to the poultry-yard, while its broad and deep breast, and its ample back, convey the assurance that your satisfaction will not cease at its death. In parts of Buckinghamshire, this member of the duck family is bred on an extensive scale; not on plains and commons, however, as might be naturally imagined, but in the abodes of the cottagers. Round the walls of the living-rooms, and of the bedroom even, are fixed rows of wooden boxes, lined with hay; and it is the business of the wife and children to nurse and comfort the feathered lodgers, to feed the little ducklings, and to take the old ones out for an airing. Sometimes the "stock" ducks are the cottager's own property, but it more frequently happens that they are intrusted to his care by a wholesale breeder, who pays him so much per score for all ducklings properly raised. To be perfect, the Alyesbury duck should be plump, pure white, with yellow feet, and a flesh-coloured beak.



AYLESBURY DUCKS.

1293.—STEWED DUCK AND PEAS.

(Another Mode.)

Ingredients.—The remains of cold roast duck, ½ pint of good gravy, cayenne and salt to taste, ½ teaspoonful of minced lemon-peel, 1 teaspoonful of pounded sugar, 2 oz. of butter rolled in flour; 1½ pint of green peas.

Mode.—Cut up the duck into joints, lay it in the gravy, and add a seasoning of cayenne, salt and minced lemon-peel; let this gradually warm through, but not boil. Throw the peas into boiling water, slightly salted, and boil them rapidly until tender. Drain them, stir in the pounded sugar and the butter rolled in flour; shake them over the fire for two or three minutes, and serve them in the centre of the dish, with the duck laid round.

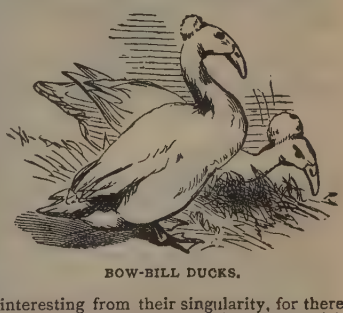
Time.—15 minutes to boil the peas, when they are full grown. **Average Cost,** exclusive of the cold duck, 1*s.* 2*d.*

Seasonable from June to August.

Fattening Ducks.—Many duck-keepers give their birds nothing in the shape of food, letting them wander about and pick up a living for themselves; and they will seem to get fat even upon this precarious feeding. Unless, however, ducks are supplied with, besides chance food, a liberal feed of solid corn, or grain, morning and evening, their flesh will become flabby and insipid. The simple way to fatten ducks is to let them have as much substantial food as they will eat, bruised oats and pea-meal being the standard fattening food for them. No cramming is required, as with the turkey and some other poultry; they will cram themselves to the very verge of suffocation. At the same time, plenty of exercise and clean water should be at their service.

American Mode of Capturing Ducks.—On the American rivers, the modes of capture are various. Sometimes half a dozen artificial birds are fastened to a little raft, and which is so weighted that the sham birds squat naturally on the water. This is quite sufficient to attract the notice of a passing flock, who descend to cultivate the acquaintance of the isolated few, when the concealed hunter, with his fowling-piece, scatters a deadly leaden shower amongst them. In the winter, when the water is covered with rubble ice, the fowler of the Delaware paints his canoe entirely white, lies flat in the bottom of it, and floats with the broken ice, from which the aquatic inhabitants fail to distinguish it. So floats the canoe till he within it understands, by the quacking, and fluttering, and whirring of wings, that he is in the midst of a flock, when he is up in a moment with the murderous piece, and dying quacks and lamentations rend the still air.

Bow-Bill Ducks, &c.—Everyone knows how awkward are the *Anatidæ*, waddling along on their unelastic webbed toes, and their short legs, which, being placed considerably backward, make the fore part of the body preponderate. Some, however, are formed more adapted to terrestrial habits than others, and notably amongst these may be named *Dendronessa sponsa*, the summer duck of America. This beautiful bird rears her young in the holes of trees, generally overhanging the water. When strong enough, the young scramble to the mouth of the hole, launch into the air with their little wings and feet spread out, and drop into their favourite element. Whenever their birthplace is at some distance from the water, the mother carries them to it, one by one, in her bill, holding them so as not to injure their yet tender frame. On several occasions, however, when the hole was thirty, forty, or more yards from a piece of water, Audubon observed that the mother suffered the young to fall on the grass and dry leaves beneath the tree, and afterwards led them directly to the nearest edge of the the next pool or creek. There are some curious varieties of the domestic duck, which only appear interesting from their singularity, for there does not seem to be anything of use or value in the unusual charateristics which distinguish



BOW-BILL DUCKS.

them; thus, the **Bow-Bill Duck**, as shown in the engraving, called by some writers the **Hook-Bill**, is remarkable for the peculiarly strange distortion of its beak, and the tuft on the top of its head. The Penguin Duck, again, waddles in an upright position, like the Penguin, on account of an unnatural situation of its legs. These odd peculiarities add nothing of value to the various breeds, and may be set down as only the result of accidental malformation, transmitted from generation to generation.

1294.—STEWED DUCK AND TURNIPS.

(*Fr.*—Canard aux Navets.)

(*Cold Meat Cookery.*)

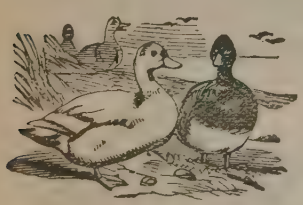
Ingredients.—The remains of cold roast duck, ½ pint of good gravy, 4 shalots, a few slices of carrot, a small bunch of savoury herbs, 1 blade of pounded mace, 1 lb. of turnips, weighed after being peeled, 2 oz. of butter, pepper and salt to taste.

Mode.—Cut up the duck into joints, fry the shalots, carrots and herbs, and put them, with the duck, into the gravy; add the pounded mace, and stew gently for 20 minutes or half an hour. Cut about 1 lb. of turnips, weighed after being peeled, into half-inch squares, *parboil them*, put the butter into a stewpan, and stew them till quite tender, which will be in about half an hour, or rather more; season with pepper and salt, and serve in the centre of the dish, with the duck, &c., laid round.

Time.—Rather more than half an hour to stew the turnips. **Average Cost,** exclusive of the cold duck, 8*d.*

Seasonable from September to January.

The Wild Duck.—In many parts of England the wild duck is to be found, especially in those desolate fenny parts where water abounds. In Lincolnshire they are plentiful, and are annually taken in the decoys, which consist of ponds situate in the marshes, and surrounded with wood or reeds to prevent the birds which frequent them from being disturbed. In these the birds sleep during the day; and as soon as evening sets in, the *decoy rises*, and the wild fowl feed during the night. Now is the time for the decoy ducks to entrap the others. From the ponds diverge, in different directions, certain canals, at the end of which funnel nets are placed; along these the *decoy ducks*, trained for the purpose, lead the others in search of food. After they have got a certain length, a decoy-man appears, and drives them further on, until they are finally taken in the nets. It is from these decoys, in Lincolnshire that the London Market is mostly supplied. The Chinese have a singular mode of catching these ducks. A person wades in the water up to the chin, and, having his head covered with an empty calabash, approaches the place where the ducks are. As the birds have no suspicion of the nature of the object which is concealed under the calabash, they suffer its approach, and allow it to move at will among their flock. The man, accordingly, walks about in the midst of his game, and whenever he pleases, pulls them by the legs under the water, and fixes them to his belt, until he has secured as many as he requires, and then moves off as he went amongst them, without exciting the slight suspicion of the trick he has been playing them. This singular mode of duck-hunting is also practised on the Ganges, the earthen vessels of the Hindoos being used instead of calabashes. These vessels, being those in which the inhabitants boil their rice, are considered, after once being used, as defiled, and are accordingly thrown into the river. The duck-takers, finding them suitable for their purpose, put them on their heads; and as the ducks, from seeing them constantly floating down the stream, are familiar with their appearance, they regard them as objects from which no danger is to be expected.



CALL DUCKS.

Duck-snares in the Lincolnshire Fens.—The following interesting account of how duck-snaring used to be managed in the Lincolnshire fens was published some years ago, in a work entitled the "Feathered Tribes."—"In the lakes to which they resorted, their favourite haunts were

observed, and in the most sequestered part of a haunt, a pipe or ditch was cut across the entrance, decreasing gradually in width from the entrance to the further end, which was not more than two feet wide. The ditch was of a circular form, but did not bend much for the first ten yards. The banks of the lake on each side of the ditch were kept clear of weeds and close herbage, in order that the ducks might get on them to sit and dress themselves. Along the ditch, poles were driven into the ground close to the edge on each side, and the tops were bent over across the ditch and tied together. The poles then bent forward at the entrance to the ditch, and formed an arch, the top of which was ten feet distant from the surface of the water; the arch was made to decrease in height as the ditch decreased in width, so that the remote end was not more than eighteen inches in height. The poles were placed about six feet from each other, and connected by poles laid lengthwise across the arch, and tied together. Over the whole was thrown a net, which was made fast to a reed fence at the entrance, and nine or ten yards up the ditch, and afterwards strongly pegged to the ground. At the end of the ditch farthest from the entrance, was fixed what was called a tunnel-net, of about four yards in length, of a round form, and kept open by a number of hoops about eighteen inches in diameter, placed at a small distance from each other to keep it distended. Supposing the circular bend of the ditch to be to the right when one stands with his back to the lake, then on the left-hand side, a number of reed fences were constructed, called shootings, for the purpose of screening the decoy-man from observation, and, in such a manner that the fowl in the decoy would not be alarmed while he was driving those that were in the pipe. These shootings, which were ten in number, were about four yards in length and about six feet high. From the end of the last shooting a person could not see the lake, owing to the bend of the ditch; and there was then no further occasion for shelter. Were it not for these shootings, the fowl that remained about the mouth of the ditch would have been alarmed, if the person driving the fowl already under the net should have been exposed, and would have become so shy as entirely to forsake the place."

The Decoy-man, Dog, and Ducks.—"The first thing the decoy-man did, on approaching the ditch, was to take a piece of lighted peat or turf, and to hold it near his mouth, to prevent the birds from smelling him. He was attended by a dog trained to render him assistance. He walked very silently about halfway up the shootings, where a small piece of wood was thrust through the reed fence, which made an aperture just large enough to enable him to see if there were any fowl within; if not, he walked on to see if any were about the entrance to the ditch. If there were, he stopped, made a motion to his dog, and gave him a piece of cheese to eat, when the dog went directly to a hole through the reed fence, and the birds immediately flew off the bank into the water. The dog returned along the bank between the reed fences, and came out to his master at another hole. The man then gave the dog something more to encourage him, and the dog repeated his rounds, till the birds were attracted by his motions, and followed him into the mouth of the ditch—an operation which was called 'working them.' The man now retreated farther back, working the dog at different holes, until the ducks were sufficiently under the net. He then commanded his dog to lie down under the fence, and going himself forward to the end of the ditch next the lake, he took off his hat, and gave it a wave between the shootings. All the birds that were under the net could then see him, but none that were in the lake could. The former flew forward, and the man then ran to the next shooting and waved his hat, and so on, driving them along until they came into the tunnel-net, into which they crept. When they were all in, the man gave the net a twist, so as to prevent them getting back. He then took the net off from the end of the ditch, and taking out, one by one, the ducks that were in it, dislocated their necks."

1295.—BOILED FOWLS OR CHICKENS.

(*Fr.*—Poulets Rôtis.)

Ingredients.—A pair of fowls; water.

Mode.—When they are firmly trussed, put them into a stewpan with plenty of hot water; bring it to boil, and carefully remove all the scum as it rises. *Simmer very gently* until the fowl is tender, and bear in mind that the slower it boils, the plumper and whiter will the fowl be. Many cooks wrap them in a floured cloth to preserve the colour, and to prevent the scum from clinging to them; in this case, a few slices of lemon should be placed on the breasts; over these a sheet of buttered paper, and then the cloth; cooking them in this

BOILED FOWL.

manner renders the flesh very white. Boiled ham, bacon, boiled tongue, or pickled pork are the usual accompaniments to boiled fowls, and they may be served with béchamel, white sauce, parsley and butter, oyster, lemon, liver, celery or mushroom sauce. A little should be poured over the fowls, after the skewers are removed, and the remainder sent in a tureen to table.

Time.—Large fowl, 1 hour; moderate-sized one, ¾ hour; chicken, from 20 minutes to ½ hour. **Average Cost,** in full season, 5*s.* the pair.

Sufficient for 7 or 8 persons.

Seasonable all the year, but scarce in early spring.

Note.—In choosing fowls for boiling, it should be borne in mind that those that are not black-legged are generally much whiter when dressed.

The Game Fowl.—Respecting the period at which this well-known member of the *Gallus* family became domesticated, history is silent. There is little doubt, however, that, like the dog, it has been attached to mankind ever since

GAME FOWLS.

mankind were attached to civilisation. Although the social position of this bird is, at the present time, highly respectable, it is nothing to what it was when Rome was mistress of the world. Writing at that period, Pliny says, respecting the domestic cock: "The gait of the cock is proud and commanding; he walks with head erect and elevated crest; alone, of all birds, he habitually looks up to the sky, raising, at the same time, his curved and scythe-formed tail, and inspiring terror in the lion himself, that most intrepid of animals. . . . They regulate the conduct of our magistrates, and open or close to them their own houses. They prescribe rest or movement to the Roman fasces: they command or prohibit battles. In a word, they lord it over the masters of the world." As well among the ancient Greeks as the Romans, was the cock regarded with respect, and even awe. The former people practised divination by means of this bird. Supposing there to be a doubt in the camp as to the fittest day to fight a battle, the letter of every day in the week would be placed face downwards, and a grain of corn placed on each; then the sacred cock would be let loose, and, according to the letters he pecked his corn from, so would the battle-time be regulated. On one momentous occasion, however, a person inimical to priestly interest officiously examined the grain, and found that those lying on the letters not wanted were made of wax, and the birds, preferring the true grain, left these untouched. It is needless to add that, after this, divination through the medium of cocks and grain fell out of fashion. Whether or no the learned fowl above alluded to were of the "game" breed is unknown; but that the birds were bred for the inhuman sport of fighting many hundred years before the Christian era there can be no doubt. Themistocles, the Athenian king, who flourished more than two thousand years ago, took advantage of the sight of a pitched battle between two cocks to harangue his soldiers on courage. "Observe," said he, "with what intrepid valour they fight, inspired by no other motive than love of victory; whereas you have to contend for your religion and liberty, for your wives and children, and for the tombs of your ancestors." And to this day his courage has not degenerated. He still preserves his bold and elegant gait, his sparkling eye, while his wedge-shaped beak and cruel spurs are ever ready to support his defiant crow. It is no wonder that the breed is not plentiful—first, on account of the few eggs laid by the hen; and, secondly, from the incurable pugnacity of the chicks. Half-fledged broods may be found blind as bats from fighting, and only waiting for the least glimmer of sight to be at it again. Without doubt, the flesh of game fowls is in every way superior to that of every chicken of the family.

1296.—BOILED FOWL AND RICE. (*Fr.*—Poulet au Riz.)

Ingredients.—1 fowl, mutton broth, 2 onions, 2 small blades of pounded mace, pepper and salt to taste, ¼ pint of rice, parsley and butter.

Mode.—Truss the fowl as for boiling, and put it into a stewpan with

sufficient clear well-skimmed mutton broth to cover it; add the onion, mace, and a seasoning of pepper and salt; stew very gently for about one hour, should the fowl be large, and about half an hour before it is ready put in the rice, which should be well washed and soaked. When the latter is tender, strain it from the liquor, and put it on a sieve reversed to dry before the fire, and, in the meantime, keep the fowl hot. Dish it, put the rice round as a border, pour a little parsley and butter over the fowl, and the remainder send to table on a tureen.

Time.—A large fowl, 1 hour. **Average Cost,** in full season, *2s. 6d.*

Sufficient for 3 or 4 persons.

Seasonable all the year, but scarce in early spring.

The Dorking.—This bird takes it name from that of a town in Surrey, where the breed is to be found in greater numbers, and certainly in greater perfection, than elsewhere. It is generally believed that this particular branch of poultry was found in the town above-mentioned as long ago as the Roman era. The Dorking's chief characteristic is that he has five claws on each foot; the extra claw, however, is never of sufficient length to encumber the foot, or to cause it to "drag" its nest, or scratch out the eggs. The colour of the true Dorking is pure white; long in the body, short in the legs, and a prolific layer. Thirty years ago, there was much controversy respecting the origin of the Dorking. The men of Sussex declared that the bird belonged to them, and brought birds indigenous to their weald, and possessing all the Dorking fine points and peculiarities, in proof of the declaration. Others inclined to the belief that the Poland bird was the father of the Dorking, and not without at least a show of reason, as the former bird much resembles the latter in shape; and, despite its sombre hue, it is well known that the Poland cock will occasionally beget thorough white stock from white English hens. The commotion has, however, long ago subsided, and Dorking still retains its fair reputation for fowl.

DORKINGS.

1297.—BOILED FOWLS. (*Fr.*—Poulet à la Béchamel.)

Ingredients.—A pair of fowls, 1 pint of béchamel, No. 665, some boiled brocoli or cauliflower.

Mode.—Truss and boil the fowls by recipe No. 1295; make a pint of béchamel sauce by recipe No. 665, pour some of this over the fowls, and the remainder send to table in a tureen. Garnish the dish with bunches of boiled cauliflower or brocoli, and serve very hot. The sauce should be made sufficiently thick to adhere to the fowls; that for the tureen should be thinned by adding a spoonful or two of stock.

Time.—From ½ to 1 hour, according to size. **Average Cost,** in full season, *5s.* a pair.

Sufficient for 6 or 7 persons.

Seasonable all the year, but scarce in early spring.

Space for Fowls.—We are no advocates for converting the domestic fowl into a cage-bird. We have known amateur fowl-keepers—worthy souls, who would butter the very barley they gave their pets, if they thought they would the more enjoy it—coop up a male bird and three or four hens in an ordinary egg-chest placed on its side, and with the front closely barred with

iron hooping! This system will not do. Every animal, from man himself to the guinea-pig, *must* have what is vulgarly, but truly, known as "elbow-room;" and it must be self-evident how emphatically this rule applies to winged animals. It may be urged, in the case of domestic fowls, that from constant disuse, and from clipping and plucking, and other sorts of maltreatment, their wings can hardly be regarded as instruments of flight; we maintain, however, that you may pluck a fowl's wing-joint as bare as a pumpkin, but you will not erase from his memory that he is a fowl, and that his proper sphere is the open air. If he likewise reflects that he is an ill-used fowl—a prison bird—he will then come to the conclusion that there is not the least use, under such circumstances, for his existence; and one must admit that the decision is only logical and natural.

1298.—BOILED FOWL. (*Fr.*—Poulet aux Huitres.)

(*Excellent*).

Ingredients.—1 young fowl, 3 dozen oysters, the yolks of 2 eggs, ¼ pint of cream.

Mode.—Truss a young fowl as for boiling; fill the inside with oysters which have been bearded and washed in their own liquor; secure the ends of the fowl, put it into a jar, and plunge the jar into a saucepan of boiling water. Keep it boiling for half-an-hour, or rather longer; then take the gravy that has flowed from the oysters and fowl, of which there will be a good quantity; stir in the cream and yolks of eggs, add a few oysters, scalded in their liquor; let the sauce get quite *hot*, but do not allow it to *boil;* pour some of it over the fowl, and the remainder send to table in a tureen. A blade of pounded mace added to the sauce, with the cream and eggs, will be found an improvement.

Time.—1½ hour. **Average Cost,** 6*s*.

Sufficient for 3 or 4 persons.

Seasonable from September to April.

The Fowl-House.—In building a fowl-house, take care that it be, if possible, built against a wall or fence that faces the south, and thus insure its inmates against many cold winds, driving rains, and sleets they will otherwise suffer. Let the floor of the house slope half-an-inch to the foot from back to front, so as to insure drainage; let it also be close, hard, and perfectly smooth, so that it may be cleanly swept out. A capital plan is to mix a few bushels of chalk and dry earth, spread it over the floor, and pay a paviour's labourer a trifle to hammer it level with his rammer. The fowl-house should be seven feet high, and furnished with perches at least two feet apart. The perches must be level, and not one above the other, or unpleasant consequences may ensue to the undermost row. The perches should be ledged (not fixed—just dropped into sockets, that they may be easily taken out and cleaned) not lower than five feet from the ground, convenient slips of wood being driven into the wall, to render the ascent as easy as possible. The front of the fowl-house should be latticed, taking care that the interstices be not wide enough even to tempt a chick to crawl through. Nesting-boxes, containing soft hay, and fitted against the walls, so as to be easily reached by the perch-ladder, should be supplied. It will be as well to keep by you a few portable doors, so that you may hang one before the entrance to a nesting-box, when the hen goes in to sit. This will prevent other hens from intruding, a habit to which some are much addicted.

1299.—BROILED FOWL AND MUSHROOM SAUCE. (*Fr.*—Poulet Grillé aux Champignons.)

Ingredients.—A large fowl, seasoning to taste, of pepper and salt, 2 handfuls of button mushrooms, 1 slice of lean ham, ¾ pint of thickened gravy, 1 teaspoonful of lemon juice, ½ teaspoonful of pounded sugar.

Mode.—Cut the fowl into quarters, roast it until three-parts done, and

keep it well basted whilst at the fire. Take the fowl up, broil it for a few minutes over a clear fire, and season it with pepper and salt. Have ready some mushroom sauce made in the following manner:—Put the mushrooms into a stewpan with a small piece of butter, the ham, a seasoning of pepper and salt, and the gravy; simmer these gently for half-an-hour, add the lemon-juice and sugar, dish the fowl, and pour the sauce round them.

Time.—To roast the fowl, 35 minutes; to broil it, 10 to 15 minutes **Average Cost,** in full season, *2s. 6d.*

Sufficient for 4 or 5 persons.

Seasonable.—In full season from May to January.

The Bantam.—No one will dispute that for beauty, animation, plumage and courage the Bantam is entitled to rank next to the game fowl. As its name undoubtedly implies, the bird is of Asiatic origin. The choicest sorts are the buff-coloured, and those that are entirely black. A year-old Bantam cock of pure breed will not weigh more than sixteen ounces. Despite its small size, however, it is marvellously bold, especially in defence of its progeny. A friend of the writer's, residing at Kensington, possessed a pair of thorough-bred Bantams, that were allowed the range of a yard where a fierce bull-terrier was kennelled. The hen had chicks; and, when about three weeks old, one of them strayed into the dog-kennel. The grim beast took no notice of the tiny fledgling; but, when the anxious mother ventured in to fetch out the truant, with a growl the dog woke, and nearly snapped her asunder in his great jaws. The cock-bird saw the tragic fate of its partner; but, nothing daunted, flew at the dog with a fierce cry, and pecked savagely at its face. The odds, however, were too great; and, when the terrier had sufficiently recovered from the astonishment caused by the sudden and unexpected attack, he seized the audacious Bantam, and shook him to death; and, in five minutes, the devoted couple were entombed in *Pincher's* capacious maw.

BLACK BANTAMS.

1300.—BROILED FOWL (Sudden Death).
(*Fr.*—Poulet Grillé.)

Ingredients.—1 fowl, 1 oz. butter, pepper, salt.

Mode.—Place a large pan of cold water on the fire, go out and catch a young fowl, chop its head off, and let it bleed until the water boils, Draw it, and plunge it in the water, when the feathers and skin will come off all together easily. Split the fowl in half; lay it, inside downwards, on a gridiron over a clear fire, and keep turning it till done, which will be from about fifteen to twenty minutes. Pepper lightly at each turn, but do not add the salt till the last turn. Rub over with the butter, and serve very hot with liver and lemon sauce, No. 727, or with mushroom sauce, No. 740, or with tomato sauce, No. 784.

Time.—35 minutes. **Average Cost,** *2s. 6d.*

Sufficient for 4 persons.

Seasonable all the year round.

Note.—"Sudden death" is a very favourite "above bridge" river dish, and is to be had in perfection at the hotels at Windsor, Cookham, &c. It is usually eaten as a high tea or supper dish.

1301.—FOWL À LA MARENGO.
(*Fr.*—Poulet à la Marengo.)

Ingredients.—1 large fowl, 4 tablespoonfuls of salad oil, 1 tablespoonful of flour; 1 pint of stock, No. 274, or water, about 20 mushroom-buttons, salt and pepper to taste, 1 teaspoonful of powdered sugar, a very small piece of garlic.

Mode.—Cut the fowl into 8 or 10 pieces; put them with the oil into the stewpan, and brown them over a moderate fire; dredge in the above proportion of flour; when that is browned, pour in the stock or water; let it simmer very slowly for rather more than half an hour, and skim off the fat as it rises to the top; add the mushrooms; season with salt, pepper, garlic and sugar; take out the fowl, which arrange pyramidically on the dish, with the inferior joints at the bottom. Reduce the sauce by boiling it quickly over the fire, keeping it stirred until sufficiently thick to adhere to the back of a spoon; pour over the fowl, and serve.

Time.—Altogether, 50 minutes. **Average Cost,** 3*s.* 9*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

A Fowl à la Marengo.—The following is the origin of the well-known dish—Poulet à la Marengo:—On the evening of the battle the First Consul was very hungry after the agitation of the day, and a fowl was ordered with all expedition. The fowl was procured, but there was no butter at hand, and unluckily none could be found in the neighbourhood. There was oil in abundance, however; and the cook having poured a certain quantity into his skillet, put in the fowl, with a clove of garlic and other seasoning, with a little white wine, the best the country afforded; he then garnished it with mushrooms, and served it up hot. The dish proved the second conquest of the day, as the Frst Consul found it most agreeable to his palate and expressed his satisfaction. Ever since, a fowl à la Marengo is a favourite dish with all lovers of good cheer.

1302.—FRIED FOWLS. (*Fr.*—Fritôt de Poulet.)
(*Cold Meat Cookery.*)

Ingredients.—The remains of cold roast fowls, vinegar, salt and cayenne to taste, 3 or 4 minced shalots. For the batter—½ lb. of flour, ½ pint of hot water, 2 oz. of butter, the whites of 2 eggs.

Mode.—Cut the fowl into nice joints; steep them for an hour in a little vinegar, with salt, cayenne, and minced shalots. Make the batter by mixing the flour and water smoothly together; melt in it the butter, and add the whites of egg beaten to a froth; take out the pieces of fowl, dip them in the batter, and fry, in boiling lard, a nice brown. Pile them high in the dish, and garnish with fried parsley or rolled bacon. When approved, a sauce or gravy may be served with them.

Time.—10 minutes to fry the fowl. **Average Cost,** exclusive of the cold fowl, 8*d.*

Seasonable at any time.

Chanticleer and his Companions.—On bringing the male and female birds together for the first time, it will be necessary to watch the former closely, as it is a very common occurrence with him to conceive a sudden and violent dislike for one or more of his wives, and not allow the

obnoxious ones to approach within some distance of the others; indeed, we know many cases where the capricious tyrant has set upon the innocent cause of his resentment, and killed her outright. In all such cases, the hen objected to should be removed and replaced by another. If the cock should, by any accident, get killed, considerable delicacy is required in introducing a new one. The hens may mope, and refuse to associate with their new husband, clustering in corners, and making odious comparisons between him and the departed; or the cock may have his own peculiar notions as to what a wife should be, and be by no means satisfied with those you have provided him. The plan is, to keep him by himself nearly the whole day, supplying him plentifully with exhilarating food, then to turn him loose among the hens, and to continue this practice, allowing him more of the society of his wives each day, until you suffer him to abide with them altogether.

1303.—FRIED FOWLS. (*Fr.*—Filets de Poulet Frits.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold roast fowl, vinegar, salt and cayenne to taste, 4 minced shalots, yolk of egg; to every teacupful of bread-crumbs allow 1 blade of pounded mace, ½ teaspoonful of minced lemon-peel, 1 saltspoonful of salt, a few grains of cayenne.

Mode.—Steep the pieces of fowl as in the preceding recipe, then dip them into the yolk of an egg or clarified butter; sprinkle over bread-crumbs with which have been mixed salt, mace, cayenne and lemon-peel in the above proportion. Fry a light brown and serve with sauce or gravy, as may be preferred.

Time.—10 minutes to fry the fowl. **Average Cost,** exclusive of the cold fowl, 6*d.*

Seasonable at any time.

Various Modes of Fattening Fowls.—It would, we think, be a difficult matter to find, among the entire fraternity of fowl-keepers, a dozen whose mode of fattening "stock" is the same. Some say that the grand secret is to give them abundance of saccharine food; others say nothing beats heavy corn steeped in milk; while another breeder, celebrated in his day, and the recipient of a gold medal from a learned society, says:—"The best method is as follows:—The chickens are to be taken from the hen the night after they are hatched, and fed with eggs hard-boiled, chopped, and mixed with crumbs of bread, as larks and other small birds are fed, for the first fortnight; after which give them oatmeal and treacle mixed so as to crumble, of which the chickens are very fond, and thrive so fast that, at the end of two months, they will be as large as full-grown fowls." Others there are who insist that nothing beats oleaginous diet, and cram their birds with ground oats and suet. But, whatever the course of diet favoured, on one point they seem agreed; and that is, that, while fattening, the fowls *should be kept in the dark.* Supposing the reader to be a dealer, a breeder of gross chicken-meat for the market (against which supposition the chances are 10,000 to 1), and beset with as few scruples as generally trouble the huckster, the advice is valuable. "Laugh and grow fat" is a good maxim enough; but "Sleep and grow fat" is, as is well known to folks of porcine attributes, a better. The poor birds, immured in their dark dungeons, ignorant that there is life and sunshine abroad, tuck their heads under their wings, and make a long night of it; while their digestive organs, having no harder work than to pile up fat, have an easy time enough. But, unless we are mistaken, he who breeds poultry for his own eating bargains for a more substantial reward than the questionable pleasure of burying his carving-knife in chicken grease. Tender, delicate, and nutritious *flesh* is the great aim; and these qualities, we can affirm without fear of contradiction, were never attained by a dungeon-fatted chicken; perpetual gloom and darkness is as incompatible with chicken life as it is with human. If you wish to be convinced of the absurdity of endeavouring to thwart nature's laws, plant a tuft of grass, or a cabbage plant, in the darkest corner of your coal-cellar. The plant or the tuft may increase in length and breadth, but its colour will be as wan and pale, almost, as would be your own face under the circumstances.

1304.—ROAST FOWL. (*Fr.*—Poulet Rôti.)

Ingredients.—A pair of fowls; a little flour.

Mode.—Fowls to be tender should be killed a couple of days before

they are dressed; when the feathers come out easily, then let them be picked and cooked. When firmly trussed and singed, put them down to a bright, clear fire, papering the breasts with buttered paper, and keeping them well basted. Roast them for three-quarters of an hour, more or less, according to the size, and ten minutes before serving remove the paper, dredge the fowls with a little fine flour, put a piece of butter into the basting-ladle, and, as it melts, baste the fowls with it; when nicely frothed and of a rich colour, serve with good brown gravy, a little of which should be poured over the fowls, and a tureen of well-made bread sauce, No. 671. Mushroom, oyster or egg sauce are very suitable accompaniments to roast fowl. Chicken is roasted in the same manner.

ROAST FOWL.

Time.—A very large fowl, quite one hour; medium-sized one, ¾ hour; chicken, ½ hour, or rather longer. **Average Cost,** in full season, 5*s.* a pair; when scarce, 7*s.* 6*d.* the pair.

Sufficient for 6 or 8 persons.

Seasonable all the year, but scarce in early spring.

The Diseases of Fowls, and How to Cure Them. — The diseases to which *Gallus domesticus* is chiefly liable are roup, pip, scouring and chip. The first-mentioned is the most common of all, and results from cold. The ordinary symptoms—swollen eyes, running at the nostrils, and the purple colour of the wattles. Part birds so affected from the healthy ones, as when the disease is at its height it is as contagious as glanders among horses. Wash out the nostrils with warm water, give daily a peppercorn enclosed in dough; bathe the eyes and nostrils with warm milk and water. If the head is much swollen, bathe with warm brandy and water. When the bird is getting well, put half a spoonful of sulphur in his drinking-water. Some fanciers prescribe for this disease half a spoonful of table-salt, dissolved in half a gill of water in which rue has been steeped; others, pills composed of ground rice and fresh butter; but the remedy first mentioned will be found far the best. As there is a doubt respecting the wholesomeness of eggs laid by roupy hens, it will be as well to throw them away. The pip is a white horny skin growing on the tip of the bird's tongue. It should be removed with the point of a penknife, and the place rubbed with salt.

1305—A GERMAN METHOD OF ROASTING FOWL.

(*Fr.*—Poulet Rôti aux Marrons.)

Ingredients.—1 large fowl, veal stuffing, No. 629, 1 lb. of chestnuts, 1 pint of gravy, No. 618, flour, butter, pepper, salt, 1 lb. of sausages, 1 lemon.

Mode.—Prepare the fowl for roasting, stuff the breast with veal stuffing, and fill the body with the chestnuts (save a dozen), boiled tender, peeled, and then roasted or baked. Spit the fowl and put it to roast before a brisk fire, basting with butter. Take the remainder of the chestnuts, stew them ten minutes in the gravy, add salt, pepper, and a piece of butter rolled in flour; boil till a smooth sauce is obtained. Fry the sausages, lay them round a dish with the fowl in the centre and the gravy round; garnish with lemon cut in thin slices.

Time.—1 hour. **Average Cost,** 4*s.* 6*d.*

Sufficient for 4 or 5 persons.

Seasonable in winter.

1306. MAYONNAISE OF FOWL.

(*Fr.*—Poulet à la Mayonnaise.)

Ingredients.—A cold roast fowl, Mayonnaise sauce, No. 734, 4 or 5 young lettuces, 4 hard-boiled eggs, a few watercresses, endive.

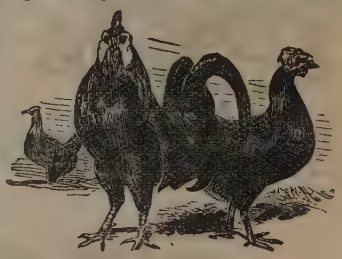
Mode.—Cut the fowl into neat joints, lay them in a deep dish, piling them high in the centre, sauce the fowl with Mayonnaise made by recipe No. 734, and garnish the dish with young lettuces cut in halves, watercresses, endive and hard-boiled eggs; these may be sliced in rings, or laid on the dish whole, cutting off at the bottom a piece of the white, to make the egg stand. All kinds of cold meat and solid fish may be dressed à la Mayonnaise, and make excellent luncheon or supper dishes. The sauce should not be poured over the fowls until the moment of serving. Should a very large Mayonnaise be required, use two fowls instead of one, with an equal proportion of the remaining ingredients.

Average Cost, with one fowl, 3*s.* 6*d.*

Sufficient for a moderate-sized dish.

Seasonable from April to September.

Black Spanish.—The real Spanish fowl is recognised by its uniformly black colour, burnished with tints of green; its peculiar white face, and the large development of its comb and wattle. The hens are excellent layers, and their eggs are of a very large size. They are, however, bad nurses; consequently, their eggs should be laid in the nest of other varieties to be hatched. "In purchasing Spanish," says an authority, "blue legs, the entire absence of white or coloured feathers in the plumage, and a large white face, with a very large high comb, which should be erect in the cock, though pendent in the hens, should be insisted on." The flesh of this fowl is esteemed, but, from the smallness of its body when compared with that of the Dorking, it is not placed on an equality with it for the table. Otherwise, however, they are profitable birds, and their handsome carriage, and striking contrast of colour in the comb, face and plumage, are a high recommendation to them as kept fowls. For a town fowl, they are perhaps better adapted than any other variety.



BLACK SPANISH.

1307.—FOWL PILLAU.

(*Based on M. Soyer's Recipe. An Indian Dish.*)

Ingredients.—1 lb. of rice, 2 oz. of butter, a fowl, 2 quarts of stock or good broth, 40 cardamom-seeds, ½ oz. of coriander seed, ¼ oz. of cloves, ¼ oz. of allspice, ½ oz. of mace, ½ oz. of cinnamon, ¼ oz. of peppercorns, onions, 6 thin slices of bacon, 2 hard-boiled eggs.

Mode.—Well wash 1 lb. of the best Patna rice, put it into a frying-pan with the butter, which keep moving over a slow fire until the rice is slightly browned. Truss the fowl as for boiling, put it into a stewpan with the stock or broth; pound the spices and seeds thoroughly in a mortar, tie them in a piece of muslin, and put them in with the fowl. Let it boil

slowly until it is nearly done; then add the rice, which should stew until quite tender and almost dry; cut the onions into slices, sprinkle them with flour and fry, without breaking them, of a nice brown colour. Have ready the slices of bacon curled and grilled, and the eggs boiled hard. Lay the fowl in the form of a pyramid upon a dish, smother with the rice, garnish with the bacon, fried onions, and the hard-boiled eggs cut into quarters, and serve very hot. Before taking the rice out, remove the spices.

Time.—½ hour to stew the fowl without the rice; ½ hour with it. **Average Cost,** 4*s.* 6*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

The Serai Ta-ook, or Fowls of the Sultan.—This fowl is the size of our English Polands, and is the latest species introduced to England. They have a white and flowing plumage, a full-sized, compact Poland tuft on the head, are muffed, have a full flowing tail, short legs, well feathered, and five toes upon each foot. Their comb consists merely of two little points, and their wattles are very small; their colour is that of a pure white. In January, 1854, they arrived in this country from Constantinople; and they take their name from *sarai*, the Turkish name for Sultan's palace, and *ta-ook*, the Turkish word for fowl. They are thus called the "fowls of the Sultan," a name which has the twofold advantage of being the nearest to be found to that by which they have been known in their own country, and of designating the country whence they come. Their habits are described as being generally brisk and happy-tempered, but not so easily kept in as Cochin-Chinas. They are excellent layers, but they are non-sitters and small eaters; their eggs are large and white. Brahmas or Cochins will clear the crop of a grass run long before they will, and, with scattered food, they soon satisfy themselves and walk away.

SULTANS.

1308.—FOWL WITH WATERCRESSES.

(*Fr.*—Poulet aux Cressons.)

Ingredients.—A fowl, a large bunch of watercresses, 3 tablespoonfuls of vinegar, ¼ pint of gravy.

Mode.—Truss and roast a fowl by recipe, No. 1304, taking care that it is nicely frothed and brown. Wash and dry the watercresses, pick them nicely, and arrange them in a flat layer on a dish. Sprinkle over a little salt and the above proportion of vinegar; place over these the fowl, and pour over it the gravy. A little gravy should be served in a tureen. When not liked, the vinegar may be omitted.

Time.—From ½ to 1 hour, according to size. **Average Cost,** in full season, 2*s.* 6*d.* each.

Sufficient for 3 or 4 persons.

Seasonable at any time.

1309.—ROAST FOWL OR CAPON, STUFFED.
(*Fr.*—Poulet Rôti et Farci.)

Ingredients.—A large fowl, forcemeat, No. 629, a little flour.

Mode.—Select a large plump fowl, fill the breast with forcemeat, made by recipe No. 629, truss it firmly, the same as for a plain roast fowl, dredge it with flour, and put it down to a bright fire. Roast it for nearly or quite an hour, should it be very large; remove the skewers, and serve with a good brown gravy and a tureen of bread-sauce.

Time.—Large fowl, nearly or quite 1 hour. **Average Cost,** in full season, *2s. 6d.* each.

Sufficient for 4 or 5 persons.

Seasonable all the year, but scarce in early spring.

Note.—Sausage-meat stuffing may be substituted for the above; this is now a very general mode of serving fowl.

PENCILLED HAMBURGS.

Pencilled Hamburg.—This variety of the Hamburg fowl is of two colours, golden and silver, and is very minutely marked. The hens of both should have the body clearly pencilled across with several bars of black, and the hackle in both sexes should be perfectly free from dark marks. The cocks do not exhibit the pencillings, but are white or brown in the golden or silver birds respectively. Their form is compact, and their attitudes graceful and sprightly. The hens do not sit, but lay extremely well; hence one of their common names—that of Dutch every-day layers. They are also known in different parts of the country as Chitteprats, Creoles, or Corals, Bolton bays and grays, and in some parts of Yorkshire, by the wrong name of Corsican fowls. They are imported in large numbers from Holland, but those bred in this country are greatly superior in size.

1310.—GIBLET PIE.
(*Fr.*—Pâté aux Abatis d'Oie ou Gibelettes.)

Ingredients.—A set of duck or goose giblets, 1 lb. of rumpsteak, 1 onion, ½ teaspoonful of whole black pepper, a bunch of savoury herbs, plain crust.

Mode.—Clean, and put the giblets into a stewpan with an onion, whole pepper, and a bunch of savoury herbs; add rather more than a pint of water, and simmer gently for about 1½ hour. Take them out, let them cool, and cut them into pieces; line the bottom of a pie-dish with a few pieces of rump-steak, add a layer of giblets and a few more pieces of steak; season with pepper and salt, and pour in the gravy (which should be strained) that the giblets were stewed in; cover with a plain crust, and bake for rather more than 1½ hour in a brisk oven. Cover a piece of paper over the pie, to prevent the crust taking too much colour.

Time.—1½ hour to stew the giblets; about 1 hour to bake the pie. **Average Cost,** exclusive of the giblets, 1*s.* 6*d.*

Sufficient for 5 or 6 persons.

The Brent Goose.—This is the smallest and most numerous species of the geese which visit the British Islands. It makes its appearance in winter, and ranges over the whole of the coasts and estuaries frequented by other migrant geese. Mr. Selby states that a very large body of these birds annually resort to the extensive sandy and muddy flats which lie between the mainland and Holy Island, on the Northumbrian coast, and which are covered by every flow of the tide. This part of the coast appears to have been a favourite resort of these birds from time immemorial, where they have always received the name of Ware geese, no doubt from their continually feeding on marine vegetables. Their flesh is very agreeable.

1311.—HASHED GOOSE (*Fr.*—Ragoût d'Oie.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold roast goose, 2 onions, 2 oz. of butter, 1 pint of boiling water, 1 dessertspoonful of flour, pepper and salt to taste, 1 tablepoonsful of port, 2 tablespoonfuls of mushroom ketchup.

Mode.—Cut up the goose into pieces of the size required; the inferior joints, trimmings, &c., put into a stewpan to make the gravy; slice and fry the onions in the butter of a very pale brown; add these to the trimmings, and pour over about a pint of boiling water; stew these gently for three-quarters of an hour, then skim and strain the liquor. Thicken it with flour, and flavour with port and ketchup, in the above proportion; add a seasoning of pepper and salt, and put in the pieces of goose; let these get thoroughly hot through, but do not allow them to boil, and serve with sippets of toasted bread.

Time.—Altogether, rather more than 1 hour. **Average Cost,** exclusive of the cold goose, 6*d.*

Seasonable from September to February.

The Wild Goose.—This bird is sometimes called the "Gray-lag," and is the original of the domestic goose. It is, according to Pennant, the only species which the Britons could take young and familiarise. "The Gray-lag," says Mr. Gould, "is known to inhabit all the extensive marshy districts throughout the temperate regions of Europe generally; its range northwards not extending further than the fifty-third degree of latitude, while southwards it extends to the northern portions of Africa, easterly to Persia, and he believes it is generally dispersed over Asia Minor." It is the bird that saved the Capitol by its vigilance, and by the Romans was cherished accordingly.

1312.—ROAST GOOSE. (*Fr.*—Oie Rotie.)

Ingredients.—Goose, 4 large onions, 10 sage-leaves, ¼ pound of bread-crumbs, 1½ oz. of butter, salt and pepper to taste, 1 egg. Select a goose with a clean white skin, plump breast and yellow feet; if these latter are red, the bird is old. Should the weather permit, let it hang for a few days; by so doing, the flavour will be very much improved.

Mode.—Make a sage-and-onion stuffing of the above ingredients, by recipe No. 638, put it into the body of the goose, and secure it firmly at both ends, by passing the rump through the hole made in the skin, and the other end by tying the skin of the neck to the back; by this means the seasoning will not escape. Put it down to a brisk fire, keep it well basted, and roast from one and a half to two hours, according to the size. Remove the skewers, and serve with a tureen of good gravy, and one of well-made apple-sauce. Should a very highly flavoured seasoning be preferred, the onions should not be parboiled, but minced raw; of the two methods, the mild seasoning is far superior. A ragoût, or pie, should be made of the giblets, or they may be stewed down to make gravy. Be careful to serve the goose before the breast falls, or its appearance will be spoiled by coming flattened to table. As this is rather a difficult joint to carve, a *large* quantity of gravy should not be poured round the goose, but sent in a tureen.

ROAST GOOSE.

Time.—A large goose, 1¾ hour; a moderate-sized one, 1¼ to 1½ hour. **Average Cost,** 9*d.* per lb.

Sufficient for 8 or 9 persons.

Seasonable from September to February, but in perfection from Michaelmas to Christmas.

Note.—A teaspoonful of made mustard, a saltspoonful of salt, a few grains of cayenne, mixed with a glass of port wine, are sometimes poured into the goose by a slit made in the apron. This sauce is, by many persons, considered an improvement.

The Goose.—This bird is pretty generally distributed over the face of the globe, being met with in North America, Lapland, Iceland, Arabia and Persia. Its varieties are numerous; but in England there is only one species, which is supposed to be a native breed. The best geese are found on the borders of Suffolk, and in Norfolk and Berkshire; but the largest flocks are reared in the fens of Lincolnshire and Cambridge. They thrive best where they have an easy access to water, and large herds of them are sent every year to London, to be fattened by the metropolitan poulterers. "A Michaelmas goose," says Dr. Kitchener, "is as famous in the mouths of the millions as the mince-pie at Christmas; yet for those who eat with delicacy it is, at that time, too full-grown. The true period when the goose is in the highest perfection is when it has just acquired its full growth, and not begun to harden; if the March goose is insipid, the Michaelmas goose is rank. The fine time for green geese is from the second week in June to the first in September." It is said that the Michaelmas goose is indebted to Queen Elizabeth for its origin on the table at that season. Her Majesty happened to dine on one, at the table of an English baronet, when she received the news of the discomfiture of the Spanish Armada. In commemoration of this event, she commanded the goose to make its appearance at table on every Michaelmas. We here give an engraving of the Emden goose.

THE EMDEN GOOSE.

1313.—GOOSE HAMS.

Ingredients.—1 large goose, ¼ oz. of saltpetre, 2 oz. of common salt, 1 oz. of coarse sugar.

Mode.—Split the goose down the back and rub in the saltpetre, salt and sugar. Let it lie in pickle 12 days in summer, 14 in winter. Rub and turn it regularly every day, then roll it in sawdust and smoke it.

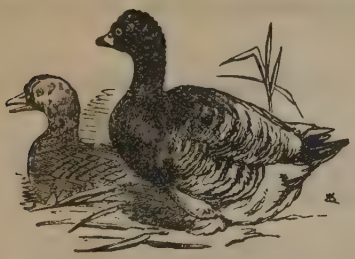
Time.—12 to 14 days. **Average Cost,** 5*s.* 6*d.* each.

Seasonable when fresh geese are not to be had.

1314.—TO DRESS A GREEN GOOSE. (*Fr.*—Oison Rôti.)

Ingredients.—Goose, 3 oz. of butter, pepper and salt to taste.

Mode.—Geese are called green till they are about four months old, and should not be stuffed. After it has been singed and trussed, put into the body a seasoning of pepper and salt, and the butter to moisten it inside. Roast before a clear fire for about three quarters of an hour, froth and brown it nicely, and serve with a brown gravy, and, when liked, gooseberry sauce. This dish should be garnished with watercresses.



TOULOUSE GOOSE.

Time.—About ¾ hour. **Average Cost,** 4*s.* 6*d.* each.

Sufficient for 6 persons.

Seasonable in June, July, and August.

The Egyptian Goose.—Especial attention has been directed to this bird by Herodotus, who says it was held sacred by the ancient Egyptians, which has been partially confirmed by modern travellers. Mr. Salt remarks, "Horus Apollo says the old geese stay with their young in the most imminent danger, at the risk of their own lives, which I have myself frequently witnessed. Vielpansier is the goose of the Nile, and wherever this goose is represented on the walls of the temples in colours, the resemblance may be clearly traced." The goose is also said to have been a bird under the care of Isis. It has been placed by Mr. Gould amongst the birds of Europe; not from the number of half-reclaimed individuals which are annually shot in Britain, but from the circumstance of its occasionally visiting the southern parts of the Continent from its native country, Africa. The Toulouse goose, of which we give an engraving, is a well-known bird.

1315.—ROAST GUINEA-FOWL, LARDED. (*Fr.*—Pintade Bardée.)

Ingredients.—A guinea-fowl, lardoons, flour and salt.

Mode.—When this bird is larded, it should be trussed the same as a pheasant; if plainly roasted, truss it like a turkey. After larding and trussing it, put it down to roast at a brisk fire; keep it well basted, and a short time before serving, dredge it with a little flour, and let it froth

nicely. Serve with a little gravy in the dish, and a tureen of the same, and one of well-made bread-sauce.

Time.—Guinea-fowl, larded, 1¼ hour; plainly roasted, about 1 hour. **Average Cost,** 4*s.*

Sufficient for 6 persons.

Seasonable in spring and summer.

Note.—The breast, if larded, should be covered with a piece of paper, which remove about 10 minutes before serving.

GUINEA-FOWLS.

The Guinea-Fowl.—This bird takes its name from Guinea, in Africa, where it is found wild, and in great abundance. It is gregarious in its habits, associating in flocks of two or three hundred, delighting in marshy grounds, and at night perching upon trees, or on high situations. Its size is about the same as that of a common hen, but it stands higher on its legs. Though domesticated, it retains much of its wild nature, and is apt to wander. The hens lay abundantly, and the eggs are excellent. In their flesh, however, they are not so white as the common fowl, but more inclined to the colour of the pheasant, for which it frequently makes a good substitute at table. The flesh is both savoury and easy of digestion, and is in season when game is out of season.

1316.—ROAST LARKS. (*Fr.*—Mauviettes Rôties.)

Ingredients.—Larks, egg and bread-crumbs, fresh butter.

Mode.—These birds are by many persons esteemed a great delicacy, and may be either roasted or broiled. Pick, gut and clean them; when they are trussed, brush them over with the yolk of an egg; sprinkle with bread-crumbs, and roast them before a quick fire; baste them continually with fresh butter, and keep sprinkling with the bread-crumbs until the birds are well covered. Dish them on bread-crumbs fried in clarified butter, and garnish the dish with slices of lemon. Broiled larks are also very excellent; they should be cooked over a clear fire, and would take about 10 minutes or a quarter of an hour.

Time.—¼ hour to roast; 10 minutes to broil. **Average Cost,** 2*s.* 6*d.* per dozen.

Seasonable.—In full season in November.

Note.—Larks may also be plainly roasted, without covering them with egg and bread-crumbs; they should be dished on fried crumbs.

1317.—GRILLED PIGEONS. (Pigeons Grillés.)

Ingredients.—Pigeons, 3 oz. of butter, pepper and salt to taste.

Mode.—Take care that the pigeons are quite fresh, and carefully pluck, draw, and wash them; split the backs, rub the birds over with butter, season them with pepper and salt, rub a little butter over the gridiron, and grill them over a moderate fire for a quarter of an hour or 20 minutes.

Serve very hot, with either mushroom sauce or a good gravy. Pigeons may also be plainly boiled, and served with parsley and butter; they should be trussed like boiled fowls, and take from a quarter of an hour to 20 minutes to boil.

THE POUTER PIGEON.

Time.—To broil a pigeon, from a quarter of an hour to twenty minutes; to boil one, the same time. **Average Cost,** from *9d.* to 1*s.* each.

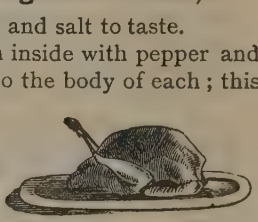
Seasonable from August to April, but in the greatest perfection in winter.

The Pouter Pigeon.—This is a very favourite pigeon, and, without doubt, the most curious of his species. He is a tall, strong bird, as he had need be to carry about his great inflated crop, frequently as large and as round as a middling-sized turnip. A perfect pouter, seen on a windy day, is certainly a ludicrous sight: his feathered legs have the appearance of white trousers; his tapering tail looks like a swallow-tailed coat; his head is entirely concealed by his immense windy protuberance; and, altogether, he reminds you of a little "swell" of a past century, staggering under a bale of linen. The most common pouters are the blues, buffs and whites, or an intermixture of all these various colours. The pouter is not a prolific breeder, a bad nurse, and more likely to degenerate, if not repeatedly crossed and recrossed with fresh stock, than any other pigeon; nevertheless, it is a useful bird to keep if you are founding a new colony, as it is much attached to its home, and little apt to stray; consequently it is calculated to induce more restless birds to settle down and make themselves comfortable. If you wish to breed pouters, you cannot do worse than entrust them with the care of their own eggs.

1318.—ROAST PIGEONS. (*Fr.*—Pigeons Rôties.)

Ingredients.—Pigeons, 3 oz. of butter, pepper and salt to taste.

Mode.—Wipe the birds very dry, season them inside with pepper and salt, and put about three-quarters oz. of butter into the body of each; this makes them moist. Put them down to a bright fire, and baste them well the whole of the time they are cooking (they will be done enough in from twenty to thirty minutes); garnish with fried parsley, and serve with a tureen of parsley and butter. Bread sauce and gravy, the same as for roast fowl, are exceedingly nice accompaniments to roast pigeons, as also egg-sauce.



ROAST PIGEON.

Time.—From 20 minutes to ½ hour. **Average Cost,** *9d.* to 1*s.* each.

Sufficient, 1 pigeon for each person.

Seasonable from August to April; but in the greatest perfection from Michaelmas to Christmas.

Note.—Pigeon, to be good, should be eaten fresh (if kept a little, the flavour goes off), and they should be drawn as soon as killed. Cut off the heads and necks, truss the wings over the backs, and cut off the toes at the first joint; previous to trussing, they should be carefully cleaned, as no bird requires so much washing.

The Pigeon.—The pigeon tribe forms a connecting link between the passerine birds and poultry. They are widely distributed over the world, some of the species being found even in the arctic regions. Their chief food is grain, and they drink much; not at intervals, like other

birds, but by a continuous draught, like quadrupeds. The wild pigeon, or stockdove, is the parent whence all the varieties of the domestic pigeon are derived. In the wild state it is still found in many parts of this island, making its nests in the holes of rocks, in the hollows of trees, or in old towers, but never, like the ring-dove, on branches. The blue house-pigeon is the variety principally reared for the table in this country, and is produced from our farm-yards in great numbers. Their flesh is accounted savoury, delicate and stimulating, and the dark-coloured birds are considered to have the highest flavour, whilst the light are esteemed to have the more delicate flesh.

The Pigeon-house, or Dovecot.—The first thing to be done towards keeping pigeons is to provide a commodious place for their reception; and the next is to provide the pigeons themselves. The situation or size of the dovecot will necessarily depend on convenience; but there is one point which must invariably be observed, and that is, that every pair of pigeons has two holes, or rooms, to nest in. This is indispensable, as without it, there will be no security, but the constant prospect of confusion, breaking of eggs, and the destruction of young. The proper place for the pigeon-house is the poultry-yard; but it does very well near dwellings, stables, brewhouses, bakehouses, or such offices. Some persons keep pigeons in rooms, and have them making their nests on the floor. The object is to escape the danger of the young falling out; but in such cases, there is a great risk of rats and vermin getting at the pigeons.

Aspect of the Pigeon-house.—The front of the pigeon-house should have a south-west aspect, and, if a room be selected for the purpose, it is usual to break a hole in the roof of the building for the passage of the pigeons, but which can be closed at convenience. A platform ought to be laid at the entrance for the pigeons to perch upon, with some kind of defence against strange cats, which will frequently depopulate a whole dovecot. Yet, although cats are dangerous neighbours for the birds, they are necessary to defend them from the approach of rats and mice, which will not only suck the eggs, but destroy the birds. The platform should be painted white, and renewed as the paint wears off, white being a favourite colour with pigeons, and also most conspicuous as a mark to enable them to find their house. The boxes ought also to be similarly painted, and renewed when necessary, for which purpose lime and water will do very well.

The Necessity of Cleanliness.—As cleanliness in human habitations is of the first importance, so it is in the pigeon-house. There the want of it will soon render the place a nuisance not to be approached, and the birds, both young and old, will be so covered with vermin and filth, that they will neither enjoy health nor comfort, whilst early mortality amongst them will be almost certain. In some cases, the pigeon-house is cleaned daily; but it should always be done, at any rate, once a week, and the floor covered with sifted gravel, frequently renewed. Pigeons being extremely fond of water, and having a prescience of the coming of rain, they may be seen upon the house-tops, waiting upon it until late in the evening, and then spreading their wings to receive the luxury of the refreshing shower. When they are confined in a room, therefore, they should be allowed a wide pan of water, to be often renewed. This serves them for a bath, which cools, refreshes, and assists them to keep their bodies clear of vermin.

Breeding Pigeons.—In breeding pigeons, it is necessary to match a cock and hen, and shut them up together, or place them near to each other, and in the course of a day or two there is little doubt of their mating. Various rules have been laid down for the purpose of assisting to distinguish the cock from the hen pigeon; but the masculine forwardness and action of the cock is generally so remarkable, that he is easily ascertained. The pigeon being monogamous the male attaches and confines himself to one female, and the attachment is reciprocal, and the fidelity of the dove to its mate is proverbial. Under the age of six months, young pigeons are termed squeakers, and then begin to breed when properly managed. Their courtship and the well-known tone of voice in the cock, just when acquired and commencing, are indications of their approaching union. Nestlings, while fed by cock and hen, are termed squabs, and are, at that age sold and used for the table; their flesh is far more delicate than that of older birds. The dove-house pigeon is said to breed monthly, when well supplied with food. At all events, it may be depended on, that pigeons of almost any healthy and well-established variety will breed eight or ten times in the year; whence it may readily be conceived how vast are the numbers that may be raised.

CARRIER PIGEONS.

The Carrier Pigeon.—Without doubt the carrier is entitled to rank first in the pigeon family with the exception, perhaps, of the blue-rock pigeons. No domestic fowl can be traced to so remote an antiquity. When Greece was in its glory, carrier pigeons were used to convey to distant parts the names of the victors at the Olympian games. During the holy war, when Acre was besieged by King Richard, Saladin habitually corresponded with the besieged by means of carrier pigeons. A shaft from an English crossbow, however, happened to bring one of these feathered messengers to the ground, and the stratagem was discovered, the design of the Saracens revealed, and so turned against the designers, that Acre was in the hands of the Christians before the wily Saladin dreamt of defeat.

1319.—PIGEON PIE. (*Fr.*—Pâté aux Pigeons.)

(Epsom Grand-Stand Recipe.)

Ingredients.—1½ lb. of rump-steak, 2 or 3 pigeons, 3 slices of ham, pepper and salt to taste, 2 oz. of butter, 4 eggs, puff-crust.

Mode.—Cut the steak into pieces about 3 inches square, and with it line the bottom of a pie-dish, seasoning it well with pepper and salt. Clean the pigeons, rub them with pepper and salt inside and out, and put into the body of each rather more than half an ounce of butter; lay them on the steak, and a piece of ham on each pigeon. Add the yolks of 4 eggs, and half fill the dish with good stock; place a border of puff-paste round the edge of the dish, put on the cover, and ornament it in any way that may be preferred. Clean the feet, and place them in a hole made in the crust at the top; this shows what kind of a pie it is. Glaze the crust, that is to say, brush it over with the yolk of an egg, and bake it in a well-heated oven for about 1¼ hour. When liked, a seasoning of pounded mace may be added.

Time.—1¼ hour, or rather less. **Average Cost,** 5*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Tumbler Pigeons.—The smaller the size of this variety, the greater its value. The head should be round and smooth, the neck thin, and the tail similar to that of the Turbit. Highly bred birds of this variety will attain an elevation in their flight beyond that of any other pigeons; and it is in seeing these little birds wing themselves so far into the skies that the fanciers take such delight. For four or five hours Tumblers have been known to keep on the wing; and it is when they are almost lost to the power of human vision that they exhibit those pantomimic feats which give them their name, and which are marked by a tumbling over-and-over process, which suggests the idea of their having suddenly become giddy, being deprived of their self-control, or overtaken by some calamity. This acrobatic propensity in these pigeons has been ascribed by some to the absence of a proper power in the tail; but it is nothing more than a natural habit, for which no adequate reason can be assigned. Of this variety the Almond Tumbler is the most beautiful; and the greater the variation of the colour in the flight and tail, the greater their value.

TUMBLER PIGEONS.

The Runt Pigeon.—This is generally esteemed among the largest of the pigeon varieties, and being possessed of proportionate strength, with a strong propensity to exercise it, they keep the dovecot in a state of almost continual commotion by domineering over the weaker inmates. They breed tolerably well, however, and are valuable for the table. There is both the Leghorn and the Spanish Runt, variously plumaged; but when red, white, or black mottled, are most highly esteemed. One of the great advantages connected with the Runt is that he is not likely to fly away from home. Being heavy birds, they find it difficult, when well fed, to mount even to a low house-top. Again, they require no loft or special dwelling-place, but if properly tended, will be perfectly satisfied and thrive as well in a rabbit-hutch as anywhere. Their flavour is very good; and it is not an uncommon thing for a squeaker Runt to exceed a pound and quarter in weight.

RUNT PIGEONS.

The Nun Pigeon.—The Tumbler bears a strong resemblance to this variety, which is characterised by a tuft of feathers rising from the back of the head, and which, on the whole, is an extremely pretty little bird. According to the colour of the head, it is called the red, black or yellow-headed Nun. To be a perfect bird, it should have a small head and beak; and the larger the tuft at the back of his head, the handsomer the bird is esteemed, and proportionately valuable in the eyes of pigeon-fanciers.

NUN PIGEONS.

The Trumpeter Pigeon.—From the circumstance of this bird imitating the sound of a trumpet, instead of cooing like other pigeons, it has received its designation. It is of the middle size, having its legs and feet covered with feathers, and its plumage generally of a mottled black and white. It has a tuft springing from the root of its beak, and the larger this top-knot is, the higher the estimation in which the breed is held. In their powers of trumpeting some are more expert than others; and whether this has any effect in influencing their own estimate of themselves, we cannot say; but they are rather select in the choice of their company. If two of them are put in a pigeon-house with other doves, it will be found that they confine their association almost entirely to each other. As much as two guineas have been paid for a well-trained docile bird of this kind.

TRUMPETER PIGEONS.

The Wood, or Wild Pigeon.—Buffon enumerates upwards of thirty varieties of the pigeon, which he derives from one root—viz. the stock-dove, or common wild pigeon. All the varieties of colour and form which we witness, he attributes to human contrivance and fancy. Nevertheless, there exist essentially specific differences in these birds which would appear to be attributable rather to the nature of the region, soil and climate to which they are indigenous, than to the art and ingenuity of man. The stock-dove, in its wild state, is still found in some parts of Britain, forming its nest in the holes of rocks, old towers, and in the hollows of trees; it never, however, like the ring-dove, nestles in the branches. Multitudes of wild pigeons still visit our shores in the winter, coming from their more northerly retreats, making their appearance about November, and retiring again in the spring. When forests of beechwood covered large tracts of the ground of this country these birds used to haunt them in myriads, frequently covering a mile of ground in extent when they went out in the morning to feed.

WOOD-PIGEON.

1320.—STEWED PIGEONS. (*Fr.*—Pigeons en Compôte.)

Ingredients.—6 pigeons, a few slices of bacon, 3 oz. of butter, 2 tablespoonfuls of minced parsley, sufficient stock, No. 273, to cover the pigeons, thickening of butter and flour, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of port.

Mode.—Empty and clean the pigeons thoroughly, mince the livers, add to these the parsley and butter, and put it into the insides of the birds. Truss them with the legs inward, and put them into a stewpan with a few slices of bacon placed under and over them; add the stock

and stew gently for rather more than half-an-hour. Dish the pigeons, strain the gravy, thicken it with butter and flour, add the ketchup and port, give one boil, pour over the pigeons, and serve.

Time.—Rather more than ½ hour. **Average Cost,** 9*d.* to 1*s.* each.

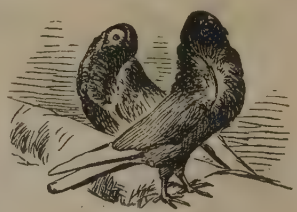
Sufficient for 4 or 5 persons.

Seasonable from April to September.

The Fantail Pigeon.—This curious variety is inferior, in point of size, to most of the other varieties, and is characterised by having a short, slender bill, pendent wings, and naked legs and feet, It has the power of erecting its tail in the manner of a turkey-cock; during which action, especially when paying court to its mate, it trembles or shakes, like the peacock when moving about with his train expanded and in full display. This power of erecting and spreading the tail is not confined to the male bird alone; the female possesses the same power to an equal extent, and otherwise resembles the male in every respect. It is not very prolific, and seldom succeeds so well in the aviary or pigeon-house as most of the other kinds.

THE FANTAIL PIGEON.

The Jacobin Pigeon.—This variety, having the power to transmit to posterity a form precisely similar, with all its peculiar characters undiminished, is, among pigeon-fanciers, designated as of a pure or permanent race. It is distinguished by a remarkable ruff or frill of raised feathers, which, commencing behind the head and proceeding down the neck and breast, forms a kind of hood, not unlike that worn by a monk. From this circumstance it has obtained its Gallic name of *nonnain capuchin*. In size it is one of the smallest of the domestic pigeons, and its form is light and elegant. It is a very productive species, and, having its flight considerably impeded by the size and form of its hooded frill, keeps much at home, and is well adapted for the aviary or other buildings where pigeons are confined.



JACOBIN PIGEON.

TURBIT PIGEONS.

The Turbit Pigeon.—This variety bears a strong resemblance to the Jacobin, having a kind of frill in the fore part of its neck, occasioned by the breast feathers lying contrariwise and standing straight out. The species is classed in accordance with the colour of the shoulders, similarly as the Nuns are by the colour of their heads. Their characteristics of excellence are a full frill, short bill, and small round head. In Germany it is called the ruffle pigeon, in allusion to the feathers on its breast: and it has rarely any feathers on its feet. There is a peculiarity connected with this bird, which somewhat lowers it in the estimation of fanciers; it seldom rears more than one at a time, which, therefore, marks it as a bird rather for amusement than profit.

The Barb Pigeon.—The name of this variety is a contraction of Barbary, from which country it originally comes. It is both prolific and has excellent qualities as a nurse. The kind most esteemed is that of one uniform colour, that of blue-black being preferable to any other. Speckled or mottled Barbs are esteemed the most common of all pigeons. It is not unlike the Carrier pigeon, and, at a small distance, might easily be mistaken for the latter. It has a short beak and a small wattle. A spongy, pinky skin round the eyes is its chief characteristic, however, and this increases in size till the bird is three or four years old, This peculiarity is hardly distinguishable in very young birds.

BARB PIGEONS.

The Rock Pigeon.—This variety, in its wild state, is found upon the rocky parts of the West of Scotland, and the bold shores of the Western Isles more abundant than in any other parts of the British Islands. As the shores of the mainland are exposed to the muds of the Atlantic, and the comparatively small Islands are surrounded by that ocean, the low grounds exposed to the west are seldom covered with snow for any length of time, and thus the birds easily find a supply of food. The numbers which there congregate are often very great, and the din of their united cry is sometimes very loud and even alarming. The love of home and the certainty of returning to it is very conspicuous in the rock-pigeon, or *biset*, as it is called by the French. Flocks from different parts of the coasts often meet on the feeding-grounds; but when the time of returning to rest comes round, each one keeps to its own party.

BLUE ROCK PIGEONS.

The Owl-Pigeon.—This pigeon does not seem to be so well-known as it formerly was, if we may judge from the fact that few modern writers mention it. Like the Turbit pigeon, the Owl has a remarkable tuft of feathers on the breast, it having been compared by some to the frill of a shirt, and by others to a full-blown white rose. In size, it is not quite so large a pigeon as the Jacobin. It is said to be preferred in France, above other varieties, as a bird to rear and kill for the table. In England it is very far from being common: indeed, we have applied to several keepers of pigeons, who have fancied themselves acquainted with all the varieties of this bird, and they have been able to tell us nothing of it. Mr. Harrison Weir, our artist, however, has made his portrait from the life.

OWL PIGEONS.

1321.—BOILED RABBIT. (*Fr.*—Lapin Bouilli.)

Ingredients.—Rabbit; water.

Mode.—For boiling, choose rabbits with smooth and sharp claws; as that denotes they are young; should these be blunt and rugged, the ears dry and tough, the animal is old. After emptying and skinning it, wash it well in cold water, and let it soak for about a quarter of an hour in warm water, to draw out the blood; then truss it. Put the rabbit into sufficient hot water to cover it, let it boil very gently until tender, which will be in from half to three quarters of an hour, according to its size and age. Dish it, and smother it either with onion, mushroom, or liver sauce, or parsley-and-butter; the former is, however, generally preferred to any of the last-named sauces. When liver sauce is preferred, the liver should be boiled for a few minutes, and minced very finely, or rubbed through a sieve before it is added to the sauce.

BOILED RABBIT.

Time.—A very young rabbit, ½ hour; a large one, ¾ hour; an old one, 1 hour or longer. **Average Cost,** 8*d.* per lb.

Sufficient for 4 persons.

Seasonable from September to February.

The Rabbit.—Though this animal is an inhabitant of most temperate climates, it does not reach so far north as the hare. The wild rabbit is a native of Great Britain, and is found in large numbers in the sandy districts of Norfolk and Cambridgeshire. Its flesh is, by some, considered to have a higher flavour than that of the tame rabbit, although it is neither so white nor so delicate. The animal, however, becomes larger and fatter in the tame than in the wild state; but it is not desirable to have it so fat as it can be made.

1322.—FRIED RABBIT. (*Fr.*—Lapin Frit.)

Ingredients.—1 rabbit, flour, dripping, 1 oz. of butter, 1 teaspoonful of minced shalot, 2 tablespoonfuls of mushroom ketchup.

Mode.—Cut the rabbit into neat joints, and flour them well; make the dripping boiling in a frying-pan, put in the rabbit, and fry it a nice brown. Have ready a very hot dish, put in the butter, shalot and ketchup; arrange the rabbit pyramidically on this, and serve as quickly as possible.

Time.—10 minutes. **Average Cost,** from 8*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from September to February.

Note.—The rabbit may be brushed over with egg, and sprinkled with bread-crumbs, and fried as above. When cooked in this manner, make a gravy in the pan, and pour it round, but not over, the pieces of rabbit.

Varieties in Rabbits.—Almost everybody knows that a rabbit is a furry animal, that lives on plants, and burrows in the ground; that it has its varieties as well as other animals, and that it is frequently an especial favourite with boys. Among its varieties, the short-legged, with width and substance of loin, is the most hardy, and fattens the most expeditiously. It has, besides, the soundest liver, rabbits generally being subject to defects of that part. It is also the smallest variety. There is a very large species of the hare-colour, having much bone, length and depth of carcass, large and long ears, with full eyes, resembling those of the hare; it might readily be taken for a hybrid or mule, but for the objection to its breeding. Its flesh is high-coloured, substantial, and more savoury than that of the common rabbit; and, cooked like the hare, it makes a good dish. The large white and yellow and white species have whiter and more delicate flesh, and, cooked in the same way, will rival the turkey. Rabbits are divided into four kinds, distinguished as warreners, parkers, hedgehogs and sweethearts. The warrener, as his name implies, is a member of a subterranean community, and is less effeminate than his kindred who dwell *upon* the earth and have "the world at their will," and his fur is the most esteemed. After him, comes the parker, whose favourite resort is a gentleman's pleasure-ground, where he usually breeds in great numbers, and from which he frequently drives away the hares. The hedgehog is a sort of vagabond rabbit, that, tinker-like, roams about the country, and would have a much better coat on his back if he were more settled in his habits, and remained more at home. The sweetheart is a tame rabbit, with its fur so sleek, soft and silky that it is also used to some extent in the important branch of hat making.

1323.—RABBIT À LA MINUTE. (*Fr.*—Lapin à la Minute.)

Ingredients.—1 rabbit, ¼ lb. of butter, salt and pepper to taste, 2 blades of pounded mace, 3 dried mushrooms, 2 tablespoonfuls of minced parsley, 2 teaspoonfuls of flour, 2 glasses of sherry, 1 pint of water.

Mode.—Empty, skin and wash the rabbit thoroughly, and cut it into joints. Put the butter into a stewpan with the pieces of rabbit; add salt, pepper and pounded mace, and let it cook until three-parts done; then put in the remaining ingredients, and boil for about ten minutes; it will then be ready to serve. Fowls or hare may be dressed in the same manner.

Time.—Altogether 35 minutes. **Average Cost,** 8*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from September to February.

1324.—RABBIT PIE. (*Fr.*—Pâté de Lapin.)

Ingredients.—1 rabbit, a few slices of ham, salt and white pepper to taste, 2 blades of pounded mace, ½ teaspoonful of grated nutmeg, a few forcemeat balls, 3 hard-boiled eggs, ½ pint of gravy, puff-crust.

Mode.—Cut up the rabbit (which should be young), remove the breast-bone, and bone the legs. Put the rabbit, slices of ham, forcemeat balls, and hard eggs, by turns, in layers, and season each layer with pepper, salt, pounded mace and grated nutmeg. Pour in about half a pint of water, cover with crust, and bake in a well-heated oven for about one hour and a half. Should the crust acquire too much colour, place a piece of paper over it to prevent it burning. When done, pour in at the top, by means of the hole in the middle of the crust, a little good gravy, which may be made of the breast and leg bones of the rabbit and two or three shank-bones, flavoured with onion, herbs and spices.

Time.—1½ hour. **Average Cost,** from 8*d.* per lb.

Sufficient for 5 or 6 persons.

Seasonable from September to February.

Note.—The liver of the rabbit may be boiled, minced and mixed with the forcemeat balls, when the flavour is liked.

Fecundity of the Rabbit.—The fruitfulness of this animal has been the subject of wonder to all naturalists. It breeds seven times in the year, and generally begets seven or eight young ones at a time. If we suppose this to happen regularly for a period of four years, the progeny that would spring from a single pair would amount to more than a million. As the rabbit, however, has many enemies, it can never be permitted to increase in numbers to such an extent as to prove injurious to mankind; for it not only furnishes man with an article of food, but is, by carnivorous animals of every description, mercilessly sacrificed. Notwithstanding this, however, in the time of the Roman power, they once infested the Belearic islands to such an extent, that the inhabitants were obliged to implore the assistance of a military force from Augustus to exterminate them.

1325.—RAGOUT OF RABBIT OR HARE. (*Fr.*—Ragoût de Lapin ou Lièvre.)

Ingredients.—1 rabbit, 3 teaspoonfuls of flour, 3 sliced onions, 2 oz. of butter, a few thin slices of bacon, pepper and salt to taste, 2 slices of lemon, 1 bay-leaf, 1 glass of port.

Mode.—Slice the onions and put them into a stewpan with the flour and butter; place the pan near the fire, stir well as the butter melts, till the onions become a rich brown colour, and add, by degrees, a little water or gravy till the mixture is of the consistency of cream. Cut some thin slices of bacon; lay in these with the rabbit, cut into neat joints; add a seasoning of pepper and salt, the lemon and bay-leaf, and let the whole simmer until tender. Pour in the port, give one boil, and serve.

Time.—About ½ hour to simmer the rabbit. **Average Cost,** 8*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from September to February.

The Rabbit-House.—Rabbit-keeping is generally practised by some individuals in almost every town, and by a few in almost every part of the country. Forty years ago, there were in the metropolis one or two considerable feeders, who, according to report, kept from 1,500

to 2,000 breeding does. These large establishments, however, have ceased to exist, and London receives the supply of tame as well as wild rabbits chiefly from the country. Where they are kept, however, the rabbit-house should be placed upon a dry foundation, and be well ventilated. Exposure to rain, whether externally or internally, is fatal to rabbits, which, like sheep, are liable to the rot, springing from the same causes. Thorough ventilation and good air are indispensable where many rabbits are kept, or they will neither prosper nor remain healthy for any length of time. A thorough draught or passage for the air is, therefore, absolutely necessary, and should be so contrived as to be checked in cold or wet weather by the closing or shutting of opposite doors or windows.

1326.—ROAST OR BAKED RABBIT. (*Fr.*—Lapin Rôti.)

Ingredients.—1 rabbit, forcemeat, No. 629, buttered paper, sausage-meat.

Mode.—Empty, skin and thoroughly wash the rabbit; wipe it dry, line the inside with sausage-meat and forcemeat made by recipe No. 629, and to which has been added the minced liver. Sew the stuffing inside, and truss. Wrap the rabbit in buttered paper, and put it down to a bright clear fire; keep it well basted, and a few minutes before it is done remove the paper, flour and froth it, and let it acquire a nice brown colour. Take out the skewers and serve with brown gravy and red current jelly. To bake the rabbit, proceed in the same manner as above; in a good oven it will take about the same time as roasting.

ROAST RABBIT.

Time.—A young rabbit, 35 minutes; a large one, about ¾ hour. **Average Cost,** from 8*d.* per lb.

Sufficient for 4 persons.

Seasonable from September to February.

The Hutch.—Hutches are generally placed one above another to the height required by the number of rabbits and the extent of the room. Where a large stock is kept, to make the most of room, the hutches may be placed in rows, with a sufficient interval between for feeding and cleaning, instead of being, in the usual way, joined to the wall. It is preferable to rest the hutches upon stands, about a foot above the ground, for the convenience of cleaning under them. Each of the hutches intended for breeding should have two rooms—a feeding and a bed-room. The single hutches are for the use of the weaned rabbits, or for the bucks, which are always kept separate. The floors should be planed smooth, that wet may run off, and a common hoe with a short handle, and a short broom, are most convenient implements for cleaning these houses.

1327.—STEWED RABBIT. (*Fr.*—Gibelotte de Lapin.)

Ingredients.—1 rabbit, 2 large onions, 6 cloves, 1 small teaspoonful of chopped lemon-peel, a few forcemeat balls, thickening of butter and flour, 1 large tablespoonful of mushroom ketchup.

Mode.—Cut the rabbit into small joints; put them into a stewpan, add the onions sliced, the cloves, and minced lemon-peel. Pour in sufficient water to cover the meat, and when the rabbit is nearly done, drop in a few forcemeat balls, to which the liver has been added, finely chopped. Thicken the gravy with flour and butter, put in the ketchup, give one boil, and serve.

Time.—Rather more than ½ hour. **Average Cost,** 8*d.* per lb.

Sufficient for 4 or 5 persons.
Seasonable from September to February.

Fancy Rabbits.—The graceful fall of the ears is the first thing that is looked to by the fancier; next, the dewlap, if the animal is in its prime; then the colours and marked points, and, lastly, the shape and general appearance. The ears of a fine rabbit should extend not less than seven inches, measured from tip to tip, in a line across the skull; but even should they exceed this length, they are admitted with reluctance into a fancy stock, unless they have a uniform and graceful droop. The dewlap, which is a fold of skin under the neck and throat, is only seen in fancy rabbits after they have attained their full growth; it commences immediately under the jaw, and adds greatly to the beauty of their appearance. It goes down the throat and between the fore legs, and is so broad that it projects beyond the chin.

LOP-EARED RABBIT.

The difference between the fancy and common rabbit in the back, independent of the ears, is sufficient to strike the common observer. Fancy rabbits fetch a very high price; as much as five or ten guineas, and even more, is sometimes given for a first-rate doe. If young ones are first procured from a good family, the foundation of an excellent stock can be procured for a much smaller sum. Sometimes the ears, instead of drooping down, slope backwards; a rabbit with this characteristic is scarcely admitted into a fancy lot, and is not considered worth more than the common variety. The next position is when one ear lops outwards and the other stands erect; rabbits of this kind possess but little value, however fine the shade and beautiful the colour, although they sometimes breed as good specimens as finer ones.

The forward or horn-lop is one degree nearer perfection than the half-lop: the ears, in this case, slope forward and down over the forehead. Rabbits with this peculiarity are often perfect in other respects, with the exception of the droop of the ears, and often become the parents of perfect young ones; does of this kind often have the power of lifting an ear erect. In the ear-lop, the ears spread out in an horizontal position, like the wings of a bird in flight, or the arms of a man swimming. A great many excellent does have this characteristic, and some of the best bred bucks in the fancy are entirely so. Sometimes a rabbit drops one ear completely, but raises the other so nearly horizontally as to constitute an ear-lop; this is superior to all others, except the perfect fall, which is so rarely to be met with, that those which are merely ear-lopped are considered as valuable rabbits, if well bred and with other good qualities.

"The real lop has ears that hang down by the side of the cheek, slanting somewhat outward in their descent, with the open part of the ear inward, and sometimes either backwards or forwards instead of perpendicular: when the animals stand in an easy position, the tips of the ears touch the ground. The hollows of the ears in a fancy rabbit of a first-rate kind should be turned so completely backwards that only the outer part of them should remain in front; they should match exactly in their descent, and should slant outwards as little as possible."

The same authority asserts that perfect lops are so rare that a breeder possessing twenty of the handsomest and most perfect does would consider himself lucky, if in the course of a year he managed to raise twelve full-lopped rabbits out of them all. As regards variety and purity of colour an experienced breeder says:—

"The fur of fancy rabbits may be blue, or rather lead-colour, and white, or black and white, or tawny and white, that is, tortoise-shell coloured. But it is not of so much importance what colours the coat of a rabbit displays, as it is that those colours shall be arranged in a particular manner, forming imaginary figures or fancied resemblances to certain objects. Hence the peculiarities of their markings have been denoted by distinctive designations. What is termed 'the blue butterfly smut' was, for some time, considered the most valuable of fancy rabbits. It is thus named on account of having bluish or lead-coloured spots on either side of the nose, having some resemblance to the spread wings of a butterfly, what may be termed the ground-work of the rabbit's face being white. A black and white rabbit may also have the face marked in a similar manner, constituting a 'black butterfly smut.'

"But a good fancy rabbit must likewise have other marks, without which it cannot be considered a perfect model of its kind. There should be a black or blue patch on its back called the saddle; the tail must be of the same colour with the back and snout; while the legs should be all white; and there ought to be dark stripes on both sides of the body in front, passing backwards to meet the saddle, and uniting on the top of the shoulders at the part called the withers in a horse. These stripes form what is termed the 'chain,' having somewhat the appearance of a chain or collar hanging round the neck.

"Among thoroughbred fancy rabbits, perhaps not one in a hundred will have all these markings clearly and exactly displayed on the coat; but the more nearly the figures on the coat of a rabbit approach to the pattern described the greater will be its value, so far, at least, as relates to colour. The beauty and consequent worth of a fancy rabbit, however, depend a good deal on its shape, or what is styled its carriage. A rabbit is said to have a good carriage when its back is finely arched, rising full two inches above the top of its head, which must be held so low as to allow the muzzle and the points of the ears to reach almost to the ground."

1328.—STEWED RABBIT, LARDED.
(Lapin Bardé au Vin Blanc.)

Ingredients.—1 rabbit, a few strips of bacon, rather more than 1 pint of good broth or stock, a bunch of savoury herbs, salt and pepper to taste, thickening of butter and flour, 1 glass of sherry.

Mode.—Well wash the rabbit, cut it into quarters, lard them with slips of bacon, and fry them; put them into a stewpan with the broth, herbs, and a seasoning of pepper and salt; simmer gently until the rabbit is tender, then strain the gravy, thicken it with butter and flour, add the sherry, give one boil, pour it over the rabbit and serve. Garnish with slices of cut lemon.

Time.—Rather more than ½ hour.

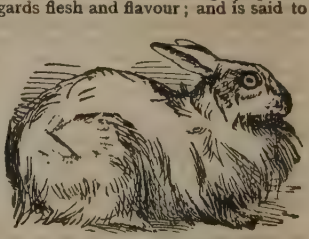
Average Cost, from 8*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from September to February.

THE HARE RABBIT.

The Hare-Rabbit.—An animal has been introduced to French tables called the "Hare Rabbit," partaking of the nature, characteristics and qualifications of both the hare and the rabbit. It is highly spoken of, both as regards flesh and flavour; and is said to be the only hybrid which is able to perpetuate its race. We hope that some enterprising individual will soon secure for English tables what would seem to be a really valuable addition to our other game and poultry dishes; although it will be rather difficult to exactly assign its proper position as within or without the meaning of "game," as by law established. Only a few specimens have been seen in England at present, but there is no reason to doubt that our rabbit fanciers will prove equal to the occasion, and cope successfully with our neighbours across the Channel in introducing a new animal serviceable in the kitchen.



ANGORA RABBIT.

The Angora Rabbit.—This is one of the handsomest of all rabbits. It takes its name from being an inhabitant of Angora, a city and district of Asia Minor. Like the well-known Angora goat and cat, both of which are valuable on account of the fineness of their wool and fur, this rabbit is prized for its long, waved, silky fur, which, as an article of commerce is highly esteemed. We are not aware whether it is eaten by the inhabitants, and but few specimens have been introduced into England, where, doubtless, the beauty of its coat would materially suffer from the more humid and less genial character of the climate. To the rabbits of the ancient and mountainous district of Angora the words of the wise man would seem most to apply, "The conies are but feeble folk, yet make they their houses in the rocks."

HIMALAYA RABBITS.

The Himalaya Rabbit.—Amidst the mighty Himalaya mountains, whose peaks are the highest on the globe, the pretty rabbit here portrayed is found: and his colour seems to be like the snow, which, above the altitude of from 13,000 to 16,000 feet, perpetually crowns the summits of these monarchs of the world. It is, at present, a very rare animal in England, but will, doubtless, be more extensively known in the course of a few years. From the earth-tunnelling powers of this little animal, Martial declares that mankind learned the art of fortifications, mining and covered roads.

1329.—BOILED TURKEY. (*Fr.*—Dinde Farcie.)

Ingredients.—Turkey; forcemeat, No. 629.

Mode.—Having trussed and stuffed the bird, put it into sufficient *hot* water to cover it; let it come to a boil, then carefully remove all the scum: if this is attended to, there is no occasion to boil the bird in a floured cloth; but it should be well covered with the water. Let it simmer very gently for about an hour and a half to one hour and three quarters, according to the size, and serve with either white, celery, oyster or mushroom sauce, or parsley-and-butter, a little of which should be poured over the turkey. Boiled ham, bacon, tongue or pickled pork should always accompany this dish; and when oyster sauce is served the turkey should be stuffed with oyster forcemeat.

BOILED TURKEY.

Time.—A small turkey, 1½ hour; a large one, 1¾ hour. **Average Cost,** 7*s.* 6*d.* to 10*s.* 6*d.* each; but more expensive at Christmas, on account of the great demand.

Sufficient for 7 or 8 persons.

Seasonable from December to February.

Note.—Hen turkeys are preferable for boiling, on account of their whiteness and tenderness, and one of moderate size should be selected, as a large one is not suitable for this mode of cooking. They should not be dressed until they have been killed 3 or 4 days, as they will neither look white nor will they be tender.

The Turkey.—The turkey, for which fine bird we are indebted to America, is certainly one of the most glorious presents made by the New World to the Old. Some, indeed, assert that this bird was known to the ancients, and that it was served at the wedding-feast of Charlemagne. This opinion, however, has been controverted by first-rate authorities, who declare that the French name of the bird, *dindon*, proves its origin; that the form of the bird is altogether foreign, and that it is found in America alone in a wild state. There is but little doubt, from the information which has been gained at considerable trouble, that it appeared generally in Europe about the end of the 17th century; that it was first imported into France by Jesuits who had been sent out missionaries to the West; and that from France it spread over Europe. To this day, in many localities in France a turkey is called a Jesuit. On the farms of North America, where turkeys are very common, they are raised either from eggs which have been found, or from young ones caught in the woods; they thus preserve almost entirely their original plumage. The turkey only became gradually acclimated, both on the Continent and in England; in the middle of the 18th century scarcely 10 out of 20 young turkeys lived; now, generally speaking, 15 out of the same number arrive at maturity.

1330.—DEVILLED TURKEY (Dry). (*Fr.*—Dinde à la Diable.)

Ingredients.—2 turkey-legs, made mustard, pepper, salt, cayenne.

Mode.—Score the legs in deep gashes, in regular lines, both along and across; prepare and salt these, adding cayenne, when liked very hot. Cover them with made mustard, pressing it well into the openings, and let it remain until the next morning. Have a bright clear fire, and grill it until the outside is crisp and brown. Place small pieces of cold butter on it, and serve quickly.

Time.—5 minutes to prepare, 7 minutes to grill. **Average Cost,** exclusive of the 2 legs, 2*d*.

Sufficient for 4 persons.

Seasonable all the winter.

1331.—DEVILLED TURKEY (Wet).
(*Fr.*—Dinde à la Diable.)

Ingredients.—2 turkey-legs, ½ pint of good stock, No. 272, 1 tablespoonful of made mustard, 1 tablespoonful of sauce piquante, No. 770.

Mode.—Score and gash the two legs as in recipe No. 1330, rub the made mustard well into the cuts, and drop the sauce piquante gradually over them; stew gently in the stock, and serve very hot; garnish with hard-boiled eggs cut in half, and arranged alternately with sippets round the dish.

Time.—25 minutes. **Average Cost,** exclusive of the cold turkey, 4*d*.

Sufficient for 4 persons.

Seasonable all the winter.

1332.—HASHED TURKEY. (*Fr.*—Ragoût de Dinde.)

Ingredients.—The remains of cold roast turkey, 1 onion, pepper and salt to taste, rather more than 1 pint of water, 1 carrot, 1 turnip, 1 blade of mace, a bunch of savoury herbs, 1 tablespoonful of mushroom ketchup, 1 tablespoonful of port, thickening of butter and flour.

Mode.—Cut the turkey into neat joints; the best pieces reserve for the hash, the inferior joints and trimmings put into a stewpan, with an onion cut in slices, pepper and salt, a carrot, turnip, mace, herbs and water in the above proportion; simmer these for an hour, then strain the gravy, thicken it with butter and flour, flavour with ketchup and port, and lay in the pieces of turkey to warm through; if there is any stuffing left, put that in also, as it so much improves the flavour of the gravy. When it boils, serve and garnish the dish with sippets of toasted bread.

Time.—1 hour to make the gravy.

Seasonable from December to February.

Hunting-Turkeys.—Formerly, in Canada, hunting turkeys was one of the principal diversions of the natives of that country. When they discovered the retreat of the birds, which was generally near a field of nettles, or where grain of any kind was plentiful, they would send a well-trained dog into the midst of the flock. The turkeys no sooner perceived their enemy than they would run off at full speed, and with such swiftness that they would leave the dog far behind. He, however, would follow in their wake, and as they could not, for a great length of time, continue at their speed, they were at last forced to seek shelter in the trees. There they would sit, spent with fatigue till the hunters would approach, and, with long poles, knock them down one after the other.

1333.—ROAST TURKEY. (*Fr.*—Dinde Rôtie.)

Ingredients.—Turkey; forcemeat, No. 629.

Mode.—Having dressed and stuffed the bird, fasten a sheet of buttered paper over the breast, put it down to a bright fire, at some little distance *at first* (afterwards draw it nearer), and keep it well basted the whole of the time it is cooking. About a quarter of an hour before serving remove the paper, dredge the turkey lightly with flour, and put a piece of butter into the basting-ladle; as the butter melts, baste the bird with it. When of a nice brown and well frothed, serve with a tureen of good brown gravy and one of bread-sauce. Fried sausages are a favourite addition to roast turkey; they make a pretty garnish, besides adding very much to the flavour. When these are not at hand, a few forcemeat balls should be placed round the dish as a garnish. Turkey may also be stuffed with sausage-meat, and a chestnut forcemeat with the same sauce is, by many persons, much esteemed as an accompaniment to this favourite dish.

ROAST TURKEY.

Time.—Small turkey, 1½ hour; moderate-sized one, about 10 lbs., 2 hours; large turkey, 2½ hours, or longer. **Average Cost,** from 7*s.* 6*d.* to 10*s.* 6*d.*, but expensive at Christmas on account of the great demand.

Sufficient.—A moderate-sized turkey, for 7 or 8 persons.

Seasonable from December to February.

Note.—Choose cock-turkeys by their short spurs and black legs, in which case they are young; if the spurs are long, and the legs pale and rough, they are old. If the bird has been long killed, the eyes will appear sunk and the feet very dry; but, if fresh, the contrary will be the case. Middling-sized fleshy turkeys are by many persons considered superior to those of an immense growth, as they are, generally speaking, much more tender. They should never be dressed the same day as they are killed; but, in cold weather, should hang at least 8 days; if the weather is mild, 4 or 5 days will be found sufficient.

English Turkeys.—These are reared in great numbers in Suffolk, Norfolk and several other counties, whence they were wont to be driven to the London market in flocks of several hundreds; the improvements in our modes of travelling now, however, enable them to be brought by railway. Their drivers used to manage them with great facility, by means of a bit of red rag tied to the end of a long stick, which, from the antipathy these birds have to that colour, effectually answered the purpose of a scourge. There are three varieties of the turkey in this country—the black, the white and the speckled or copper-coloured. The black approaches nearest the original stock, and is esteemed the best. Its flesh is white and tender, delicate, nourishing and of excellent flavour; it greatly deteriorates with age, however, and is then good for little but stewing.

1334.—ROAST TURKEY POULT. (*Fr.*—Dindonneau Rôti.)

Ingredients.—Turkey poult; butter.

Mode.—Put it down to a bright fire, keep it well basted, and at first place a piece of paper on the breast to prevent its taking too much colour.

About 10 minutes before serving, dredge lightly with flour, and baste well; when nicely frothed, send it to table immediately, with a little gravy in the dish, and some in a tureen. If at hand, a few watercresses may be placed round the dish as a garnish, or it may be larded.

Time.—About 1 hour. **Average Cost,** 7*s.* to 8*s.* each.

Sufficient for 6 or 7 persons.

Seasonable.—In full season from June to October.

Note.—Choose a plump bird, and truss it in the following manner :—After it has been carefully plucked, drawn and singed, skin the neck, and fasten the head under the wing; turn the legs at the first joint, and bring the feet close to the thighs, as a woodcock should be trussed, *and do not stuff it.*

The Feathers of the Turkey.—Human ingenuity subjects almost every material to the purposes of ornament or use, and the feathers have been found adapted for more ends than one. The American Indians convert them into an elegant clothing, and, by twisting the inner ribs into a strong double string, with hemp, or the inner bark of the mulberry tree, work it like matting. This fabric has a very rich and glossy appearance, and is as fine as silk shag. The natives of Louisiana used to make fans of the tail; and four of that appendage joined together was formerly constructed into a parasol by the French.

1335.—TO BONE A TURKEY OR FOWL WITHOUT OPENING IT.

(*Miss Acton's Recipe.*)

After the fowl has been drawn and singed, wipe it inside and out with a clean cloth, but do not wash it. Take off the head, cut through the skin all round the first joint of the legs, and pull them from the fowl, to draw out the large tendons. Raise the flesh first from the lower part of the backbone, and a little also from the end of the breastbone, if necessary; work the knife gradually to the socket of the thigh; with the point of the knife detach the joint from it, take the end of the bone firmly in the fingers, and cut the flesh clean from it down to the next joint, round which pass the point of the knife carefully, and when the skin is loosened from it in every part, cut round the next bone, keeping the edge of the knife close to it, till the whole of the leg is done. Remove the bones of the other leg in the same manner; then detach the flesh from the back and breast bone sufficiently to enable you to reach the upper joints of the wings; proceed with these as with the legs, but be especially careful not to pierce the skin of the second joint; it is usual to leave the pinions unboned, in order to give more easily its natural form to the fowl when it is dressed. The merrythought and neck-bones may now easily be cut away, the back and side-bones taken out without being divided, and the breastbone separated carefully from the flesh (which, as the work progresses, must be turned back from the bones upon the fowl, until it is completely inside out). After the one remaining bone is removed, draw the wings and legs back to their proper form, and turn the fowl right side outwards.

A turkey is boned exactly in the same manner; but as it requires a very large proportion of forcemeat to fill it entirely, the legs and wings are sometimes drawn into the body, to diminish the expense of this. If very securely trussed and sewn, the bird may be either boiled or stewed in rich gravy, as well as roasted, after being boned and forced; but it must be most gently cooled, or it may burst.

1336.—ANOTHER MODE OF BONING A TURKEY OR FOWL.

(*Miss Acton's Recipe.*)

Cut through the skin down the centre of the back, and raise the flesh carefully on either side with the point of a sharp knife, until the sockets of the wings and thighs are reached. Till a little practice has been gained, it will, perhaps, be better to bone these joints before proceeding further; but after they are once detached from it, the whole of the body may easily be separated from the flesh and taken out entire; only the neck-bones and merrythought will then remain to be removed. The bird thus prepared may either be restored to its original form, by filling the legs and wings with forcemeat, and the body with the livers of two or three fowls, mixed with alternate layers of parboiled tongue freed from the rind, fine sausage-meat, or veal forcemeat, or thin slices of the nicest bacon, or aught else of good flavour, which will give a marbled appearance to the fowl when it is carved: and then be sewn up and trussed as usual; or the legs and wings may be drawn inside the body, and the bird, being first flattened on a table, may be covered with sausage-meat, and the various other ingredients we have named, so placed that it shall be of equal thickness in every part; then tightly rolled, bound firmly together with a fillet of broad tape, wrapped in a thin pudding-cloth, closely tied at both ends, and dressed as follows:—Put it into a braising-pan, stewpan or thick iron saucepan, bright in the inside, and fitted as nearly as may be to its size; add all the bones, a bunch of sweet herbs, two carrots, two bay-leaves, a large blade of mace, twenty-four white peppercorns, and any trimmings or bones of undressed veal which may be at hand; cover the whole with good veal broth, add salt, if needed, and stew it very softly from an hour and a quarter to an hour and a half; let it cool in the liquor in which it was stewed; and after it is lifted out, boil down the gravy to a jelly and strain it; let it become cold, clear off the fat, and serve it cut into large dice or roughed, and laid round the fowl, which is to be served cold. If restored to its form, instead of being rolled, it must be stewed gently for an hour, and may then be sent to table hot, covered with mushroom, or any other good sauce that may be preferred; or it may

be left until the following day, and served garnished with the jelly, which should be firm, and very clear and well-flavoured; the liquor in which a calf's foot has been boiled down, added to the broth, will give it the necessary degree of consistence.

1337.—TO BONE FOWLS, for Fricassées, Curries and Pies.

First carve them entirely into joints, then remove the bones, beginning with the legs and wings, at the head of the largest bone; hold this with the fingers, and work the knife as directed in the recipe above. The remainder of the bird is too easily done to require any instructions.

1338.—TO DRESS WHEATEARS.

Ingredients.—Wheatears; fresh butter.

Mode.—After the birds are picked, gutted and cleaned, truss them like larks, put them down to a quick fire, and baste them well with fresh butter. When done, which will be in about twenty minutes, dish them on fried bread-crumbs, and garnish the dish with slices of lemon.

Time.—20 minutes. **Average Cost,** from 6*d.* each.

Seasonable from July to October.

The Wheatear.—The Wheatear is an annual visitor of England; it arrives about the middle of March and leaves in September. The females come about a fortnight before the males, and continue to arrive till the middle of May. They are in season from July to October, and are taken in large numbers on the South Downs, in the neighbourhood of Eastbourne, Brighton and other parts of Sussex. They are taken by means of snares and nets, and numbers of them are eaten on the spot by the inhabitants. The larger ones are sent to London and potted, where they are by many as much esteemed as the ortolans of the Continent. Mr. Pennant assigns as the reason of their abounding on the downs about Eastbourne, the existence of a species of fly which forms their favourite food, and which feeds on the wild thyme on the adjacent hills.

1338A.—CHICKEN OR PARTRIDGE CREAM.
(*Fr.*—Crême de Volaille.)

Ingredients.—½ lb. of the white meat of chicken or breasts of partridges, raw, ½ pint of double cream, salt, pepper and a grate of nutmeg.

Mode.—After skinning, scrape the flesh quite free from sinew and skin, chop it, then pound it in a mortar till it is a smooth paste, season it, then add the cream, and rub all through a wire sieve. Butter an open casserole, and fill it with the cream, covering it with buttered paper. Have ready a saucepan, in which there should not be more than a pint of boiling water, into which put the cream, cover the saucepan, and stand it off the fire to steam very slowly for about 25 minutes. Turn out and serve garnished with sliced truffles.

Time.—25 minutes to steam. **Average Cost,** with chicken, 4*s.*; with partridge, 5*s.*

1338B.—ORANGE GRAVY FOR WILD FOWL, WIDGEON, TEAL, &c.

Ingredients.—½ pint of white stock, No. 278, 1 small onion, 3 or 4 strips of lemon or orange peel, a few leaves of basil, if at hand, the juice of a Seville orange or lemon, salt and pepper to taste, 1 glass of port.

Mode.—Put the onion, cut in slices, into a stewpan with the stock, orange peel and basil, and let them simmer very gently for a quarter of an hour or rather longer; should the gravy not taste sufficiently of the peel, strain it off, and add to the gravy the remaining ingredients; let the whole heat through, and, when on the point of boiling, serve.

Time.—½ hour. **Average Cost,** 1*s.* 4*d.*

ENTRÉES FROM POULTRY.

1339.—CHAUDFROID OF CHICKEN.

(*Fr.*—Chaudfroid de Volaille.)

Ingredients.—2 roasted fowls, 1 quart of stock, yolks of 2 eggs, 2 shalots, sweet herbs, 3 cloves, ½ gill of white wine, 1 lemon, 2 oz. of butter, 2 oz. of flour.

Mode.—Cut up the fowls into suitable joints, and lay them aside. Boil the bones and trimmings with the stock, wine and vegetables for two or three hours. Melt the butter in a stewpan, add the flour and the stock, and the yolks of two or three eggs. This sauce must be thick enough to adhere to the pieces of fowl when they are dipped into it as it begins to cool. Coat each joint of chicken with the sauce, and arrange them in a dish, with garnish of aspic jelly, truffles, &c. If liked, a border mould of aspic jelly can be set in the dish, and the chicken heaped up in the middle. It is usual to make the sauce white, but it may be brown, with a garnish of white of egg stamped into various shapes.

Time.—2 hours. **Average Cost,** 7*s.*

Seasonable at any time.

Sufficient for 6 or 7 persons.

1340.—CHICKEN CUTLETS. (*Fr.*—Côtelettes de Volaille.)

Ingredients.—2 chickens, seasoning to taste of salt, white pepper and cayenne; 2 blades of pounded mace, egg and bread-crumbs, clarified butter, 1 strip of lemon-rind, 2 carrots, 1 onion, 2 tablespoonfuls of mushroom ketchup, thickening of butter and flour, 1 egg.

Mode.—Remove the breast and leg bones of the chickens; cut the meat into neat pieces after having skinned it, and season the cutlets with pepper, salt, pounded mace and cayenne. Put the bones, trimmings, &c., into a stewpan with one pint of water, adding carrots, onions and lemon-peel in the above proportion; stew gently for one hour and a half, and strain the gravy. Thicken it with butter and flour, add the ketchup and one egg well beaten; stir it over the fire, and bring it to the simmering point, but do not allow it to boil. In the meantime, egg and bread-crumb the cutlets, and give them a few drops of clarified butter; fry them a delicate brown, occasionally turning them; arrange them in a circle on the dish, pour round them the sauce, and fill the centre with a macedoine or purée of vegetables.

Time.—10 minutes to fry the cutlets. **Average Cost,** 2*s.* 6*d.* each chicken.

Sufficient for an entrée.

Seasonable from April to July.

Fowls as Food.—Brillat Savarin, pre-eminent in gastronomic taste, says that he believed the whole gallinaceous family was made to enrich our larders and furnish our tables; for, from the quail to the turkey, he avers their flesh is a light aliment, full of flavour and fitted equally well for the invalid as for the man of robust health. The fine flavour, however, which Nature has given to all birds coming under the definition of poultry man has not been satisfied with, and has used many means—such as keeping them in solitude and darkness, and forcing them to eat—to give them an unnatural state of fatness or fat. This fat, thus artificially produced, is doubtless delicious, and the taste and succulence of the boiled and roasted bird draw forth the praise of the guests around the table. Well-fattened and tender a fowl is to the cook what the canvas is to the painter; for do we not see it served boiled, roasted, fried, fricasséed, hashed, hot, cold, whole, dismembered, boned, broiled, stuffed on dishes, and in pies—always handy and ever acceptable?

The Common or Domestic Fowl.—From time immemorial, the common or domestic fowl has been domesticated in England, and is supposed to be originally the offspring of some wild species which abound in the forests of India. It is divided into a variety of breeds, but the most esteemed are, the Poland, or Black, the Dorking, the Bantum, the Game Fowl, and the Malay or Chittagong. The common, or barn-door fowl, is one of the most delicate of the varieties; and at Dorking, in Surrey, the breed is brought to great perfection. Till they are four months old, the term chicken is applied to the young female; after that age they are called pullets, till they begin to lay, when they are called hens. The English counties most productive in poultry are Surrey, Sussex, Norfolk, Herts, Devon and Somerset.

1341.—FRENCH CHICKEN CUTLETS.

(*Fr.*—Côtelettes de Volaille.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast or boiled fowl, fried bread, clarified butter, the yolk of 1 egg, bread-crumbs, ½ teaspoonful of finely-minced lemon peel; salt, cayenne and mace to taste. For sauce:—1 oz. of butter, 2 minced shalots, a few slices of carrot, a small bunch of savoury herbs, including parsley; 1 blade of pounded mace, 6 peppercorns, ½ pint of gravy.

Mode.—Cut the fowls into as many nice cutlets as possible; take a corresponding number of sippets about the same size, all cut one shape;

fry them a pale brown, put them before the fire, then dip the cutlets into clarified butter mixed with the yolk of an egg, cover with bread-crumbs seasoned, in the above proportion, with lemon peel, mace, salt and cayenne; fry them for about 5 minutes, put each piece on one of the sippets, pile them high in the dish, and serve with the following sauce, which should be made ready for the cutlets. Put the butter into a stew-pan, add the shalots, carrot, herbs, mace and peppercorns; fry for 10 minutes, or rather longer; pour in half a pint of good gravy, made of the chicken bones, stew gently for 20 minutes, strain it, and serve. Tomato or any other sauce may be used.

Time.—5 minutes to fry the cutlets; 35 minutes to make the gravy.
Average Cost, exclusive of the chicken, 9*d.*
Seasonable at any time.

Eggs for Hatching.—Eggs intended for hatching should be removed as soon as laid, and placed in bran in a dry, cool place. Choose those that are near of a size; and, as a rule, avoid those that are equally thick at both ends—such, probably, contain a double yolk, and will come to no good. Eggs intended for hatching should never be stored longer than a month, as much less the better. Nine eggs may be placed under a Bantam hen, and as many as fifteen under a Dorking. The odd number is considered preferable, as more easily packed. It will be as well to mark the eggs you give the hen to sit on, so that you may know if she lays any more; if she does, you must remove them, for, if hatched at all, they would be too late for the brood. If during incubation an egg should be broken, remove it, and take out the remainder, and cleanse them in luke-warm water, or it is probable the sticky nature of the contents of the broken egg will make the others cling to the hen's feathers; and they, too, may be fractured.

Hens Sitting.—Some hens are very capricious as regards sitting: they will make a great fuss, and keep pining for the nest, and when they are permitted to take to it, they will sit just long enough to addle the eggs, and then they're off again. The safest way to guard against such annoyance, is to supply the hen with some hard-boiled eggs; if she sits on them a reasonable time, and seems steadily inclined, like a good matron, you may then give her proper eggs, and let her set about the business in earnest.

1342.—CHICKEN OR FOWL PATTIES.
(*Fr.*—Petits Pâtés à la Volaille.)

Ingredients.—The remains of cold roast chicken or fowl; to every ¼ lb. of meat allow 2 oz. of ham, 3 tablespoonfuls of cream, 2 tablespoonfuls of veal gravy, ½ teaspoonful of minced lemon-peel, cayenne, salt and pepper to taste, 1 tablespoonful of lemon-juice, 1 oz. of butter rolled in flour; puff paste.

Mode.—Mince very small the white meat from a cold roast fowl, after removing all the skin; weigh it, and to every quarter of a lb. of meat allow the above proportion of minced ham. Put these into a stew-pan with the remaining ingredients, stir over the fire for 10 minutes or a quarter of an hour, taking care that the mixture does not burn. Roll out some puff-paste about a quarter of an inch in thickness; line the patty-pans with this, put upon each a small piece of bread, and cover with another layer of paste; brush over with the yolk of an egg, and bake in a brisk oven for about a quarter of an hour. When done, cut a round piece out of the top, and with a small spoon, take out the bread (be

particular in not breaking the outside border of the crust), and fill the patties with the mixture.

Time.—¼ hour to prepare the meat; not quite ¼ hour to bake the crust.

Seasonable at any time.

Hatching.—Sometimes the chick within the shell is unable to break away from its prison; for the white of the egg will occasionally harden in the air to the consistence of joiners' glue, when the poor chick is in a terrible fix. An able writer says, "Assistance in hatching must not be rendered prematurely, and thence unnecessarily, but only in the case of the chick being plainly unable to release itself; then, indeed, an addition may probably be made to the brood, as great numbers are always lost in this way. The chick makes a circular fracture at the big end of the egg, and a section of about one-third of the length of the shell being separated, delivers the prisoner, provided there is no obstruction from adhesion of the body to the membrane which lines the shell. Between the body of the chick and the membrane of the shell there exists a viscous fluid, the white of the egg thickened with the intense heat of incubation, until it becomes a positive glue. When this happens, the feathers stick fast to the shell, and the chicks remain confined, and must perish, if not released."

The method of assistance to be rendered to chicks which have a difficulty in releasing themselves from the shell, is to take the egg in the hand, and dipping the finger or a piece of linen rag in warm water, to apply it to the fastened parts until they are loosened by the gluey substance becoming dissolved and separated from the feathers. The chick, then, being returned to the nest, will extricate itself—a mode generally to be observed, since, if violence were used, it would prove fatal. Nevertheless, breaking the shell may sometimes be necessary; and separating with the fingers, as gently as may be, the membrane from the feathers, which are still to be moistened as mentioned above, to facilitate the operation. The points of small scissors may be useful, and when there is much resistance, as also apparent pain to the bird, the process must be conducted in the gentlest manner, and the shell separated into a number of small pieces. The signs of a need of assistance are the egg being partly pecked and chipped, and the chick discontinuing its efforts for five or six hours. Weakness from cold may disable the chicken from commencing the operation of pecking the shell, which must then be artificially performed with a circular fracture, such as is made by the bird itself.

1343.—CHICKENS FRIED. (*Fr.*—Poulets Frits à la Crême.)

Ingredients.—2 chickens, hot lard or beef dripping, ¼ lb. of butter, 1 teacupful of cream, flour, parsley, salt and cayenne pepper.

Mode.—Cut up the chickens, and season them with salt and cayenne pepper; roll them in flour, and fry them in hot lard or good sweet dripping (beef); when the whole are fried, pour off the grease, and put in the butter and cream, a little flour, and some scalded parsley chopped fine for the sauce.

Time.—10 minutes to fry. **Average Cost,** 2*s.* 6*d.* each chicken.

Sufficient for an entrée.

Seasonable at any time.

1344.—CURRIED FOWL. (*Fr.*—Poulet au Kari.)

Ingredients.—1 fowl, 2 oz. of butter, 3 onions sliced, 1 pint of white veal gravy, 1 tablespoonful of curry-powder, 1 tablespoonful of flour, 1 apple, 4 tablespoonfuls of cream, 1 tablespoonful of lemon-juice.

Mode.—Put the butter into a stewpan, with the onions sliced, the fowl cut into small joints, and the apple peeled, cored and minced. Fry of a pale brown, add the stock, and stew gently for 20 minutes; rub down the curry-powder and flour with a little of the gravy, quite smoothly, and stir

this to the other ingredients; simmer for rather more than half an hour, and just before serving, add the above proportion of hot cream and lemon-juice. Serve with boiled rice, which may either be heaped lightly on a dish by itself, or put round the curry as a border.

Time.—50 minutes. **Average Cost,** 3*s.* 9*d.*

Sufficient for 3 or 4 persons.

Seasonable in the winter.

Note.—This curry may be made of cold chicken, but undressed meat will be found far superior.

The Poland.—This bird, a native of Holland, is a great favourite with fowl-keepers, especially those who have an eye to profit rather than to amusement. Those varieties known as the "silver spangled," and the "gold spangled" are handsome enough to please the most fastidious; but the common black breed, with the bushy crown of white feathers, is but a plain bird. The chief value of the common Poland lies in the great number of eggs they produce; indeed in many parts they are as well known as "everlasting layers" as by their proper name. However, the experienced breeder would take good care to send the eggs of his everlasting layers to market, and not use them for home consumption, as, although they may be as large as those laid by other hens, the amount of nutriment contained in them is not nearly so great. Mr. Mowbray once kept an account of the number of eggs produced by this prolific bird, with the following result:—From the 25th of October to the 25th of the following September five hens laid 503 eggs; the average weight of each egg was one ounce five drachms, and the total weight of the whole, exclusive of the shells 50½ lbs. Taking the weight of the birds at the fair average of five lbs. each we thus see them producing within a year double their weight of eggs alone; and supposing every egg to contain a chick, and allowing the chick to grow, in less than eighteen months from the laying of the first egg, *two thousand five hundred pounds* of chicken-meat would be the result. The Poland is easily fattened, and its flesh is generally considered juicier and of richer flavour than most others.

SPANGLED POLANDS.

1345.—CURRIED FOWL OR CHICKEN.

(*Fr.*—Poulet à l'Indienne.)

(Cold Meat Cookery. Another Mode.)

Ingredients.—The remains of cold roast fowls, 2 large onions, 1 apple, 2 oz. of butter, 1 dessertspoonful of curry-powder, 1 teaspoonful of flour, ½ pint of gravy, 1 tablespoonful of lemon-juice.

Mode.—Slice the onions, peel, core and chop the apple, and cut the fowl into neat joints; fry these in the butter of a nice brown; then add the curry-powder, flour and gravy, and stew for about 20 minutes. Put in the lemon-juice and serve with boiled rice, either placed in a ridge round the dish or separately; 2 or 3 shalots, or a little garlic may be added, if approved.

Time.—Altogether, ½ hour. **Average Cost,** exclusive of the cold fowl, 6*d.*

Seasonable in the winter.

1346.—CURRIED FOWL. (*Fr.*—Poulet au Kari.)

(*Another Mode.*)

Ingredients.—1 fowl, 2 large onions, 1 clove of garlic, 4 oz. of butter, 3 dessertspoonfuls of curry-powder, salt, 1 pint of milk, ½ teaspoonful of ground cloves, ½ lemon, rice.

Mode.—Fry the onions and garlic in two ounces of butter until of a light brown colour; then rub the powder over the fowl and fry it in the other two ounces of butter. Place all in a stewpan, with a pinch of salt, add the milk, which must be boiling. Stew gently until the liquor is reduced to a third of the quantity. Half-an-hour before serving, add cloves and the lemon-juice. Serve boiled rice with it.

Time.—½ hour. **Average Cost,** exclusive of the fowl, 1s.

Sufficient for 5 persons.

Seasonable in the winter.

COCHIN CHINAS.

The Cochin-China.—About forty-two years ago, the arrival of this distinguished Asiatic created in England as great a sensation as might be expected from the landing of an invading host. The first pair that ever made their appearance here were natives of Shanghai, and were presented to the queen, who exhibited them at the Dublin poultry show of 1846. Then began the "Cochin" *furor*. As soon as it was discovered, despite the most strenuous endeavours to keep the tremendous secret, that a certain dealer was possessed of a pair of these birds, straightway the avenues to that dealer's shop were blocked by broughams, and chariots, and hack cabs, until the shy poulterer had been tempted by a sufficiently high sum to part with his treasure. Bank-notes were exchanged for Cochin chicks, and Cochin eggs were in as great demand as though they had been laid by the fabled golden goose. The reign of the Cochin China was, however, of inconsiderable duration. The bird that, in 1847, would fetch thirty guineas is now counted but ordinary chicken-meat, and its price is regulated according to its weight when ready for the spit. As for the precious buff eggs, against which, one time of day, guineas were weighed—send for sixpenn'orth at the cheesemonger's, and you will get at least five; which is just as it should be. For elegance of shape or quality of flesh, the Cochin cannot for a moment stand comparison with our handsome dunghill; neither can the indescribable mixture of growling and braying, peculiar to the former, vie with the musical trumpeting of our own morning herald; yet our poultry-breeders have been immense gainers by the introduction of the ungainly celestial, inasmuch as *new blood* has been infused into the English chicken family. Of this incalculable advantage we may be sure; while, as to the Cochin's defects, they are certain to be lost in the process of "cross and cross" breeding.

1347.—CURRIED FOWL. (*Fr.*—Poulet à la Indienne.)

(*Another Mode.*)

Ingredients.—1 fowl, 1 pint of stock, No. 273, 3 dessertspoonfuls of curry-powder, 2 large onions, 4 oz. of butter, 1 oz. of raisins, weighed before stoning; 3 tomatoes, 1 gill of milk, 3 cloves of garlic, ½ a lemon.

Mode.—The day before this curry is required, rub the curry-powder into a smooth paste with a little milk, adding the rest of the milk by degrees; stir the stock to this gradually; when quite smooth and free from

lumps, place it in a clean stewpan and let it simmer very gently until it is reduced to half the quantity, but it should simmer so slowly that it should be four hours in reducing thus. The following day fry the onions, tomatoes and garlic, all sliced, in the butter, then fry the limbs of the fowl of a dark brown colour. Place all the ingredients, except the lemon, in a stewpan with the reduced stock, and let it stew slowly for half-an-hour; add the lemon-juice and serve.

Time.—2 days altogether. **Average Cost,** 4*s.*

Sufficient for 5 persons.

Seasonable in winter.

1348.—FRICASSEED FOWL OR CHICKEN.

(*Fr.*—Fricassée de Poulet.)

Ingredients.—2 small fowls or 1 large one, 3 oz. of butter, a bunch of parsley and green onions, 1 clove, 2 blades of mace, 1 shalot, 1 bay-leaf, salt and white pepper to taste, ¼ pint of cream, the yolks of 3 eggs.

Mode.—Choose a couple of fat, plump chickens, and, after drawing, singeing and washing them, skin and carve them into joints; blanch these in boiling water for 2 or 3 minutes; take them out, and immerse them in cold water to render them white. Put the trimmings, with the necks and legs, into a stewpan; add the parsley, onions, clove, mace, shalot, bay-leaf, and a seasoning of pepper and salt; pour to these the water that the chickens were blanched in, and simmer gently for rather more than 1 hour. Have ready another stewpan; put in the joints of fowl, with the above proportion of butter; dredge them with flour, let them get hot, but do not brown them much; then moisten the fricassée with the gravy made from the trimmings, &c., and stew very gently for half-an-hour. Lift the fowl into another stewpan, skim the sauce, reduce it quickly over the fire, by letting it boil fast, and strain it over them. Add the cream, and a seasoning of pounded mace and cayenne; let it boil up, and when ready to serve, stir to it the well-beaten yolks of 3 eggs: these should not be put in till the last moment, and the sauce should be made *hot*, but must *not boil*, or it will instantly curdle. A few button mushrooms stewed with the fowl are by many persons considered an improvement.

Time.—1 hour to make the gravy, ½ hour to simmer the fowl. **Average Cost,** 5*s.*

Sufficient.—1 large fowl for 1 entrée.

Seasonable at any time.

Stocking the Fowl-house.—Take care that the birds with which you stock your house are *young*. The surest indications of old age are fading of the comb and gills from brilliant red to a dingy brick colour, general paleness of plumage, brittleness of the feathers, length and size of the claws, and the scales of the legs and feet assuming a ragged and *corny* appearance. Your cock and hens should be as near two years old as possible. Hens will lay at a year old, but the eggs are always insignificant in size, and the layers giddy and unsteady sitters. The hen-bird is in her prime for breeding at three years old, and will continue so, under favourable circum-

stances, for two years longer; after which she will decline. Crowing hens, and those that have large combs, are generally looked on with mistrust; but this is mere silliness and superstition—though it is possible that a spruce young cock would as much object to a spouse with such peculiar addictions, as a young fellow of our own species would to a damsel who whistled and who wore whiskers. Fowls with yellow legs should be avoided; they are generally of a tender constitution, loose-fleshed, and of indifferent flavour.

1349.—FRICASSEE OF FOWL.
(*Fr.*—Fricassée de Poulet.)
(Another Mode.)

Ingredients.—1 large chicken, 1 lemon, 1 oz. of butter, 1 onion, a bunch of parsley, 1 tablespoonful of flour, white pepper, salt, nutmeg, ½ pint of stock, No. 274, yolks of 2 eggs.

Mode.—Cut the fowl into neat joints; throw them into boiling salted water for 2 or 3 minutes, then take out and rub each piece with a lemon cut in half. Melt the butter in a saucepan, add the flour and seasoning, and the stock and vegetables. Stir these ingredients till they boil, then put in the pieces of fowl and stew gently. When done, remove the onion and parsley, lay the pieces of fowl neatly on a dish; beat the yolks of eggs with the juice of a lemon, and stir them into the sauce, off the fire, then pour the sauce over the fowl.

Time.—¾ hour for a young fowl. **Average Cost,** 4*s.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1350.—FRICASSEED FOWL. (*Fr.*—Fricassée de Poulet.)
(Cold Meat Cookery.)

Ingredients.—The remains of cold roast fowl, 1 strip of lemon-peel, 1 blade of pounded mace, 1 bunch of savoury herbs, 1 onion, pepper and salt to taste, 1 pint of water, 1 teaspoonful of flour, ¼ pint of cream, the yolks of 2 eggs.

Mode.—Carve the fowls into nice joints; make gravy of the trimmings and legs, by stewing them with the lemon-peel, mace, herbs, onion, seasoning and water, until reduced to half a pint; then strain, and put in the fowl. Warm it through, and thicken with a teaspoonful of flour; stir the yolks of the eggs into the cream; add these to the sauce, let it get thoroughly hot, but do not allow it to boil, or it will curdle. Serve this dressed in a circle round the dish, and fill up the centre with any dressed vegetable.

Time.—1 hour to make the gravy; ¼ hour to warm the fowl. **Average Cost,** exclusive of the cold chicken, 7*d.*

Seasonable at any time.

Characteristics of Health and Power.—The chief characteristics of health in a fowl are brightness and dryness of eye and nostrils, the comb and wattles firm and ruddy, the feathers

elastic and glossy. The most useful cock is generally the greatest tyrant, who struts among his hens despotically, with his head erect and his eyes ever watchful. There is likely to be handsomer and stronger chicks in a house where a bold, active—even savage—bird reigns than where the lord of the hen-house is a weak, meek creature, who bears the abuse and peckings of his wives without a remonstrance. We much prefer dark-coloured cock-birds to those of light plumage. A cock, to be handsome, should be of middling size; his bill should be short, comb bright-red, wattles large, breast broad, and wings strong. His head should be rather small than otherwise, his legs short and sturdy, and his spurs well-formed; his feathers should be short and close, and the more frequently and heartily he crows, the better father he is likely to become. The common error of choosing hens *above* the ordinary stature of their respective varieties should be avoided, as the best breeding hens are those of medium size.

1351.—MINCED FOWL WITH BECHAMEL SAUCE. (*Fr.*—Volaille à la Béchamel.)

Ingredients.—The remains of cold roast fowl, 6 tablespoonfuls of béchamel sauce, No. 665, 6 tablespoonfuls of white stock, No. 278, the white of 1 egg, bread-crumbs, clarified butter.

Mode.—Take the remains of roast fowl, mince the white meat very small, and put it into a stewpan with the béchamel and stock; stir it well over the fire, and just let it boil up. Pour the mince into a dish, beat up the white of egg, spread it over, and strew on it a few grated bread-crumbs; pour a very little clarified butter on the whole, and brown either before the fire or with a salamander. This should be served in a silver dish, if at hand.

Time.—2 or 3 minutes to simmer in the sauce.

Seasonable at any time.

The Best Way to Fatten Fowls.—The barn-door fowl is in itself a complete refutation of the cramming and dungeon policy of feeding practised by some. This fowl, which has the common run of the farmyard, living on dairy scraps and offal from the stable, begins to grow fat at threshing time. He has his fill of the finest corn; he has his fill of fresh air and natural exercise, and at last he comes smoking to the table—a dish for the gods. In the matter of unnaturally stuffing and confining fowls, Mowbray is exactly of our opinion. "The London chicken-butchers, as they are termed, are said to be, of all others, the most expeditious and dexterous feeders, putting up a coop of fowls and making them thoroughly fat within the space of a fortnight, using much grease, and that perhaps not of the most delicate kind, in the food. In this way I have no boasts to make, having always found it necessary to allow a considerable number of weeks for the purpose of making fowls fat in coops. In the common way this business is often badly managed, fowls being huddled together in a small coop, tearing each other to pieces, instead of enjoying that repose which alone can ensure the wished-for object—irregularly fed and cleaned, until they become so stenched and poisoned in their own excrement, that their flesh actually smells and tastes when smoking upon the table." Sussex produces the fattest and largest poultry of any county in England, and the fatting process there most common is to give them a gruel made of pot-liquor and bruised oats, with which are mixed hog's grease, sugar and milk. The fowls are kept very warm, and crammed morning and night. They are put into the coop, and kept there two or three days before the cramming begins, and then it is continued for a fortnight, and the birds are sent to market.

1352.—RAGOUT OF FOWL. (*Fr.*—Ragoût de Volaille.)

Ingredients.—The remains of cold roast fowls, 2 shalots, 2 blades of mace, a faggot of savoury herbs, 2 or 3 slices of lean ham, 1 pint of stock or water, pepper and salt to taste, 1 onion, 1 dessertspoonful of flour, 1 tablespoonful of lemon-juice, ½ teaspoonful of pounded sugar, 1 oz. of butter.

Mode.—Cut the fowls up into neat pieces, the same as for a fricassée; put the trimmings into a stewpan with the shalots, mace, herbs, ham, onion and stock (water may be substituted for this). Boil it slowly for one hour, strain the liquor, and put a small piece of butter into a stewpan; when melted, dredge in sufficient flour to dry up the butter, and stir it over the fire. Put in the strained liquor, boil for a few minutes, and strain it again over the pieces of fowl. Squeeze in the lemon-juice, add the sugar and a seasoning of pepper and salt, make it hot, but do not allow it to boil; lay the fowl neatly on the dish, and garnish with croûtons.

Time.—Altogether, 1½ hour. **Average Cost,** exclusive of the cold fowl, 10*d.*

Seasonable at any time.

The Best Fowls to Fatten, &c.—The chicks most likely to fatten well are those first hatched in the brood, and those with the shortest legs. Long-legged fowls, as a rule, are by far the most difficult to fatten. The most delicate sort are those which are put up to fatten as soon as the hen forsakes them; for, as says an old writer, "then they will be in fine condition, and full of flesh, which flesh is afterwards expended in the exercise of foraging for food, and in the increase of stature; and it may be a work of some weeks to recover it, especially with young cocks." But whether you take them in hand as chicks, or not till they are older, the three prime rules to be observed are—sound and various food, warmth and cleanliness. There is nothing that a fatting fowl grows so fastidious about as his water. If water any way foul be offered him, he will not drink it, but sulk with his food, and pine, and you all the while wondering the reason why. Keep them separate, allowing to each bird as much space as you can spare. Spread the ground with sharp sandy gravel; take care that they are not disturbed. In addition to their regular diet of bruised corn, make them a cake of ground oats or beans, brown sugar, milk and mutton suet. Let the cake lie till it is stale, then crumble it, and give each bird a gill measureful morning and evening. No entire grain should be given to fowls during the time they are fattening; indeed, the secret of success lies in supplying them with the most nutritious food without stint, and in such a form that their digestive mills shall find no difficulty in grinding it.

1353.—FOWL AND RICE CROQUETTES.

(*Fr.*—Croquettes de Volaille.)

Ingredients.—½ lb. of rice, 1 quart of stock or broth, 3 oz. of butter, minced fowl, egg and bread-crumbs.

Mode.—Put the rice into the above proportion of cold stock or broth, and let it boil very gently for half an hour; then add the butter, and simmer till it is quite dry and soft. When cold, make it into balls, hollow out the inside, and fill with minced fowl made by recipe No. 1351. The mince should be rather thick. Cover over with rice, dip the balls into egg, sprinkle them with bread-crumbs, and fry a nice brown. Dish them, and garnish with fried parsley. Oysters, white sauce, or a little cream, may be stirred into the rice before it cools.

Time.—½ hour to boil the rice, 10 minutes to fry the croquettes. **Average Cost,** exclusive of the fowl, 6*d.*

Seasonable at any time.

Chip.—If the birds are allowed to paddle about on wet soil, or to be much out in the rain, they will get "chip." Young chicks are especially liable to this complaint. They will sit shivering in out-of-the-way corners, perpetually uttering a dolorous "chip, chip;" seemingly frozen with cold, though, on handling them, they are found to be in high fever. A wholesale breeder would

take no pains to attempt the cure of fowls so afflicted; but they who keep chickens for the pleasure, and not for the profit they yield, will be inclined to recover them, if possible. Give them none but warm food, half a peppercorn rolled in a morsel of dough every night, and a little nitre in their water. Above all, keep them warm: a corner in the kitchen fender, for a day or two, will do more to effect a cure than the run of a druggist's warehouse.

1354.—CROQUETTES OF FOWL.

(*Fr.*—Croquettes de Volaille.)

(Another Mode.)

Ingredients.—½ a fowl, lean ham or bacon, mushrooms, mushroom-powder or truffles, 2 tablespoonfuls of cream, ¼ pint of stock or milk, 1 oz. of flour or cornflour, 1½ oz. of butter, lemon, nutmeg, cayenne, salt to taste, 1 egg, bread-crumbs.

Mode.—Cut up the meat and mushrooms. Melt the butter in a sauce-pan, add the flour and the stock, boil, flavour to taste and put in the cream and meat. When quite cold shape into balls, egg and bread-crumb them, and fry in fat or oil. Serve with garnish of fried parsley, or else pour a good white sauce round and fill up the centre with some dressed vegetable.

Time.—To make, 15 minutes; to shape and fry, ½ hour. **Average Cost,** 2*s.*

Seasonable at any time.

1355.—CROQUETTES OF FOWL.

(*Fr.*—Croquettes de Volaille.)

(Another Mode.)

Ingredients.—3 or 4 shalots, 1 oz. of butter, 1 teaspoonful of flour, white sauce, pepper, salt and pounded mace to taste; ½ teaspoonful of pounded sugar, the remains of cold roast fowls, the yolks of 2 eggs, egg and bread-crumbs.

Mode.—Mince the fowl, carefully removing all skin and bone, and fry the shalots in the butter; add the minced fowl, dredge in the flour, put in the pepper, salt, mace, pounded sugar, and sufficient white sauce to moisten it; stir to it the yolks of 2 well-beaten eggs, and set it by to cool. Then make the mixture up into balls, egg and bread-crumb them, and fry a nice brown. They may be served on a border of mashed potatoes, with gravy or sauce in the centre.

Time.—10 minutes to fry the balls.

Seasonable at any time.

The Turn.—What is termed "turrling" with song-birds is known, as regards fowls, as the "turn." Its origin is the same in both cases—overfeeding and want of exercise. Without a moment's warning, a fowl so afflicted will totter and fall from its perch, and, unless assistance be at hand, speedily give up the ghost. The veins of the palate should be opened, and a few drops of a mixture composed of six parts of sweet nitre and one of ammonia poured down its throat. I have seen ignorant keepers plunge a bird stricken with the "turn," into cold water: but I never saw it taken out again alive; and for a good reason: the sudden chill has the effect of driving the blood to the head—of aggravating the disease, indeed, instead of relieving it.

1356.—HASHED FOWL. (*Fr.*—Ragoût de Volaille.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast fowl, 1 pint of water, 1 onion, 2 or 3 small carrots, 1 blade of pounded mace, pepper and salt to taste, 1 small bunch of savoury herbs, thickening of butter and flour, 1½ tablespoonful of mushroom ketchup.

Mode.—Cut off the best joints from the fowl, and the remainder make into gravy, by adding to the bones and trimmings a pint of water, an onion sliced and fried of a nice brown, the carrots, mace, seasoning and herbs. Let these stew gently for 1½ hour, strain the liquor, and thicken with a little flour and butter. Lay in the fowl, thoroughly warm it through, add the ketchup, and garnish with sippets of toasted bread.

Time.—Altogether, 1¾ hour. **Average Cost,** exclusive of the cold fowl, 4*d.*

Seasonable at any time.

Skin-Diseases in Fowls.—These are generally caused by the fowls being kept in cellars and other unventilated and dark places; but where they are in healthy quarters these diseases are not likely to occur. As it is the absence of freedom, fresh air, and insect food that brings about these ailments, the only real cure is to give the fowls what they need. The symptoms are the feathers beginning to fall from the head and neck.

Obstruction of the Crop.—Obstruction of the crop is occasioned by weakness or greediness. You may know when a bird is so afflicted by its crop being distended almost to bursting. Mowbray tells of a hen of his in this predicament; when the crop was opened, a quantity of new beans were discovered in a state of vegetation. The crop should be slit from the *bottom* to the *top* with a sharp pair of scissors, the contents taken out, and the slit sewed up again with fine white thread.

1357.—MINCED FOWL. (*Fr.*—Emincé de Poulet.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast fowl, 2 hard-boiled eggs, salt, cayenne and pounded mace, 1 onion, 1 faggot of savoury herbs, 6 tablespoonfuls of cream, 1 oz. of butter, 2 teaspoonfuls of flour, ½ teaspoonful of finely minced lemon-peel, 1 tablespoonful of lemon-juice.

Mode.—Cut out from the fowl all the white meat, and mince it finely without any skin or bone; put the bones, skin and trimmings into a stewpan with an onion, a bunch of savoury herbs, a blade of mace, and nearly a pint of water; let this stew for an hour, then strain the liquor. Chop the eggs small; mix them with the fowl; add salt, cayenne and pounded mace, put in the gravy and remaining ingredients; let the whole just boil, and serve with sippets of toasted bread.

Time.—Rather more than 1 hour. **Average Cost,** exclusive of the fowl, 11*d.*

Seasonable at any time.

Note.—Another way to make this is to mince the fowl, and warm it in white sauce or béchamel. When dressed like this, 3 or 4 poached eggs may be placed

on the top: oysters, or chopped mushrooms, or balls of oyster forcemeat, may be laid round the dish.

The Moulting Season.—During the moulting season, beginning properly at the end of September, the fowls will require a little extra attention. Keep them dry and warm, and feed them liberally on warm and satisfying food. If in any fowl the moult should seem protracted, examine it for broken feather-stumps still bedded in the skin; if you find any, extract them carefully with a pair of tweezers. If a fowl is hearty and strong, six weeks will see him out of his trouble; if he is weakly, or should take cold during the time, he will not thoroughly recover in less than three months. It is seldom or ever that hens will lay during the moult; while the cock, during the same period, will give so little of his consideration to the frivolities of love that you may as well, nay, much better, keep him by himself till he perfectly recovers. A moulting chicken makes but a sorry dish.

1358.—HASHED FOWL, INDIAN FASHION.

(*Fr.*—Ragoût de Volaille à l'Indienne.)

Ingredients.—The remains of cold roast fowl, 3 or 4 sliced onions, 1 apple, 2 oz. of butter, pounded mace, pepper and salt to taste, 1 tablespoonful of curry-powder, 2 tablespoonfuls of vinegar, 1 tablespoonful of flour, 1 teaspoonful of pounded sugar, 1 pint of gravy.

Mode.—Cut the onions into slices, mince the apple, and fry these in the butter; add pounded mace, pepper, salt, curry-powder, vinegar, flour and sugar in the above proportions; when the onion is brown, put in the gravy, which should be previously made from the bones and trimmings of the fowls, and stew for three quarters of an hour; add the fowl cut into nice-sized joints, let it warm through, and when quite tender, serve. The dish should be garnished with an edging of boiled rice.

Time.—1 hour. **Average Cost,** exclusive of the fowl, 8*d.*

Seasonable at any time.

The Scour, or Dysentery.—The scour, or dysentery, or diarrhœa, is induced variously. A sudden alteration in diet will cause it, as will a superabundance of green food. The best remedy is a piece of toasted biscuit sopped in ale. If the disease has too tight a hold on the bird to be quelled by this, give six drops of syrup of white poppies and six drops of castor-oil, mixed with a little oatmeal or ground rice. Restrict the bird's diet for a few days to dry food—crushed beans or oats, stale bread-crumbs, &c.

1359.—FOWL SCOLLOPS.

(*Fr.*—Escalopes de Poulet à la Béchaud.)

(Cold Meat Cookery.)

Ingredients.—The remains of cold roast or boiled fowl, ½ pint of béchamel, No. 665, or white sauce.

Mode.—Strip off the skin from the fowl; cut the meat into thin slices, and warm them in about half a pint, or rather more, of béchamel, or white sauce. When quite hot, serve, and garnish the dish with rolled ham or bacon toasted.

Time—1 minute to simmer the slices of fowl.

Seasonable at any time.

The Feather-Legged Bantam.—Since the introduction of the Bantam into Europe, it has ramified into many varieties, none of which are destitute of elegance, and some, indeed, remarkable for their beauty. All are, or ought to be, of small size, but lively and vigorous, exhibiting in their movements both grace and stateliness. The variety shown in the engraving is remarkable for the *tarsi*, or beams of the legs, being plumed to the toes with stiff, long feathers, which brush the ground. Owing, possibly, to the little care taken to preserve this variety from admixture, it is now not frequently seen. Another variety is often red, with a black breast and single dentated comb. The *tarsi*, are smooth, and of a dusky blue. When this sort of Bantam is pure, it yields in courage and spirit to none, and is, in fact, a game-fowl in miniature, being as beautiful and graceful as it is spirited. A pure white Bantam, possessing all the qualifications just named, is also bred in the royal aviary at Windsor.

FEATHER-LEGGED BANTAMS.

1360.—AN INDIAN DISH OF FOWL.

(*Fr.*—Poulet au Kari.)

Ingredients.—The remains of cold roast fowl, 3 or 4 sliced onions, 1 tablespoonful of curry-powder, salt to taste.

Mode.—Divide the fowl into joints; slice and fry the onions in a little butter, taking care not to burn them; sprinkle over the fowl a little curry-powder and salt; fry these nicely, pile them high in the centre of the dish, cover with the onion, and serve with a cut lemon on a plate. Care must be taken that the onions are not greasy; they should be quite dry, but not burn.

Time.—5 minutes to fry the onions; 10 minutes to fry the fowl. **Average Cost,** exclusive of the fowl, *4d.*

Seasonable during the winter months.

SPECKLED HAMBURGS.

The Speckled Hamburg.—Of the Speckled, or Spangled Hamburg, which is a favourite breed with many persons, there are two varieties—the golden-speckled and the silver-speckled. The general colour of the former is golden or orange-yellow, each feather having a glossy dark brown or black tip, particularly remarkable on the hackles of the cock and the wing-coverts, and also on the darker feathers of the breast. The female is yellow, or orange-brown, the feathers in like manner being margined with black. The silver-speckled variety is distinguished by the ground colour of the plumage being of a silver-white, with perhaps a tinge of straw-yellow, every feather being margined with a semi-lunar mark of glossy black. Both of these varieties are extremely beautiful; the hens laying freely. First-rate birds command a high price.

1361.—FOWL SAUTÉ WITH PEAS.

(*Fr.*—Poulet Sauté aux Petits Pois.)

Ingredients.—The remains of cold roast fowl, 2 oz. of butter, pepper, salt and pounded mace to taste, 1 dessertspoonful of flour, ½ pint of weak stock, 1 pint of green peas, 1 teaspoonful of pounded sugar.

Mode.—Cut the fowl into nice pieces; put the butter into a stewpan; sautez or fry the fowl a nice brown colour, previously sprinkling it with pepper, salt and pounded mace. Dredge in the flour, shake the ingredients well round, then add the stock and peas, and stew till the latter are tender, which will be in about 20 minutes; put in the pounded sugar, and serve, placing the chicken round, and the peas in the middle of the dish. When liked, mushrooms may be substituted for the peas.

Time.—Altogether, about 40 minutes. **Average Cost,** exclusive of the fowl, 1*s.*

Seasonable from June to August.

1362.—BOUDIN À LA REINE.

(*M. Ude's Recipe.*)

Ingredients.—The remains of cold roast fowls, 1 pint of béchamel, No. 665, salt and cayenne to taste, egg and bread-crumbs.

Mode.—Take the breasts and nice white meat from the fowls; cut it into small dice of an equal size, and throw them into some good béchamel, made by recipe No. 665; season with salt and cayenne, and put the mixture into a dish to cool. When this preparation is quite cold, cut it into 2 equal parts, which should be made into *boudins* of a long shape, the size of the dish they are intended to be served on; roll them in flour, egg-and-bread-crumb them, and be careful that the ends are well covered with the crumbs, otherwise they would break in the frying-pan; fry them a nice colour, put them before the fire to drain the greasy moisture from them, and serve with the remainder of the béchamel poured round them; this should be thinned with a little stock.

Time.—10 minutes to fry the boudins. **Average Cost,** exclusive of the fowl, 1*s.* 3*d.*

Sufficient for 1 entrée.

Sir John Sebright's Bantams.—Above all Bantams is placed the celebrated and beautiful breed called Sir John Sebright's Silver Bantams. This breed, which Sir John brought to perfection after years of careful trials, is very small, with unfeathered legs, and a rose comb and short hackles. The plumage is gold or silver, spangled, every feather being of a golden orange, or a silver white, with a glossy jet-black margin; the cocks have the tail folded like that of a hen, with the sickle feathers shortened straight, or nearly so, and broader than usual. The term *hen-cocks* is, in consequence, often applied to them; but although the sickle feathers are thus modified, no bird possesses higher courage, or a more gallant carriage. The attitude of the cock is, indeed, singularly proud; and he is often seen to bear himself so haughtily that his head, thrown back as if in disdain, nearly touches the two upper feathers—sickles they can scarcely be called—of his tail. Half-bred birds of this kind are not uncommon, but birds of the pure breed are not to be obtained without trouble and expense; indeed, some time ago, it was almost impossible to procure a fowl or an egg. "The finest," says the writer whom we have consulted as to this breed, "we have ever seen, were in Sir John's poultry-yard, adjacent to Turnham Green Common, in the by-road leading to Acton."

SEBRIGHT BANTAMS.

1363.—VOL-AU-VENT OF CHICKEN.

(*Fr.*—Vol-au-Vent de Volaille.)

Ingredients.—1 large fowl, ¾ lb. of butter, ¼ pint of cream, 1 egg, ¾ lb. of flour, 1 lemon, cayenne, salt, nutmeg and mace.

Mode.—Cut the fowl (after it is ready for cooking) into joints, which again divide; blanch them in boiling water for 2 or 3 minutes; take them out and put them in cold water to render them white. Put into a saucepan the trimmings, neck and legs of the fowl with the water in which the joints were blanched, and the seasoning, and simmer gently for rather more than 1 hour. In another saucepan put 2 oz. of butter and the pieces of fowl, dredging them with flour; then add the gravy, thickened with a little flour, and simmer for half an hour. When quite tender and well done lift out the fowl into another saucepan, skim and strain the gravy, add more seasoning if required, thicken with the cream, and pour it over the fowl. The vol-au-vent case of pastry is made as follows: Put the flour in a bowl, and put into it the egg well beaten stirred to a quarter of a pint of water, and the lemon juice strained; mix this into a paste as lightly as possible, and laying it on a slab make a hole, and put in the butter, previously squeezed in a cloth. Leave it in a cool place for an hour, then roll it out 4 times, leaving it the last time rather more than one and a half inches in thickness. Cut it to the size wanted with a vol-au-vent cutter, and with a small knife mark out a second round about three quarters of an inch from the edge, and bake in a tin for about three quarters of an hour. If the oven is not equally hot all round the vol-au-vent must be turned about that it may rise equally. When the case is baked, carefully remove all the centre part and fill with the fowl and gravy, and serve as quickly as possible.

Time.—1½ hour to cook the fowl. **Average Cost,** 5*s.*

Sufficient for 6 persons.

Seasonable at any time.

1364—LARK PIE. (*Fr.*—Pâté aux Mauviettes.)

Ingredients.—A few thin slices of beef, the same of bacon, 9 larks, flour. For stuffing: 1 teacupful of bread-crumbs, ½ teaspoonful of minced lemon-peel, 1 teaspoonful of minced parsley, 1 egg, salt and pepper to taste, 1 teaspoonful of chopped shalot, ½ pint of weak stock or water, puff-paste.

Mode.—Make a stuffing of bread-crumbs, minced lemon-peel, parsley, and the yolk of an egg, all of which should be well mixed together; roll the larks in flour, and stuff them. Line the bottom of a pie-dish with a few slices of beef and bacon; over these place the larks, and season with salt, pepper, minced parsley and chopped shalot, in the above proportion.

Pour in the stock or water, cover with crust, and bake for an hour in a moderate oven. During the time the pie is baking, shake it 2 or 3 times, to assist in thickening the gravy, and serve very hot.

Time.—1 hour. **Average Cost,** 3*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable.—In full season in November.

1365.—SALMI OF LARKS. (*Fr.*—Salmis de Mauviettes.)

Ingredients.—2 dozen larks, 3 shalots, 1½ glass of port or claret, 1 oz. of butter, a little flour, the juice of ½ a lemon, cayenne and salt to taste, 1 pint of good gravy or stock, not highly seasoned with vegetables. Roast or bake the larks.

Mode.—Put the butter in a stewpan and thicken with a little flour; put the onion into the stock and make it hot, pour it on the butter, boil up and strain. Add the wine, lemon-juice and seasoning, and put in the larks just to get hot through. Serve in a dish deep enough to hold the gravy.

Time.—½ hour to make the gravy. **Average Cost,** 5*s.*

Sufficient for 8 persons.

Seasonable in winter.

1366.—CURRIED RABBIT. (*Fr.*—Lapin au Kari.)

(*Captain Tongue's Recipe.*)

Ingredients.—1 rabbit, 3 dessertspoonfuls of curry-powder, 6 large onions, 5 cloves of garlic, ½ a lemon, ½ lb. of butter, 1 pint of milk, ½ a teaspoonful of ground cloves, ½ a teaspoonful of salt.

Mode.—Empty, skin and wash the rabbit, and cut it up neatly. Mince the garlic, and cut the onions in fine slices; fry these in a quarter of a pound of butter until of a light brown colour; rub the curry-powder well into the rabbit, and fry it in the other quarter of a pound of butter till it has attained a bright gold colour. Then place all in a stewpan, with the boiling milk and salt; let it stew slowly until the liquid is reduced to a third of the quantity. Half an hour before serving, add the cloves and the juice of half a lemon.

Time.—2 hours. **Average Cost,** 2*s.* 8*d.*

Sufficient for 4 or 5 persons.

Seasonable, September to February.

WILD RABBITS.

The Common or Wild Rabbit.—Warrens, or enclosures, are frequently made in favourable localities, and some of them are so large as to comprise 2,000 acres. The common wild rabbit is of a grey colour, and is esteemed the best for the purposes of food. Its skin is valuable as an

article of commerce, being used for the making of hats. Another variety or the rabbit, however, called the "silver-grey," has been lately introduced to this country, and is still more valuable. Its colour is a black ground, thickly interspersed with grey hairs; and its powers as a destroyer and consumer of vegetable food are well known to be enormous, especially by those who have gardens in the vicinity of a rabbit warren.

1367.—CURRIED RABBIT. (*Fr.*—Lapin au Kari.)

(*Another Mode.*)

Ingredients.—1 rabbit, 2 oz. of butter, 3 onions, 1 pint of stock, No. 273, 1 tablespoonful of curry-powder, 1 tablespoonful of flour, 1 teaspoonful of mushroom-powder, the juice of ½ a lemon, ½ lb. of rice.

Mode.—Empty, skin and wash the rabbit thoroughly, and cut it neatly into joints. Put it into a stewpan with the butter and sliced onions, and let them acquire a nice brown colour, but do not allow them to blacken. Pour in the stock, which should be boiling; mix the curry-powder and flour smoothly with a little water, add it to the stock, with the mushroom-powder, and simmer gently for rather more than half an hour; squeeze in the lemon-juice, and serve in the centre of a dish, with an edging of boiled rice all round. Where economy is studied, water may be substituted for the stock; in this case, the meat and onions must be very nicely browned. A little sour apple and rasped cocoa-nut stewed with the curry will be found a great improvement.

Time.—Altogether, ¾ hour. **Average Cost,** from 8*d.* per lb.

Sufficient for 4 persons.

Seasonable in winter.

1368.—CROQUETTES OF TURKEY.

(*Fr.*—Croquettes de Dinde.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold turkey. To every ½ lb. of meat allow 2 oz. of ham or bacon, 2 shalots, 1 oz. of butter, 1 tablespoonful of flour, the yolks of two eggs, egg and bread-crumbs.

Mode.—The smaller pieces, that will not do for a fricassée or hash, answer very well for this dish. Mince the meat finely, with ham or bacon in the above proportion; make a gravy of the bones and trimmings, well seasoning it; mince the shalots, put them into a stewpan with the butter, add the flour; mix well, then put in the mince, and about half a pint of the gravy made from the bones. (The proportion of the butter must be increased or diminished according to the quantity of mince.) When just boiled, add the yolks of two eggs; put the mixture out to cool, and then shape it in a wineglass. Cover the croquettes with egg and bread-crumbs, and fry them a delicate brown. Put small pieces of parsley-stems for stalks, and serve with rolled bacon cut very thin

Time.—8 minutes to fry the croquettes.

Sufficient for 4 persons.

Seasonable from December to February.

The Wild Turkey.—In its wild state, the turkey is gregarious, going together in extensive flocks, numbering as many as 500. These frequent the great swamps of America, where they roost; but, at sunrise, leave these situations to repair to the dry woods, in search of berries and acorns. They perch on the boughs of trees, and, by rising from branch to branch, attain the height they desire. They usually mount to the highest tops, apparently from an instinctive conception that the loftier they are the further they are out of danger. They fly awkwardly, but run with great swiftness, and about the month of March become so fat as not to be able to take a flight beyond 300 or 400 yards, and are then, also, easily run down by a horseman. Now, however, it rarely happens that wild turkeys are seen in the inhabited parts of America. It is only in the distant and more unfrequented parts that they are found in great numbers.

1369.—FRICASSEED TURKEY. (*Fr.*—Fricassée de Dinde.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold roast or boiled turkey; a strip of lemon-peel, a bunch of savoury herbs, 1 onion, pepper and salt to taste, 1 pint of water, 4 tablespoonfuls of cream, the yolk of an egg.

Mode.—Cut some nice slices from the remains of a cold turkey, and put the bones and trimmings into a stewpan, with the lemon-peel, herbs, onion, pepper, salt, and the water; stew for an hour, strain the gravy, and lay in the pieces of turkey. When warm through, add the cream and the yolk of an egg; stir it well round, and, when getting thick, take out the pieces, lay them on a hot dish, and pour the sauce over. Garnish the fricassée with sippets of fried bread. Celery or cucumbers, cut into small pieces, may be put into the sauce; if the former, it must be boiled first.

Time.—1 hour to make the gravy. **Average Cost,** exclusive of the cold turkey, 4*d.*

Sufficient for 3 persons.

Seasonable from December to February.

The Turkey.—This is one of the gallinaceous birds, the principal genera of which are Pheasants, Turkeys, Peacocks, Bustards, Pintatoes and Grouse. They live mostly on the ground, scraping the earth with their feet, and feeding on seeds and grains, which, previous to digestion, are macerated in their crops. They usually associate in families, consisting of one male and several females. Turkeys are particularly fond of the seeds of nettles, whilst the seeds of the foxglove will poison them. The common turkey is a native of North America, and in the reign of Henry VIII., was introduced into England. According to Tusser's "Five Hundred Points of Good Husbandry," it began about the year 1585 to form a dish at our rural Christmas feast:—

"Beefe, mutton, and pork, shred pies of the best,
Pig, veal, goose, and capon, and turkey well drest;
Cheese, apples, and nuts, jolly carols to hear,
As then in the country is counted good cheer."

The turkey is one of the most difficult birds to rear, and its flesh is much esteemed.

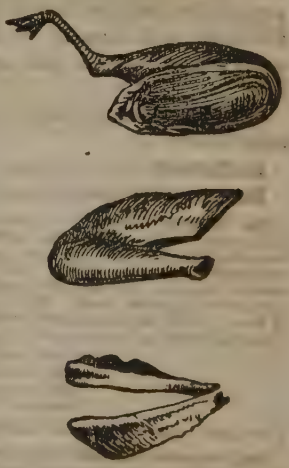
The Disposition of the Turkey.—Among themselves, turkeys are extremely furious, whilst amongst other animals they are usually both weak and cowardly. The domestic cock frequently makes them keep at a distance, whilst they will rarely attack him but in a united body, when the cock is rather crushed by their weight than defeated by their prowess. The disposition of the female is in general much more gentle than that of the male. When leading forth her young to collect their food, though so large and apparently so powerful a bird, she gives them very slight protection from the attacks of any rapacious animal which may appear against them. She rather warns them of their danger than offers to defend them; yet she is extremely affectionate to her young.

GENERAL DIRECTIONS FOR CARVING POULTRY.

1370.—ROAST DUCK.

No dishes require so much knowledge and skill in their carving as do game and poultry, for it is necessary to be well acquainted with the anatomy of the bird and animal in order to place the knife at exactly the proper point. A tough fowl and an old goose are sad triers of a carver's powers and temper, and, indeed, sometimes of the good-humour of those in the neighbourhood of the carver; for a sudden tilt of the dish may eventuate in the placing a quantity of the gravy in the lap of the right or left-hand supporter of the host. We will endeavour to assist those who are unacquainted with the "gentle art of carving," and also those who are but slightly acquainted with it, by simply describing the rules to follow, and referring to the distinctly-marked illustrations or each dish, which will further help to bring light to the minds of the uninitiated. If the bird be a young duckling, it may be carved like a fowl, viz., by first taking off the leg and the wing on either side, as described at No. 1372; but in cases where the duckling is very small, it will be as well not to separate the leg from the wing, as they will not then form too large a portion for a single serving. After the legs and wings are disposed of, the remainder of the duck will be also carved in the same manner as a fowl; and not much difficulty will be experienced, as ducklings are tender, and the joints are easily broken by a little forcing, or penetrating by the knife. In cases where the duck is a large bird, the better plan to pursue is then to carve it like a goose, that is

ROAST DUCK.

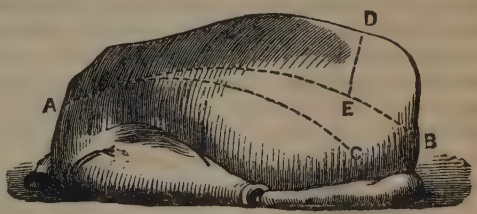


LEG, WING AND NECK-BONE OF DUCK.

by cutting pieces from the breast in the direction indicated by the lines marked from A to B, commencing to carve the slices close to the wing, and then proceeding upwards from that to the breast-bone. If more should be wanted than can be obtained from both sides of the breast, then the legs and wings must be attacked in the same way as is described in connection with carving a fowl. It may here be remarked that, as the legs of a duck are placed far more backward than those of a fowl, their position causing the waddling motion of the bird, the thigh-bones will be found considerably nearer towards the backbone than in a chicken: this is the only difference worth mentioning. The carver should ask each guest if a portion of stuffing would be agreeable; and in order to get at this, a cut should be made below the breast, as shown by the line from C to D, at the part called the "apron," and the spoon inserted. (As described in the recipe, it is an excellent plan, when a couple of ducks are served, to have one with and the other without stuffing.) As to the prime parts of a duck, it has been said that "the wings of a flyer and the legs of a swimmer" are severally the best portions. Some persons are fond of the feet of the duck; and in trussing, these should never be taken off. The leg, wing and neckbone are here shown; so that it will be easy to see the shape they should be when cut off.

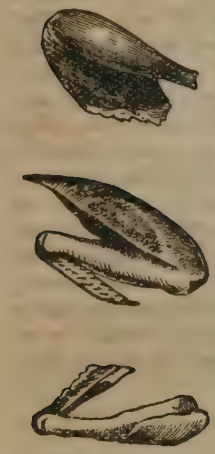
1371.—BOILED FOWL.

This will not be found a very difficult member of the poultry family to carve, unless, as may happen, a very old farmyard occupant, useless for egg-laying purposes, has, by some unlucky mischance, been introduced into the kitchen as a "fine young chicken." Skill, however, and the application of a small amount of strength, combined with a fine keeping of the temper, will even get over that difficulty. Fixing the fork firmly in the breast, let the knife be sharply passed along the line shown from A to B; then cut downwards from that line to C; and the wing, it will be found, can be easily withdrawn. The shape of the wing should be like the accompanying engraving. Let the fork be placed inside the leg, which should be gently forced away from the body of the fowl; and the joint, being thus discovered, the carver can readily cut through it, and the leg can be served.



BOILED FOWL.

When the leg is displaced, it should be of the same shape as that shown in the annexed woodcut. The legs and wings on either side having been taken off, the carver should draw his knife through the flesh in the direction of the line D to E: by this means the knife can be slipped underneath the merrythought, which being lifted up and pressed backwards, will immediately come off. The collar or neck bones are the next to consider: these lie on each side of the merrythought, close under the upper part of the wings; and, in order to free these from the fowl, they must also be raised by the knife at their broad end, and turned from the body towards the breast-bone, until the shorter piece of the bone, as shown in the cut, breaks off. There will now be left only the breast, with the ribs. The breast can be, without difficulty, disengaged from the ribs, by cutting through the latter, which will offer little impediment. The side-bones are now to be taken off; and to do this, the lower end of the back should be turned from the carver, who should press the point of the knife through the top of the backbone, near the centre, bringing it down towards the end of the back, completely through the bone. If the knife is now turned in the opposite direction, the joint will be easily separated from the vertebræ. The backbone being now uppermost, the fork should be pressed firmly down on it, whilst at the same time the knife should be employed in raising up the lower small end of the fowl towards the fork, and thus the back will be dislocated about its middle. Some persons prefer the legs, but the wings, breast and merrythought are usually esteemed the prime parts of a fowl. Byron gave it as one reason why he did not like dining with ladies, that they always had the wings of the fowls, which he himself preferred. We heard a gentleman who, when he might have had a wing, declared his partiality for a leg, saying that he had been obliged to eat legs for so long a time that he had at last come to like them better than the other parts. If the fowl is, capon-like, very large, slices may be carved from its breast in the same manner as from a turkey's.



LEG, WING AND NECK-BONE OF FOWL.

A boned fowl is usually carved by taking slices at the same place and at the same angle as the merry-thought, so that some of the stuffing may be given with each slice, or it may be cut at right angles to this, as from A to B in the illustration of boiled fowl, but this, as well as other boned birds, is so easy to carve, that it calls for no special directions, only it must be remembered that the stuffing, which is not as a rule the simple

kind used for roast fowls, is an important part and should be always given with each slice.

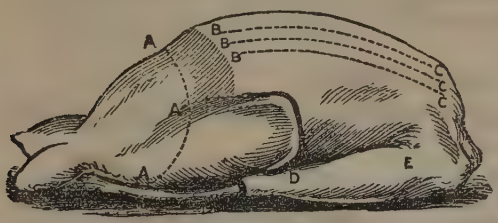
1372.—ROAST FOWL.

Generally speaking, it is not necessary to completely cut up a fowl as we have described in the preceding paragraphs, unless, indeed, a large family-party is assembled, and there are a number of "little mouths" to be filled, or some other such circumstances prevail. A roast fowl is carved in the same manner as a boiled fowl, No. 1371; viz., by cutting along the line from A to B, and then round the leg between it and the wing. The markings and detached pieces, as shown in the engravings under the heading of "Boiled Fowl," supersede the necessity of our lengthily again describing the operation. It may be added that the liver, being considered a delicacy, should be divided, and one half served with each wing. In the case of a fowl being stuffed, it will be proper to give each guest a portion, unless it be not agreeable to some one of the party.

ROAST FOWL.

1373.—ROAST GOOSE.

It would not be fair to say that this dish bodes a great deal of happiness to an inexperienced carver, especially if there is a large party to serve, and the slices off the breast should not suffice to satisfy the desires and cravings of many wholesome appetites, produced, may be, by the various sports in vogue at Michaelmas and Christmas. The beginning of the task, however, is not in any way difficult. Evenly cut slices, not too thick or too thin, should be carved from the breast in the direction of the line from B to C; after the first slice has been cut a hole should be made in the part called the apron, passing it round the line, as indicated by the letters A, A, A; here the stuffing is placed, and some of this should be served on each plate, unless it is discovered that it is not agreeable to the taste of some one guest. If the



ROAST GOOSE.

carver manages cleverly, he will be able to cut a very large number of fine slices off the breast, and the more so if he commences close by the wing, and carves upwards towards the ridge of the breast-bone. As many slices as can be taken from the breast being carved, the wings should be cut off; and the same process as described in carving boiled fowl is made use of in this instance, only more dexterity and greater force will most probably be required; the shape of the leg, when disengaged from the body of the goose, should be like that shown in the accompanying engraving. It will be necessary, perhaps, in taking off the leg, to turn the goose on its side, and then, pressing down the small end of the leg, the knife should be passed under it from the top quite down to the joint; the leg being now turned back by the fork, the knife must cut through the joint, loosening the thigh-bone from its socket. The merrythought, which in a goose is not so large as might be expected, is disengaged in the same way as that of a fowl—by passing the knife under it, and pressing it backwards towards the neck. The neck-bones, of which we give a cut, are freed by the same process as are those of a fowl; and the same may be said of all the other parts of this bird. The breast of a goose is the part most esteemed; all parts, however, are good, and full of juicy flavour.

LEG, WING AND NECK-BONE OF GOOSE.

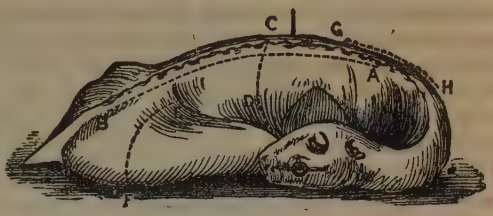
1374.—PIGEON.

A very straightforward plan is adopted in carving a pigeon; the knife is carried sharply in the direction of the line as shown from A to B, entirely through the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two guests; and, by this means, there will be sufficient meat left on the breast to send to the third guest.

PIGEON.

1375.—RABBITS.

In carving a boiled rabbit, let the knife be drawn on each side of the backbone, the whole length of the rabbit, as shown by the dotted line A to B; thus the rabbit will be in three parts. Now let the back be divided into two equal parts in the direction of the line from C to D; then let the leg be taken off, as shown by the line E to F, and the shoulder, as shown by the line G to H. This, in our opinion, is the best plan to carve a rabbit, although there are other modes which are preferred by some.



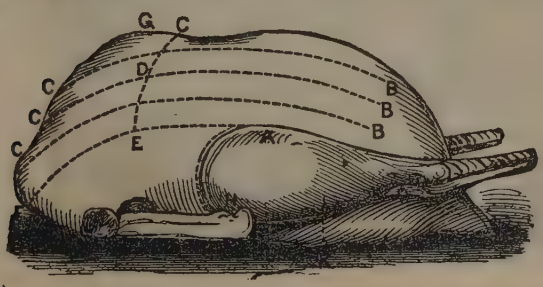
BOILED RABBIT.

A roast rabbit is rather differently trussed from one that is meant to be boiled; but the carving is nearly similar, as will be seen by the cut. The back should be divided into as many pieces as it will give, and the legs and shoulders can then be disengaged in the same manner as those of the boiled animal.

ROAST RABBIT.

1376.—ROAST TURKEY.

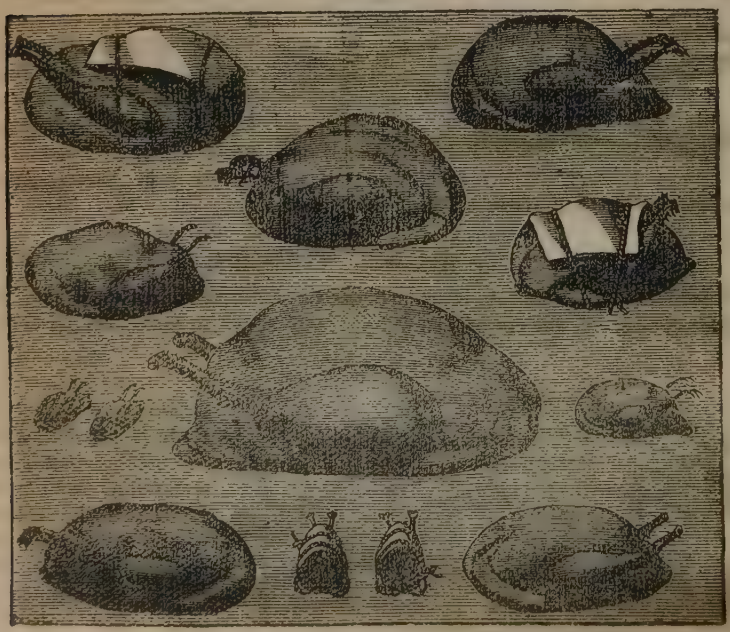
A noble dish is a turkey, roast or boiled. A Christmas dinner, with the middle classes of this empire, would scarcely be a Christmas dinner without its turkey; and we can hardly imagine an object of greater envy than is presented by a respected, portly paterfamilias carving, at the season devoted to good cheer and genial charity, his own fat turkey, and carving it well. The only art consists, as in the carving of a goose, in getting from the breast as many fine slices as possible; and all must have



ROAST TURKEY.

remarked the very great difference in the large number of people whom a good carver will find slices for, and the comparatively few that a bad carver will succeed in serving. As we have stated in both the carving of a duck and goose, the carver should commence cutting slices close to the wing from B to C, and then proceed upwards towards the ridge of the breastbone : this is not the usual plan, but, in practice, will be found best. The breast is the only part which is looked on as fine in a turkey, the legs being very seldom cut off and eaten at the table : they are usually removed to the kitchen, where they are taken off, as here marked, to appear only in a form which seems to have a special attraction at a bachelor's supper-table—we mean devilled: served in this way, they are especially liked and relished. The letters G C D show where the merrythought is placed, which can be removed in the same way as that of a fowl.

A boiled turkey is carved in the same manner as when roasted.



CHAPTER XXV.

GENERAL OBSERVATIONS ON GAME.

1377. ***The Common Law of England*** has a maxim, that goods, in which no person can claim any property, belong by his or her prerogative, to the king or queen. Accordingly, those animals, those *feræ naturæ*, which come under the denomination of Game, are, in our laws, styled his or her majesty's, and may therefore, as a matter of course, be granted by the sovereign to another ; in consequence of which another may prescribe to possess the same within a certain precinct or lordship. From this circumstance arose the right of lords of manors or others to the game within their respective liberties ; and to protect these species of animals, the game laws were originated, and still remain in force. There are innumerable acts of parliament inflicting penalties on persons who may illegally kill game, and some of them are very severe ; but they cannot be said to answer their end, nor can it be expected that they ever will, whilst there are so many persons of great wealth who have not otherwise the means of procuring game, except by purchase, and who will have it. These must necessarily encourage poaching, which, to a very large extent, must continue to render all game laws nugatory as to their intended effects upon the rustic population.

1378. ***The Object of the Laws***, however, is not wholly confined to the restraining of the illegal sportsman. Even qualified or privileged persons must not kill game at all seasons. During the day, the hours allowed for sporting are from one hour before sunrise till one hour after sunset ; whilst the time of killing

certain species is also restricted to certain seasons. For example, the season for bustard-shooting is from December 1 to March 1 ; for grouse, or red grouse, from August 12 to December 10 ; heath-fowl, or black-game, from August 20 to December 20 ; partridges from September 1 to February 12 ; pheasants from October 1 to February 1 ; widgeons, wild ducks, wild geese, wild fowls, at any time, but between March 15 and August 1 ; hares may be killed at any time of the year, under certain restrictions defined by an act of parliament of the 10th of George III.

1379. ***The Exercise or Diversion of pursuing Four-footed Beasts or Game*** is called hunting, which, to this day, is followed in the field and the forest, with gun and greyhound. Birds, on the contrary, are not hunted, but shot in the air, or taken with nets and other devices, which is called fowling ; or they are pursued and taken by birds of prey, which is called hawking, a species of sport now fallen almost entirely into desuetude in England, although, in some parts, showing signs of being revived. In pursuing Four-footed Beasts, such as deer, boars and hares, properly termed hunting, mankind were, from the earliest ages, engaged. It was the rudest and the most obvious manner of acquiring human support before the agricultural arts had in any degree advanced. It is an employment, however, requiring both art and contrivance, as well as a certain fearlessness of character, combined with the power of considerable physicial endurance. Without these, success could not be very great ; but, at best, the occupation is usually accompanied with rude and turbulent habits ; and when combined with these, it constitutes what is termed the savage state of man. As culture advances, and as the soil proportionably becomes devoted to the plough or to the sustenance of the tamer or more domesticated animals, the range of the huntsman is proportionably limited : so that when a country has attained to a high state of cultivation, hunting becomes little else than an amusement of the opulent. In the case of fur-bearing animals, however, it is somewhat different ; for these continue to supply the wants of civilisation with one of its most valuable materials of commerce.

1380. ***The Themes which form the Minstrelsy of the Earliest Ages*** either relate to the spoils of the chase or the dangers of the battle-field. Even the sacred writings introduce us to Nimrod, the first mighty hunter before the Lord, and tells us that Ishmael, in the solitudes of Arabia, became a skilful bowman ; and that David, when yet young, was not afraid to join in combat with the lion or the bear. The Greek mythology teems with hunting exploits. Hercules overthrows the Nemæan lion, the Erymanthean boar, and the hydra of Lerna ; Diana descends to the earth, and pursues the stag ; whilst Æsculapius Nestor, Theseus, Ulysses and Achilles are all followers of the chase. Aristotle, sage as he was, advises young men to apply themselves early to it ; and Plato finds in it something divine. Horace exalts it as a preparative exercise for the path of glory, and several of the heroes of Homer are its ardent votaries. The Romans followed the hunting customs of the Greeks, and the ancient Britons were hunters before Julius Cæsar invaded their shores. Although the Ancient Britons followed hunting, however, they did not confine themselves solely to its pursuit. They bred cattle and tilled the ground, and, to some extent, indicated the rudimentary state of a pastoral and agricultural life ; but, in every social change, the sports of the field maintained their place. After the expulsion of the Danes, and during the brief restoration of the Saxon monarchy, these were still followed : even Edward the Confessor, who would join in no other secular amusements, took the greatest delight, says William of Malmesbury, " to follow a pack of swift hounds in pursuit of game, and to cheer them with his voice." Nor was Edward the only English sovereign who delighted in the pleasure of the

chase. William the Norman, and his two sons who succeeded him, were passionately fond of the sport, and greatly circumscribed the liberties of their subjects in reference to the killing of game. The privilege of hunting in the royal forests was confined to the king and his favourites; and in order that these umbrageous retreats might be made more extensive, whole villages were depopulated, places of worship levelled with the ground, and every means adopted that might give a sufficient amplitude of space, in accordance with the royal pleasure, for the beasts of the chase. King John was likewise especially attached to the sports of the field; whilst Edward III. was so enamoured of the exercise, that even during his absence at the wars in France, he took with him sixty couples of stag-hounds and as many hare-hounds, and every day amused himself either with hunting or hawking. Great in wisdom as the Scotch Solomon, James I., conceived himself to be, he was much addicted to the amusements of hunting, hawking and shooting. Yea, it is even asserted that his precious time was divided between hunting, the bottle, and his standish; to the first he gave his fair weather, to the second his dull, and to the third his cloudy. From his days down to the present, the sports of the field have continued to hold their high reputation, not only for the promotion of health, but for helping to form that manliness of character which enters so largely into the composition of the sons of the British soil. That it largely helps to do this there can be no doubt. The late Duke of Grafton, when hunting, was, on one occasion, thrown into a ditch. A young curate, engaged in the same chase, cried out, "Lie still, my lord!" leapt over him, and pursued his sport. Such an apparent want of feeling might be expected to have been resented by the duke; but not so. On his being helped up by his attendant, he said, "That man shall have the first good living that falls to my disposal: had he stopped to have given me his sympathy, I never would have given him anything." Such was the manly sentiment of the duke, who delighted in the exemplification of a spirit similarly ardent as his own in the sport, and above the baseness of an assumed sorrow.

1381. ***That Hunting has in many instances been carried to an excess*** is well known, and the match given by the Prince Esterhazy, Regent of Hungary, on the signing of the treaty of peace with France, is not the least extraordinary upon record. On that occasion, there were killed 160 deer, 100 wild boars, 300 hares and 80 foxes: this was the achievment of one day. Enormous, however, as this slaughter may appear, it is greatly inferior to that made by the contemporary King of Naples on a hunting expedition. That sovereign had a larger extent of ground at his command, and a longer period for the exercise of his talents; consequently, his sport, if it can be so called, was proportionably greater. It was pursued during his journey to Vienna, in Austria, Bohemia and Moravia; when he killed 5 bears, 1,820 boars, 1,950 deer, 1,145 does, 1,625 roebucks, 11,121 rabbits, 13 wolves, 17 badgers, 16,354 hares and 354 foxes. In birds, during the same expedition, he killed 15,350 pheasants and 12,335 partridges. Such an amount of destruction can hardly be called sport; it resembles more the indiscriminate slaughter of a battle-field, where the scientific engines of civilised warfare are brought to bear upon defenceless savages.

1382. ***Deer and Hares*** may be esteemed as the only four-footed animals now hunted in Britain for the table; and even these are not followed with the same ardour as they were wont to be. Still, there is no country in the world where the sport of hunting on horseback is carried on to such an extent as in Great Britain, and where the pleasures of the chase are so well understood, and conducted on such purely scientific principles. The fox, of all "the beasts of the field," is now considered to afford the best sport. For this, it

is infinitely superior to the stag; for the real sportsman can only enjoy that chase when the deer is sought for and found like other game which are pursued with hounds. In the case of finding an outlying fallow-deer, which is unharboured in this manner, great sport is frequently obtained; but this is now rarely to be met with in Britain. In reference to hare-hunting, it is much followed in many parts of this and the sister island; but, by the true fox-hunter, it is considered as a sport only fit to be pursued by women and old men. Although it is less dangerous and exciting than the fox-chase, however, it has great charms for those who do not care for the hard-riding which the other requires.

1383. ***The Art of taking or killing Birds*** is called "fowling," and is either practised as an amusement by persons of rank or property, or for a livelihood by persons who use nets and other apparatus. When practised as an amusement, it principally consists of killing them with a light fire-arm called a "fowling-piece," and the sport is secured to those who pursue it by the game laws. The other means by which birds are taken consists in imitating their voices, or leading them, by other artifices, into situations where they become entrapped by nets, birdlime or otherwise. For taking large numbers of birds, the pipe or call is the most common means employed; and this is done during the months of September and October. We will here briefly give a description of the *modus operandi* pursued in this sport. A thin wood is usually the spot chosen, and, under a tree at a little distance from the others, a cabin is erected, and there are only such branches left on the tree as are necessary for the placing of the birdlime, and which are covered with it. Around the cabin are placed avenues with twisted perches, also covered with birdlime. Having thus prepared all that is necessary, the birdcatcher places himself in the cabin, and, sunrise and sunset, imitates the cry of a small bird calling the others to its assistance. Supposing that the cry of the owl is imitated, immediately different kinds of birds will flock together at the cry of their common enemy, when, at every instant, they will be seen falling to the ground, their wings being of no use to them, from their having come in contact with the birdlime. The cries of those which are thus situated now attract others, and thus are large numbers taken in a short space of time. If owls were themselves desired to be taken, it is only during the night that this can be done, by counterfeiting the squeak of the mouse. Larks, other birds and water-fowl are sometimes taken by nets; but to describe fully the manner in which this is done would here occupy too much space.

1384. ***Feathered Game have from time immemorial*** given gratification to the palate of man. With the exception of birds of prey, and some other species, Moses permitted his people to eat them; and the Egyptians made offerings to their priests of their most delicate birds. The ancient Greeks commenced their repast with little roasted birds; and feathered game, amongst the Romans, was served as the second course. Indeed, several of the ancient *gourmands* of the "imperial city" were so fond of game that they brought themselves to ruin by eating flamingoes and pheasants. "Some modern nations, the French amongst others," says Monsieur Soyer, "formerly ate the heron, crane, crow, stork, swan, cormorant and bittern. The first three especially were highly esteemed; and Laillevant, cook of Charles VII., teaches us how to prepare these meagre, tough birds. Belon says, that in spite of its revolting taste when unaccustomed to it, the bittern is, however, among the delicious treats of the French. This writer also asserts that a falcon or vulture, either roasted or boiled, is excellent eating, and that if one of these birds happened to kill itself in flying after game, the falconer instantly cooked it. Lebaut calls the heron a royal viand."

1385. ***The Heron was hunted by the Hawk,*** and the sport of hawking is usually placed at the head of those amusements that can only be practised in the country. This precedency it probably obtained from its being a pastime so generally followed by the nobility, not in Great Britain only, but likewise on the Continent. In former times, persons of high rank rarely appeared in public without their dogs and their hawks; the latter they carried with them when they journeyed from one country to another, and sometimes even took them to battle with them, and would not part with them when taken prisoners, even to obtain their own liberty. Such birds were esteemed as the ensigns of nobility, and no action was reckoned more dishonourable in a man of rank than that of giving up his hawk. We have already alluded to the hunting propensities of our own Edward III., and we may also allude to his being equally addicted to hawking. According to Froissart, when this sovereign invaded France, he took with him thirty falconers on horseback, who had charge of his hawks, and every day, as his royal fancy inclined him, he either hunted, or went to the river for the purpose of hawking. In the great and powerful, the pursuit of game as a sport is allowable, but in those who have to earn their bread by the sweat of their brow, it is to be condemned. In Burton's "Anatomy of Melancholy," we find a humorous story, told by Poggius, the Florentine, who reprobates this folly in such persons. It is thus: A physician of Milan, that cured madmen, had a pit of water in his house, in which he kept his patients, some up to the knees, some to the girdle, some to the chin, *pro modo insaniæ*, as they were more or less affected. One of them by chance, that was well recovered, stood in the door, and seeing a gallant pass by with a hawk on his fist, well mounted, with his spaniels after him, would needs know to what use all this preparation served. He made answer, To kill certain fowl. The patient demanded again, what his fowl might be worth which he killed in a year? He replied, Five or ten crowns; and when he urged him further, what his dogs, horse and hawks stood him in, he told him four hundred crowns. With that the patient bade him begone, as he loved his life and welfare; "for if our master come and find thee here, he will put thee in the pit, amongst the madmen, up to the chin." Thus reproving the madness of such men as will spend themselves in those vain sports, to the neglect of their business and necessary affairs.

1386. ***As the inevitable Result of Social Progress*** is, at least, to limit, if not entirely to suppress, such sports as we have here been treating of, much of the romance of the country life has passed away. This is more especially the case with falconry, which had its origin about the middle of the fourth century, although lately some attempts have been rather successfully made to institute a revival of the "gentle art" of hawking. Julius Firmicus, who lived about that time, is, so far as we can find, the first Latin author who speaks of falconers, and the art of teaching one species of birds to fly after and catch others. The occupation of these functionaries has now, however, all but ceased. New and nobler efforts characterise the aims of mankind in the development of their civilisation, and the sports of the field have, to a large extent, been superseded by other exercises, it may be less healthful and invigorating, but certainly more elegant, intellectual and humanising.

1387. ***The Wild Birds,*** of which we have now to speak, are protected by the law, and may only be killed or sold during some months of the year. In a country so thickly populated as England they would otherwise soon be exterminated. It is, however, more as a matter of custom than as a matter of fact, that we speak of all game as wild, for thousands of birds are bred, like barn-door fowls, and turned loose for sport in the autumn.

1388. ***Season for Game.***—Between March 15th and August 1st is the worst time for game, for since 1872 a £5 penalty has been exacted from any person who shall kill or sell any one of a number of birds, of which these have most to do with the housekeeper—coot, dotterel, mallard, moorhen, plover, quail, snipe, woodcock, swan, teal, widgeon, wild duck, wheatear. They may be sold, however, if they are proved to come from outside the limits of the United Kingdom, and a good deal of foreign game is sold to those who cannot content themselves during those months without a game course to dinner. Partridges and prairie hens come to us from America.

1389. ***To Keep Game.***—All water birds should be eaten as fresh as possible, as their flesh is oily, and soon becomes rank. Most game is kept until putrefaction has commenced, and it is thought that the flavour is thereby developed. The time that it may be kept depends upon (1) the taste of the persons who are to eat it; (2) the weather; (3) the age of the bird. Taking all this together it is impossible to lay down any precise rules. In damp, muggy weather, even if the thermometer is not very high, game will keep a very little time, but in clear, windy weather, even if it is not very cold, it will keep for many days. It should always be kept in the fur or feathers, and should not be drawn, and should be hung up in a current of air. It may sometimes be necessary to pluck, truss, and half cook it, in which state it will keep a day or two longer.

Old birds may always be kept longer than young ones, so that it is well, in case of having a good deal of game, to cook the old on one day and the young on another. Old birds also need longer cooking.

1390. ***To Choose Game.***—At the beginning of the season it is easy to distinguish between old and young, but towards the end of the year the distinctions become obliterated. Besides the smoothness of the claws and the small lip cleft of a young hare, the ear is tender, and can be easily torn. This sign, however, is not infallible if the ear is torn by the poulterer, who, by long practice, can always tear it very readily. The short, stumpy neck and long joints of a young rabbit or hare are a better guide, and a small bony knob can be felt near the foot of a leveret, which is absent in a full-grown hare. Partridges, at the beginning of the season, can always be distinguished by the shape of the long feathers in the wing: in an old bird they are round at the end, like the letter U; in a young one they are pointed, like a V.

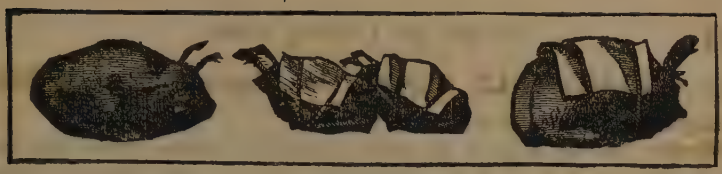
The red-legged French partridges are rather larger and cheaper than the English, but they are not considered so good.

The size of the spur, the smoothness of the legs, and the tenderness of the pinion are the best guides in choosing a pheasant; and, indeed, these always are the points to observe in all birds, so far as their age is concerned.

If they are in good condition the breast is thick and hard; if lean, the breast feels thin and soft. The feet generally tell if a bird is fresh. They should be supple and moist, especially in water birds, but they soon become stiff and dry after the bird is dead.

Game is less fat than poultry or butcher's meat, and is generally thought to be very nourishing. It is also easy of digestion, and is valued in the sick room as well as on the table of the epicure. This does not apply to wild fowl, which have close, firm, and rather oily flesh, and are, therefore, unsuited to weak stomachs.

A number of small birds spoken of in this chapter do not, strictly speaking, come within the limits of either game, wild fowl or poultry. They are eaten as articles of luxury to no great amount, and are placed here because they often replace game on the dinner table.



RECIPES FOR COOKING GAME.

CHAPTER XXVI.

1391.—ROAST BLACK-COCK. (*Fr.* Coq de Bruyère Rôti.)

Ingredients.—Black-cock, butter, toast.

Mode.—Let these birds hang for a few days, or they will be tough and tasteless, if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss them, the same as a roast fowl, cutting off the toes, and scalding and peeling the feet. Trussing them with the head on, as shown in the engraving, is still practised by many cooks, but the former method is now considered the best. Put them down to a brisk fire, well baste them with butter, and serve with a piece of toast under, and a good gravy and bread-sauce. After trussing, some cooks cover the breast with vine-leaves and slices of bacon, and then roast them. They should be served in the same manner and with the same accompaniments as with the plainly roasted birds.

ROAST BLACK-COCK.

Time.—45 to 50 minutes. **Average Cost,** 4*s.* the brace.

Sufficient.—2 or 3 for a dish.

Seasonable from the middle of August to the end of November.

The Black-Cock, Heath-Cock, Moor-Fowl, or Heath-Poult.—This bird sometimes weighs as much as four pounds, and the hen about two. It is at present confined to the more northern parts of Britain, culture and extending population having united in driving it into more desolate regions, except, perhaps, in a few of the more wild and less-frequented portions of England. It may still be found in the New Forest, in Hampshire, Dartmoor and Sedgmoor, in Devonshire, and among the hills of Somersetshire, contiguous to the latter. It may also be found in Staffordshire, in North Wales, and again in the north of England; but nowhere so plentiful as in some parts of the Highlands of Scotland. The males are hardly distinguishable from the females until they are about half-grown, when the black feathers begin to appear, first about the sides and breast. Their food consists of the tops of birch and heath, except when the mountain berries are ripe, at which period they eagerly and even voraciously pick the bilberries and cranberries from the bushes. Large numbers of these birds are found in Norway, almost rivalling the turkey in point of size. Some of them have begun to be imported into London, where they are vended in the shops; but the flavour of their flesh is not equal to that of the Scotch bird.

BLACK COCK.

1392.—ROAST WILD DUCK. (*Fr.*—Canard Sauvage Rôti.)

Ingredients.—Wild duck, flour, butter.

Mode.—Having trussed the birds, roast them before a quick fire, and, when they are first put down, let them remain for five minutes without basting, this will keep the gravy in; afterwards baste plentifully with butter, and a few minutes before serving dredge them lightly with flour; baste well, and send them to table nicely frothed, and full of gravy. If overdone, the birds will lose their flavour. Serve with a good gravy in the dish, No. 614, or orange gravy; and send to table with them a cut lemon, garnishing with the same. To take off the fishy taste which wild fowl sometimes have, baste them for a few minutes with hot water to which have been added an onion and a little salt; then take away the pan and baste with butter.

ROAST WILD DUCK.

Time.—When liked underdressed, 20 to 25 minutes; well done, 25 to 35 minutes. **Average Cost,** 4*s.* the brace.

Sufficient.—2 for a dish.

Seasonable from November to February.

The Wild Duck.—The male of the wild duck is called a mallard; and the young ones are called flappers. The time to try to find a brood of these is about the month of July, among the rushes of the deepest and most retired parts of some brook or stream, where, if the old bird is sprung, it may be taken as a certainty that its brood is not far off. When once found, flappers are easily killed, as they attain their full growth before their wings are fledged. Consequently the sport is more like hunting water-rats than shooting birds. When the flappers take wing, they assume the name of wild ducks, and about the month of August repair to the corn-fields, where they remain until they are disturbed by the harvest-people. They then frequent the rivers pretty early in the evening, and give excellent sport to those who have patience to wait for them. In order to know a wild duck, it is necessary only to look at the claws, which should be black.

THE WILD DUCK.

1393.—POTTED GAME (of any kind).

Ingredients.—Remains of cold game, pounded mace, allspice, cayenne, black pepper, salt, 1 lump of sugar, ham or butter.

Mode.—Free the game from skin and bone, and pound it in a mortar, then add the seasonings. Pound an equal quantity of cold ham, or, if not at hand, the same amount of butter. Mix thoroughly, press into pots, and cover with clarified butter. When required for use, dish it on an aspic, and garnish with fresh parsley.

Seasonable at any time.

1394.—GROUSE PIE. (*Fr.*—Pâté de Coq de Bruyère.)

Ingredients. — Grouse, cayenne, salt and pepper to taste, 1 lb. of rump steak, ½ pint of well-seasoned broth, puff paste.

Mode.—Line the bottom of a pie-dish with the rump-steak cut into neat pieces, and, should the grouse be large, cut them into joints; but, if small, they may be laid in the pie whole; season highly with salt, cayenne and black pepper; pour in the broth, and cover with a puff paste; brush the crust over with the yolk of an egg, and bake from three quarters to 1 hour. If the grouse is cut into joints, the backbones and trimmings will make the gravy, by stewing them with an onion, a little sherry, a bunch of herbs and a blade of mace; this should be poured in after the pie is baked.

Time.—¾ to 1 hour. **Average Cost,** exclusive of the grouse, 1*s.* 9*d*

Seasonable from the 12th of August to the beginning of December.

1395.—ROAST GROUSE. (*Fr.*—Coq de Bruyère Rôti.)

Ingredients.—Grouse, butter, a thick slice of toasted bread.

Mode.—Let the birds hang as long as possible; pluck and draw them; wipe, but do not wash them, inside and out, and truss them the same as a roast fowl. Put them down to a sharp, clear fire; keep them well basted the whole of the time they are cooking, and serve them on a buttered toast soaked in the dripping-pan, with a little melted butter poured over them, or with bread-sauce and gravy.

ROAST GROUSE.

Time.—½ hour; if liked very thoroughly done, 35 minutes. **Average Cost,** from 3*s.* the brace.

Sufficient.—2 for a dish.

Seasonable from the 12th of August to the beginning of December.

Grouse.—These birds are divided into wood grouse, black grouse, red grouse and white grouse. The wood grouse is further distinguished as the cock of the wood, or capercalzie, and is as large as the turkey, being about two feet nine inches in length, and weighing from twelve to fifteen pounds. The female is considerably less than the male, and, in the colour of her feathers, differs widely from the other. This beautiful species is found principally in lofty, mountainous regions, and is very rare in Great Britain; but in the pine forests of Russia, Sweden, and other northern countries, it is very common. In these it has its habitat, feeding on the cones of the trees and the fruits of various kinds of plants, especially the berry of the juniper. Black grouse is also distinguished as black-game, or the black-cock. It is not larger than the common hen, and weighs only about four pounds. The female is about one-third less than the male, and also differs considerably from him in point of colour. Like the former, they are found chiefly in high situations, and are common in Russia, Siberia, and other northern countries. They are also found in the northern parts of Great Britain, feeding in winter on the various berries and fruits belonging to

RED GROUSE.

mountainous countries, and, in summer, frequently descending to the lower lands, to feed upon corn. The red grouse, gor-cock, or moor-cock, weighs about nineteen ounces, and the female somewhat less. In the wild healthy tracts of the northern counties of England it is plentiful, also in Wales and the Highlands of Scotland. Mr. Pennant considered it peculiar to Britain, those found in the mountainous parts of Spain, France, and Italy, being only varieties of the same bird. White grouse, white game, or ptarmigan, is nearly the same size as the red grouse, and is found in lofty situations, where it supports itself in the severest weather. It is to be met with in most of the northern countries of Europe, and appears even in Greenland. In the Hebrides, Orkneys and the Highlands of Scotland it is also found; and sometimes, though rarely, among the fells of Northumberland and Cumberland. In winter they fly in flocks, and are so little familiar with the sight of man, that they are easily shot or even snared. They feed on th wild produce of the hills, which sometimes imparts to their flesh a bitter but not unpalatable taste. According to Buffon, it is dark-coloured, and flavoured somewhat like the hare.

1396.—GROUSE SALAD (*Fr.*—Salade de Gibier.)

(*Soyer's Recipe improved.*)

Ingredients.—8 eggs, butter, fresh salad, 2 or 3 grouse. For the sauce: 1 tablespoonful of minced shalot, 2 tablespoonfuls of pounded sugar, the yolks of 2 eggs, 1 teaspoonful of minced parsley, ½ oz. of salt, 12 tablespoonfuls of oil, 4 tablespoonfuls of Chili vinegar, 1 gill of cream, 2 tablespoonfuls of chopped tarragon and chervil.

Mode.—Boil the eggs hard, shell them, throw them into cold water, cut a thin slice off the bottom to facilitate the proper placing of them in the dish, cut each one into four, lengthwise, and make a very thin flat border of butter, about one inch from the edge of the dish the salad is to be served on; fix the pieces of egg upright, close to each other, the yolk outside, or the yolk and white alternately; lay in the centre a fresh salad of whatever is in season, and, having previously roasted the grouse, rather underdone, cut it into eight or ten pieces, and prepare the sauce as follows:—Put the shalots into a basin, with the sugar, the yolk of an egg, the parsley and salt, and mix in by degrees the oil and vinegar; when all the ingredients are well mixed, put the sauce on ice or in a cool place. When ready to serve, whip the cream rather thick, which lightly mix with it; then lay the inferior parts of the grouse on the salad, sauce over so as to cover each piece, then lay over the salad and the remainder of the grouse, pour the rest of the sauce over, and serve. The eggs may be ornamented with a little dot of radishes or beetroot on the point. Anchovy and gherkin, cut into small diamonds, may be placed between; or cut gherkins in slices, and a border of them laid round. Tarragon or chervil-leaves are also a pretty addition. The remains of cold black-game, pheasant or partridge may be used in the above manner, and will make a very delicate dish.

Seasonable from the 12th of August to the beginning of December.

The Capercalzie.—This bird was to be met with formerly both in Ireland and Scotland, but is now extinct. The male lives separate from the females, except in the breeding season. Its manners and habits are very like those of black grouse, except that it seems to be wholly confined to forests of pine, on the tender shoots of which it feeds. It is by no means uncommon in the woods of Norway, whence we received it. It is also found abundant in Russia, Siberia, Italy,

and in some portions of the Alps. It was, in 1760, last seen in Scotland, in the woods of Strathglass. Recent attempts have been made to re-introduce it into that country, but without success; principally owing, as we should imagine, to the want of sufficient food suitable for its sustenance.

THE CAPERCALZIE.

Grouse.—Under the general term are included several species of game birds, called black, red, woodland and white grouse. The black is larger than the red (*see* No. 1395), and is not so common, and, therefore, held in higher estimation. The red, however, is a bird of exquisite flavour, and is a native of the mountainous districts of Scotland and the North of England. It feeds on the tops of the heath, and the berries that grow amongst them; its colour is a rich chestnut, striped with black. The woodland, or cock of the wood, is the largest among the bird tribes which pass under the denomination of game. It is smaller than the turkey, and was originally common in our mountains; but it is now to be found only in the mountains of Scotland, though it still abounds in the north of Europe, Germany, and in the Alps. It is esteemed as delicious eating, and its plumage is extremely beautiful. The white grouse, or ptarmigan, is not a plentiful bird in Britain; but it is still found in the islands, and weighs about half a pound. The London market is supplied by Norway and Scotland; those from the former country being esteemed the best. When young, it is held in high estimation, being considered as little different from common grouse.

1397.—ROAST HARE. (*Fr.*—Lièvre Rôti.)

Ingredients.—Hare, forcemeat, No. 629, a little milk, butter.

Mode.—Choose a young hare, which may be known by its smooth and sharp claws, and by the cleft in the lip not being much spread. To be eaten in perfection, it must hang for some time; and, if properly taken care of, it may be kept for several days. It is better to hang without being paunched; but should it be previously emptied, wipe the inside every day, and sprinkle over it a little pepper and ginger, to prevent the musty taste which long keeping in the damp occasions, and which also affects the stuffing. After it is skinned, wash it well, and soak for an hour in warm water to draw out the blood; if old, let it lie in vinegar for a short time, but wash it well afterwards in several waters. Make a forcemeat by recipe No. 629, wipe the hare dry, fill the belly with it, and sew it up. Make of the same forcemeat some balls for garnishing, and fry them a nice brown The hare should be kept at a distance from the fire when it is first laid down, or the outside will become dry and hard before the inside is done. Baste it well with milk for a short time, and afterwards with butter; and particular attention must be paid to the basting, so as to preserve the meat on the back juicy and nutritive. When it is almost roasted enough, flour the hare, and baste well with butter. When nicely frothed, dish it, remove the skewers, and send it to table garnished with the forcemeat balls and fried parsley, with a little gravy in the dish, and a tureen of the same Red-currant jelly must also not be forgotten, as

ROAST HARE.

this is an indispensable accompaniment to roast hare. For economy, good beef dripping may be substituted for the milk and butter to baste with; but the basting, as we have before stated, must be continued without intermission. If the liver is good, it may be parboiled, minced and mixed with the stuffing; but it should not be used unless quite fresh.

Time.—A middling-sized hare, 1¼ hour; a large hare, 1½ to 2 hours. **Average Cost,** from 4*s.* to 6*s.*

THE HARE.

Sufficient for 5 or 6 persons.

Seasonable from September to the end of February.

The Hare.—This little animal is found generally distributed over Europe, and, indeed, in most parts of the northern world. Its extreme timidity is the endowment which Providence has bestowed upon it as a means of defence; it is, therefore, attentive to every sound, and is supplied with ears both long and tubular, with which it can hear with great acuteness. Its eyes, also, are so constructed, and placed so prominent in its head, that it can see both before and behind it. It lives entirely upon vegetables, but its fleshi s considered dry, notwithstanding that it is deemed, in many respects, superior to that of the rabbit, being more savoury, and of a much higher flavour. Its general time of feeding is the evening; but during the day, if not disturbed, it adheres closely to its *form*.

1398.—POTTED HARE. (*Fr.*—Terrine de Lièvre.)

(A Luncheon or Breakfast Dish.)

Ingredients.—1 hare, a few slices of bacon, a large bunch of savoury herbs, 4 cloves, ½ teaspoonful of whole allspice, 2 carrots, 2 onions, salt and pepper to taste, 1 pint of water, 2 glasses of sherry.

Mode.—Skin, empty and wash the hare; cut it down the middle, and put it into a stewpan, with a few slices of bacon under and over it; add the remaining ingredients, and stew very gently until the hare is tender, and the flesh will separate easily from the bones. When done enough, take it up, remove the bones, and pound the meat, *with the bacon*, in a mortar, until reduced to a perfectly smooth paste. Should it not be sufficiently seasoned, add a little cayenne, salt and pounded mace, but be careful that these are well mixed with the other ingredients. Press the meat into potting-pots, pour over clarified butter, and keep in a dry place. The liquor that the hare was stewed in should be saved for hashes, soups, &c.

Time.—About 2½ hours to stew the hare.

Seasonable from September to the end of February.

1399.—BROILED HARE. (*Fr.*—Lièvre Grillé.)

(A Supper or Luncheon Dish.)

Ingredients.—The legs and shoulders of a roast hare, cayenne and salt to taste, a little butter.

Mode.—Cut the legs and shoulders from a roast hare, season them highly with salt and cayenne, and broil them over a very clear fire for five minutes. Dish them on a hot dish, rub over them a little cold butter, and send to table very quickly.

Time.—5 minutes.

Seasonable from September to the end of February.

1400.—ROAST LANDRAIL, OR CORN-CRAKE.

Ingredients.—3 or 4 birds, butter, fried bread-crumbs.

Mode.—Pluck and draw the birds, wipe them inside and out with damp cloths, and truss them in the following manner:—Bring the head round under the wing, and the thighs close to the sides; pass a skewer through them and the body, and keep the legs straight. Roast them before a clear fire, keep them well basted, and serve on fried bread-crumbs, with a tureen of brown gravy. When liked, bread-sauce may also be sent to table with them.

LANDRAILS.

Time.—12 to 20 minutes. **Average Cost.**—Seldom bought.

Sufficient.—Allow 4 for a dish.

Seasonable from August 12th to the middle of September.

The Landrail, or Corn-Crake.—This bird is migratory in its habits, yet, from its formation, it seems ill-adapted for long aërial passages, its wings being short, and placed so forward out of the centre of gravity that it flies in an extremely heavy and embarrassed manner, and with its legs hanging down. When it alights, it can hardly be sprung a second time, as it runs very fast, and seems to depend for its safety more on the swiftness of its feet than the celerity of its wings. It makes its appearance in England about the same time as the quail, that is, in the months of April and May, and frequents the same places. Its singular cry is first heard when the grass becomes long enough to shelter it, and it continues to be heard until the grass is cut. The bird, however, is seldom seen, for it constantly skulks among the thickest portions of the herbage, and runs so nimbly through it, doubling and winding in every direction that it is difficult to get near it. It leaves this island before the winter, and repairs to other countries in search of its food, which principally consists of slugs, large numbers of which it destroys. It is very common in Ireland, and, whilst migrating to this country, is seen in great numbers in the island of Anglesea. On its first arrival in England, it is so lean as scarcely to weigh above five or six ounces; before its departure, however, it has been known to exceed eight ounces, and is then most delicious eating.

THE LANDRAIL.

1401.—TO DRESS A LEVERET. (*Fr.*—Levraut Rôti.)

Ingredients.—2 leverets, butter, flour.

Mode.—Leverets should be trussed in the same manner as a hare, but they do not require stuffing. Roast them before a clear fire, and keep them well basted all the time they are cooking. A few minutes before serving, dredge them lightly with flour, and froth them nicely. Serve with plain gravy in the dish, and send to table red-currant jelly with them.

Time.—½ to ¾ hour. **Average Cost,** 4*s.* each.
Sufficient for 5 or 6 persons.
Seasonable from May to August, but cheapest in July and August.

1402.—BROILED PARTRIDGE. (*Fr.*—Perdreaux Grillés.)

(*A Luncheon, Breakfast or Supper dish.*)

Ingredients.—3 partridges, salt and cayenne to taste, a small piece of butter, brown gravy or mushroom sauce.

Mode.—Pluck, draw and cut the partridges in half, and wipe the inside thoroughly with a damp cloth. Season them with salt and cayenne, broil them over a very clear fire, and dish them on a hot dish; rub a small piece of butter over each half, and send them to table with brown gravy or mushroom sauce.

Time.—About ¼ hour. **Average Cost,** 3*s.* to 4*s.* 6*d.* a brace.
Sufficient for 6 persons.
Seasonable from the 1st of September to the beginning of February.

1403.—PARTRIDGE PIE. (*Fr.*—Pâté de Perdreaux.)

Ingredients.—3 partridges, pepper and salt to taste, 1 teaspoonful of minced parsley (when obtainable, a few mushrooms); ¾ lb. of veal cutlet, a slice of ham, ½ pint of stock, puff paste.

Mode.—Line a pie-dish with a veal cutlet; over that place a slice of ham and a seasoning of pepper and salt. Pluck, draw and wipe the partridges; cut off the legs at the first joint, and season them inside with pepper, salt, minced parsley, and a small piece of butter; place them in the dish, and pour over the stock; line the edges of the dish with puff paste, cover with the same, brush it over with the yolk of an egg, and bake for three quarters to one hour.

Time.—¾ to 1 hour. **Average Cost,** 3*s.* to 4*s.* 6*d.* a brace.
Sufficient for 6 persons.
Seasonable from the first of September to the beginning of February.

Note.—Should the partridges be very large, split them in half; they will then lie in the dish more compactly. Some cooks carve the partridges into joints before placing them in the dish. This plan is commendable on account of the ease with which the pie can be helped. When at hand, a few mushrooms should always be added.

1404.—POTTED PARTRIDGE. (*Fr.*—Terrine de Perdreaux.)

Ingredients.—Partridges, seasoning to taste of mace, allspice, white pepper and salt; butter, coarse paste.

Mode.—Pluck and draw the birds, and wipe them inside with a damp

cloth. Pound well some mace, allspice, white pepper and salt; mix together, and rub every part of the partridges with this. Pack the birds as closely as possible in a baking-pan, with plenty of butter over them, and cover with a coarse flour-and-water crust. Tie a paper over this, and bake for rather more than 1½ hour; let the birds get cold, then cut them into pieces for keeping, pack them closely into a large potting-pot, and cover with clarified butter. This should be kept in a cool, dry place. Pigeons and other birds may be potted in the same manner.

Time.—1½ hour. **Average Cost,** 3*s.* to 4*s.* 6*d.* a brace.

Seasonable from the 1st of September to the beginning of February.

1405.—ROAST PARTRIDGE. (*Fr.*—Perdreaux Rôti.)

Ingredients.—Partridges, butter.

Mode.—When the bird is firmly and plumply trussed, roast it before a nice bright fire; keep it well basted, and a few minutes before serving, flour and froth it well. Dish it, and serve with gravy and bread-sauce, and send to table hot and quickly. A little of the gravy should be poured over the bird.

ROAST PARTRIDGE.

Time.—25 to 35 minutes. **Average Cost,** 3*s.* to 4*s.* 6*d.* a brace.

Sufficient.—2 for a dish.

Seasonable from the 1st of September to the beginning of February.

Note.—Choose young birds, with dark-coloured bills and yellowish legs, and let them hang a few days, or there will be no flavour to the flesh, nor will it be tender. The time they should be kept entirely depends on the taste of those for whom they are intended, as what some persons would consider delicious would be to others disgusting and offensive.

The Partridge.—This bird is to be found in nearly all the temperate countries of Europe, but is most abundant in the Ukraine, although it is unable to bear the extremes of climate, whether hot or cold. It was formerly very common in France, and is considered a table luxury in England. The instinct of this bird is frequently exemplified in a remarkable manner for the preservation of its young. "I have seen it often," says a very celebrated writer, and an accurate observer of nature, "and once in particular, I saw an extraordinary instance of an old bird's solicitude to save its brood. As I was hunting with a young pointer, the dog ran on a brood of very small partridges; the old bird cried, fluttered, and ran tumbling along just before the dog's nose, till she had drawn him to a considerable distance, when she took wing, and flew still further off, but not out of the field. On this the dog returned to me, near the place where the young ones lay concealed in the grass, which the old bird no sooner perceived than she flew back to us, settled just before the dog's nose again, and by rolling and tumbling about drew off his attention from her young, and thus preserved her brood a second time. I have also seen, when a kite has been hovering over a covey of young partridges, the old birds fly up at the bird of prey, screaming and fighting with all their might, to preserve their brood." Partridges should be chosen young; if old, they are valueless. The young ones are generally known by their yellow legs and dark-coloured bills.

PARTRIDGES.

1406.—ROAST PHEASANT. (*Fr.*—Faisan Rôti.)

Ingredients.—Pheasant, flour, butter.

Mode.—Roast it before a brisk fire, keep it well basted, and flour and froth it nicely. Serve with brown gravy, a little of which should be poured round the bird, and a turcen of bread-sauce. Some of the pheasant's best tail-feathers are generally stuck in the tail as an ornament.

ROAST PHEASANT.

Time.—½ to 1 hour, according to the size. **Average Cost,** 2*s.* 6*d.* to 3*s.* 6*d.* each.

Sufficient.—1 for a dish.

Seasonable from the 1st of October to the beginning of February.

Note.—Old pheasants may be known by the length and sharpness of their spurs; in young ones they are short and blunt. The cock-bird is generally reckoned the best, except when the hen is with egg. They should hang some time before they are dressed, as, if they are cooked fresh, the flesh will be exceedingly dry and tasteless. After the bird is plucked and drawn, wipe the inside with a damp cloth, and truss it in the same manner as partridge. If the head is left on, as shown in the engraving, bring it round under th wing, and fix it on the point of the skewer.

The Pheasant.—This beautiful bird is said to have been discovered by the Argonants on the banks of the Phasis, near mount Ararat, in their expedition to Colchis. It is common, however, in almost all the southern parts of the European Continent, and has been long naturalised in the warmest and most woody counties of England. It is very common in France; indeed, so common as to be esteemed a nuisance by the farmers. Although it has been domesticated, this is not easily accomplished, nor is its flesh so palatable then as it is in the wild state. M. Ude says:—"It is not often that pheasants are met with possessing that exquisite taste which is acquired only by long keeping, as the damp of this climate prevents their being kept as long as they are in other countries. The hens, in general, are the most delicate. The cocks show their age by their spurs. They are only fit to be eaten when the blood begins to run from the bill, which is commonly six days or a week after they have been killed. The flesh is white, tender, and has a good flavour, if you keep it long enough; if not, it is not much different from that of the common fowl or hen."

THE PHEASANT.

1407.—BRILLAT SAVARIN'S RECIPE FOR ROAST PHEASANT. (*Fr.*—Faisan Rôti à la Sainte Alliance.)

When the pheasant is in good condition to be cooked, it should be plucked, and not before. The bird should then be stuffed in the following manner:—Take two snipes, and draw them, putting the bodies on one plate and the livers, &c., on another. Take off the flesh, and mince it finely with a little beef, lard, a few truffles, pepper and salt to taste, and stuff the pheasant carefully with this. Cut a slice of bread

larger considerably than the bird, and cover it with the liver, &c., and a few truffles; an anchovy and a little fresh butter added to these will do no harm. Put the bread, &c., into the dripping-pan, and when the bird is roasted, place it on the preparation, and surround it with Florida oranges.

Do not be uneasy, Savarin adds, about your dinner; for a pheasant served in this way is fit for beings better than men. The pheasant itself is a very good bird; and, imbibing the dressing and the flavour of the truffle and snipe, it becomes thrice better.

1408.—BROILED PHEASANT. (*Fr.*—Faisan Grillé.)

(*A Breakfast or Luncheon Dish.*)

Ingredients.—1 pheasant, a little lard, egg and bread-crumbs, salt and cayenne to taste.

Mode.—Cut the legs off at the first joint, and the remainder of the bird into neat pieces; put them into a frying-pan with a little lard, and when browned on both sides, and about half-done, take them out and drain them; brush the pieces over with egg, and sprinkle with bread-crumbs with which has been mixed a good seasoning of cayenne and salt. Broil them over a moderate fire for about ten minutes, or rather longer, and serve with mushroom-sauce, sauce piquante, or browngravy in which a few game-bones and trimmings have been stewed.

Time.—Altogether ½ hour. **Average Cost,** 2*s.* 6*d.* to 3*s* 6*d.* each.

Sufficient for 4 or 5 persons.

Seasonable from the 1st of October to the beginning of February.

The Height of Excellence in a Pheasant.—Things edible have their degrees of excellence under various circumstances; thus, asparagus, capers, peas and partridges are best when young. Perfection in others is only reached when they attain maturity: let us say, for example, melons and nearly all fruits (we must except, perhaps, the medlar), with the majority of those animals whose flesh we eat. But others, again, are not good until decomposition is about to set in; and here we may mention particularly the snipe and the pheasant. If the latter bird be eaten so soon as three days after it has been killed, it then has no peculiarity of flavour; a pullet would be more relished, and a quail would surpass it in aroma. Kept, however, a proper length of time—and this can be ascertained by a slight smell and change of colour—then it becomes a highly-flavoured dish, occupying, so to speak, the middle distance between chicken and venison. It is difficult to define any exact time to "hang" a pheasant; but anyone possessed of the instincts of gastronomical science, can at once detect the right moment when a pheasant should be taken down, in the same way as a good cook knows whether a bird should be removed from the spit, or have a turn or two more.

1409.—TO DRESS PLOVERS. (*Fr.*—Pluviers Rôtis.)

Ingredients.—3 plovers, butter, flour, toasted bread.

Mode.—Having trussed the birds, put them down to a clear fire, and lay slices of moistened toast in the dripping-pan, to catch the trail. Keep them *well basted*, dredge them lightly with flour a few minutes before they are done, and let them be nicely frothed. Dish them on the toasts, over

which the *trail* should be equally spread. Pour round the toast a little good gravy, and send some to table in a tureen.

Time.—10 minutes to ¼ hour. **Average Cost,** 1*s.* 6*d.* the brace, if plentiful.

Sufficient for 3 persons.

Seasonable.—In perfection from the beginning of October to the end of January.

Note.—Choose those that feel hard at the vent, as that shows their fatness. There are three sorts—the grey, green and bastard plover, or lapwing. They will keep good for some time, but if very stale, the feet will be very dry. Plovers are scarcely fit for anything but roasting; they are, however, sometimes stewed or made into a ragout; but this mode of cooking is not to be recommended.

THE PLOVER.

The Plover.—There are two species of this bird, the grey and the green, the former being larger than the other, and somewhat less than the woodcock. It has generally been classed with those birds which chiefly live in the water; but it would seem only to seek its food there, for many of the species breed upon the loftiest mountains. Immense flights of these birds are to be seen in the Hebrides, and other parts of Scotland, and, in the winter, large numbers are sent to the London market, which is sometimes so much glutted with them that they are sold very cheap. Previous to dressing, they are kept till they have a game flavour; and although their flesh is a favourite with many, it is not universally relished. The green is preferred to the grey, but both are inferior to the woodcock. Their eggs are esteemed as a great delicacy. Birds of this kind are migratory. They arrive in England in April, live with us all the spring and summer, and at the beginning of autumn prepare to take leave by getting together in flocks. It is supposed that they then retire to Spain, and frequent the sheep-walks with which that country abounds.

1410.—ROAST PTARMIGANS. (*Fr.*—Ptarmigans Rôtis.)

Ingredients.—2 or 3 birds, butter, flour, fried bread-crumbs.

Mode.—The ptarmigan, or white grouse, when young and tender, are exceedingly fine eating, and should be kept as long as possible, to be good. Pluck, draw and truss them in the same manner as grouse, and roast them before a brisk fire. Flour and froth them nicely, and serve on buttered toast, with a tureen of brown gravy. Bread-sauce, when liked, may be sent to table with them, and fried bread-crumbs substituted for the toasted bread.

Time.—About ½ hour. **Average Cost,** 1*s.* 6*d.* to 2*s.* each.

Sufficient.—2 for a dish.

Seasonable from the beginning of October to the end of April.

THE PTARMIGAN.

The Ptarmigan, or White Grouse.—This bird is nearly the same size as red grouse, and is fond of lofty situations, where it braves the severest weather, and is found in most parts of

Europe, as well as in Greenland. At Hudson's Bay they appear in such multitudes that so many as sixty or seventy are frequently taken at once in a net. As they are as tame as chickens, this is done without difficulty. Buffon says that the Ptarmigan avoids the solar heat, and prefers the frosts of the summits of the mountains; for as the snow melts on the sides of the mountains, it ascends till it gains the top, where it makes a hole and burrows in the snow. In winter, it flies in flocks, and feeds on the wild vegetation of the hills, which imparts to its flesh a bitter, but not altogether an unpalatable taste. It is dark-coloured, and has something of the flavour of the hare, and is greatly relished and much sought after by some sportsmen.

1411.—TO DRESS QUAILS. (*Fr.*—Cailles Rôties.)

Ingredients.—Quails, butter, toast.

Mode.—These birds keep good several days, and should be roasted without drawing. Truss them in the same manner as woodcocks, roast them before a clear fire, keep them well basted, and serve on toast.

Time.—About 20 minutes. **Average Cost,** 1*s.* to 2*s.* each.

Sufficient.—1 for each person.

Seasonable from October to February.

The Quail.—Quails are almost universally diffused over Europe, Asia and Africa. Being birds of passage, they are seen in immense flocks, traversing the Mediterranean Sea from Europe to Africa, in the autumn, and returning again in the spring, frequently alighting in their passage on many of the islands of the Archipelago, which, with their vast numbers, they almost completely cover. On the western coasts of the kingdom of Naples, they have appeared in such prodigious numbers that within the compass of four or five miles, as many as a hundred thousand have been taken in a day. "From these circumstances," says a writer on natural history, "it appears highly probable that the quails which supplied the Israelites with food during their journey through the wilderness, were sent thither, on their passage to the north, by a wind from the south-west, sweeping over Egypt and Ethiopia towards the shores of the Red Sea." In England they are not very numerous, although they breed in it; and many of them are said to remain throughout the year, changing their quarters from the interior parts of the country for the sea coast.

THE QUAIL.

1412.—TO DRESS SNIPES. (*Fr.*—Bécassines Rôties.)

Ingredients.—Snipes, butter, flour, toast

Mode.—These, like woodcocks, should be dressed without being drawn. Place four on a skewer, tie them on to the jack or spit, and roast before a clear fire for about a quarter of an hour. Put some pieces of buttered toast into the dripping-pan to catch the trails; flour and froth the birds nicely, dish the pieces of toast with the snipes on them, and pour round, but not over them, a little good brown gravy. They should be sent to table very hot and expeditiously, or they will not be worth eating.

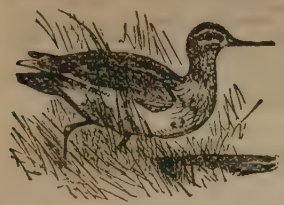
ROAST SNIPE.

Time.—About ¼ hour. **Average Cost,** 2*s.* 6*d.* to 3*s.* 6*d.* the brace.

Sufficient.—1 for each person.

Seasonable from November to February

The Snipe.—This is a migratory bird, and is generally distributed over Europe. It is found in most parts of England, in the high as well as the low lands, depending much on the weather. In very wet seasons it resorts to the hills, but at other times frequents marshes, where it can penetrate the earth with its bill, hunting for worms, which form its principal food. In the Hebrides and the Orkneys snipes are plentiful, and they are fattest in frosty weather. In the breeding season the snipe changes its note entirely from that which it has in the winter. The male will keep on wing for an hour together, mounting like a lark, and uttering a shrill piping noise; then, with a bleating sound, not unlike that made by an old goat, it will descend with great velocity, especially if the female be sitting in her nest, from which it will not wander far.



THE SNIPE.

1413.—POTTED SNIPES.

Ingredients.—Snipes, black pepper, salt, clarified butter, bacon.

Mode.—The snipes must be perfectly fresh. Pluck them, cut off their legs and wings, take away the gizzard, but do not draw them. Split them in halves; take an oval earthen pie-dish, with cover having a hole in the centre; line the sides and bottom of the dish with thin slices of fat bacon. Place the prepared snipes in the dish in even rows, seasoning with salt and pepper. When the dish is nearly full, cover the birds completely with fresh clarified butter. Put a thin flour paste round the edge of the dish to keep the steam in; then put on the cover, and bake three-quarters of an hour in a hot but not fierce oven.

Time.—¾ hour. **Average Cost,** 2*s.* 6*d.* to 3*s.* 6*d.* a brace.

Seasonable from November to February.

1414.—ROAST ORTOLANS. (*Fr.*—Ortolans Rôtis.)

Ingredients.—6 ortolans, 6 slices of toast, vine-leaves, ½ lb. of butter.

Mode.—Keep them until tender; pluck, truss and wipe them carefully, but do not draw them. Wrap each bird in a freshly gathered vine-leaf, and tie them on a bird-spit; roast or bake for 25 minutes, or less, if very small. Place the slices of toast in the dripping-pan to catch the trail; as soon as the butter melts, begin to baste, and never leave the birds until they are done, basting continually for the 25 minutes; dish up on the toast, and serve very hot, with some good gravy.

Time.—25 minutes to roast. **Average Cost,** 1*s.* 6*d.* each.

Sufficient for 4 persons.

Seasonable from November to February.

1415.—ROAST TEAL. (*Fr.*—Sarcelle Rôtie.)

Ingredients.—Teal, butter, and a little flour.

Mode.—Choose fat, plump birds, after the frost has set in, as they are generally better flavoured; truss them in the same manner as fowls for roasting; roast them before a brisk fire, and keep them well basted. Serve

with brown or orange gravy, watercresses, and a cut lemon. The remains of teal make excellent hash.

Time.—From 9 to 15 minutes. **Average Cost,** 1*s.* 6*d.* each.

Sufficient.—2 for a dish.

Seasonable from October to February.

1416.—ROAST HAUNCH OF VENISON.

(*Fr.*—Quartier de Chevreuil Rôti.)

Ingredients.—Venison, coarse flour-and-water paste, a little flour.

Mode.—Choose a haunch with clear, bright and thick fat, and the cleft of the hoof smooth and close; the greater quantity of fat there is, the better quality will the meat be. As many people object to venison when it has too much *haut goût*, ascertain how long it has been kept by running a sharp skewer into the meat close to the bone; when this is withdrawn, its sweetness can be judged of. With care and attention, it will keep good a fortnight, unless the weather is very mild. Keep it perfectly dry by wiping it with clean cloths till not the least damp remains, and sprinkle over powdered ginger or pepper, as a preventative against the fly. When required for use, wash it in warm water, and *dry* it *well* with a cloth, butter a sheet of white paper, put it over the fat, lay a coarse paste, about half an inch in thickness, over this, then a sheet or two of strong paper. Tie the whole firmly on to the haunch with twine, and put the joint down to a strong close fire; baste the venison immediately, to prevent the paper and string from burning, and continue this operation, without intermission, the whole of the time it is cooking. About 20 minutes before it is done, carefully remove the paste and paper, dredge the joint with flour, and baste well with *butter* until it is nicely frothed, and of a nice pale-brown colour; garnish the knuckle-bone with a frill of white paper, and serve with a good strong, but unflavoured, gravy, in a tureen, and currant jelly; or melt the jelly with a little port, and serve that also in a tureen. As the principal object in roasting venison is to preserve the fat, the above is the best mode of doing so where expense is not objected to; but in ordinary cases, the paste may be dispensed with, and a double paper placed over the roast instead; it will not require so long cooking without the paste. Do not omit to send very hot plates to table, as the venison fat so soon freezes: to be thoroughly enjoyed by epicures, it should be eaten on hot-water plates. The neck and shoulder may be roasted in the same manner.

ROAST HAUNCH OF VENISON.

Time.—A large haunch of buck-venison, with the paste, 4 to 5 hours; haunch of doe-venison, 3¼ to 3¾ hours. Allow less time without the paste. **Average Cost,** 1*s.* 4*d.* to 1*s.* 6*d.* per lb.

Sufficient for 18 persons.

Seasonable.—Buck-venison in greatest perfection from June to Michaelmas; doe venison from November to the end of January.

The Deer.—This active tribe of animals principally inhabit wild and woody regions. In their contentions, both with each other and the rest of the brute creation, these animals not only use their horns, but strike very furiously with their fore-feet. Some of the species are employed as beasts of draught, whilst the flesh of the whole is wholesome, and that of some of the kinds under the name of "venison," is considered very delicious. Hunters have invented peculiar terms by which the objects of their pursuit are characterised; thus the stag is called the first year, a *calf*, or *hind-calf;* the second, a *knobber;* the third, a *brock;* the fourth, a *staggard;* the fifth, a *stag;* and the sixth, a *hart*. The female is, the first year, called a *calf;* the second, a *hearse;* and the third, a *hind*. In Britain, the stag has become scarcer than it formerly was; but, in the Highlands of Scotland, herds of four or five hundred may still be seen, ranging over the vast mountains of the north; and some of the stags of a great size. In former times the great feudal chieftains used to hunt with all the pomp of eastern sovereigns, assembling some thousands of their clans, who drove the deer into the toils, or to such stations as were occupied by their chiefs. As this sport, however, was occasionally used as a means for collecting their vassals together for the purpose of concocting rebellion, an act was passed prohibitory of such asssmblages. In Sir Walter Scott's "Waverley," a deer-hunting scene of this kind is admirably described.

Venison.—This is the name given to the flesh of some kinds of deer, and is esteemed very delicious. Different species of deer are found in warm as well as cold climates, and are in several instances invaluable to man. This is especially the case with the Laplander, whose reindeer constitutes a large proportion of his wealth. There—

> "The reindeer unharness'd in freedom can play,
> And safely o'er Odin's steep precipice stray,
> Whilst the wolf to the forest recesses may fly,
> And howl to the moon as she glides through the sky."

In that country it is the substitute for the horse, the cow, the goat and the sheep. From its milk is produced cheese; from its skin, clothing; from its tendons, bowstrings and thread; from its horns, glue; from its bones, spoons; and its flesh furnishes food. In England we have the stag, an animal of great beauty, and much admired. He is a native of many parts of Europe, and is supposed to have been originally introduced into this country from France. About a century back he was to be found wild in some of the rough and mountainous parts of Wales as well as in the forests of Exmoor, in Devonshire, and the woods on the banks of the Tamar. In the middle ages the deer formed food for the not over-abstemious monks, as represented by Friar Tuck's larder, in the admirable fiction of "Ivanhoe;" and at a later period it was a deer-stealing adventure that drove the "ingenious" William Shakespeare to London, to become a common player, and the greatest dramatist that ever lived.

1417.—HASHED VENISON. (*Fr.*—Venaison.

Ingredients.—The remains of roast venison, its own gravy, thickening of butter and flour.

Mode.—Cut the meat from the bones in neat slices, and, if there is sufficient of its own gravy left, put the meat into this, as it is preferable to any other. Should there not be enough, put the bones and trimmings into a stewpan, with about a pint of good gravy; let them stew gently for an hour, and strain the gravy. Put a little flour and butter into a stewpan, keep stirring until brown, then add the strained gravy, and give it a boil up; skim and strain again, and, when a little cool, put in the slices of venison. Place the stewpan by the side of the fire, and, when on the point of simmering, serve: do not allow it to boil, or the meat will be hard. Send red-currant jelly to table with it.

Time.—Altogether 1¼ hour.

Seasonable.—Buck-venison, from June to Michaelmas; doe-venison from November to the end of January.

Note.—A small quantity of Harvey's sauce, ketchup or port, may be added to enrich the gravy: these ingredients must, however, be used very sparingly, or they will overpower the flavour of the venison.

The Fallow Deer.—This is the domestic or park deer; and no two animals can make a nearer approach to each other than the stag and it, and yet no two animals keep more distinct, or avoid each other with a more inveterate animosity. They never herd or intermix together, and consequently never give rise to an intermediate race: it is even rare unless they have been transported thither to find fallow-deer in a country where stags are numerous. This deer is very easily

FALLOW DEER (BUCK).

FALLOW DEER (DOE).

tamed, and feeds upon many things which the stag refuses: he also browses closer than the stag, and preserves his venison better. The doe produces one fawn, sometimes two, but rarely three. In short, they resemble the stag in all his natural habits, and the greatest difference between them is the duration of their lives: the stag, it is said, lives to the age of thirty-five or forty years, and the fallow-deer does not live more than twenty. As they are smaller than the stag, it is probable that their growth is sooner completed.

1418.—POTTED VENISON.

Ingredients.—Venison, coarse flour-and-water paste, 1 lb. of butter, ½ pint of port, pepper, salt, pounded mace.

Mode.—Put some slices of venison into a tin baking-dish, pour the wine over them till they are just covered, then add the butter and put a cover of coarse paste on top. Bake 1 hour in a moderate oven. Then remove the meat from the dish, pound it well with the butter which will have risen to the top, add the seasoning and put the mixture into pots. Put them into the oven for 15 minutes, take them out, and when cold pour clarified butter on the top.

Time.—1¼ hour. **Average Cost,** 1*s.* 6*d.* per lb.

Seasonable.—Buck-venison from June to Michaelmas; doe-venison from November to the end of January.

1419.—STEWED VENISON.

(*Fr.*—Venaison, Sauce au Vin Rouge.)

Ingredients.—A shoulder of venison, a few slices of mutton-fat, 2 glasses of port, pepper and allspice to taste, 1½ pint of weak stock or gravy, ½ teaspoonful of whole pepper, ½ teaspoonful of whole allspice.

Mode.—Hang the venison till tender; take out the bone, flatten the meat with a rolling-pin, and place over it a few slices of mutton-fat, which have been previously soaked for 2 or 3 hours in port; sprinkle these with a little fine allspice and pepper, roll the meat up, and bind and tie it securely. Put it in a stewpan, with the bone and the above proportion of weak stock or gravy, whole allspice, black pepper and port; cover the lid down closely and simmer very gently, from 3½ to 4 hours. When quite tender, take off the tape, and dish the meat; strain the gravy over it, and send it to table with red-currant jelly. Unless the joint is very fat, the above is the best mode of cooking it.

Time.—3½ to 4 hours. **Average Cost,** 1*s.* 4*d.* to 1*s.* 6*d.* per lb.

Sufficient for 10 or 12 persons.

Seasonable.—Buck-venison, from June to Michaelmas; doe-venison, from November to the end of January.

The Roebuck.—This is the *Cervus capreolus*, or common roe, and is of a reddish-brown colour. It is an inhabitant of Asia, as well as of Europe. It has great grace in its movements, and stands

THE ROEBUCK.

about two feet seven inches high, and has a length of about three feet nine. The extent of its horns is from six to eight inches.

The Stag.—The stag, or hart, is the male of the red deer, and the hind is the female. He is much larger than the fallow-deer, and his age is indicated by his horns, which are round instead of being palmated, like those of the fallow-deer. During the first year he has no horns, but a horny excrescence, which is short and rough, and covered with a thin hairy skin. The next year, the horns are single and straight; and in the third they have two antlers, three the fourth, four the fifth, and five the sixth year; although this number is not always certain, for sometimes they are more, and often less. After the sixth year, the antlers do not always increase; and, although in number they may amount to six or seven on each side, yet the animal's age is then estimated rather by the size of the antlers and the thickness of the branch which sustains them than by their variety. Large as these horns seem, however, they are shed every year, and their place supplied by new ones. This usually takes place in the spring. When the old horns have fallen off, the new ones do not make their appearance immediately; but the bones of the skull are seen covered with a transparent perlosteum, or skin, which enwraps the bones of all animals. After a short time, however, the skin begins to swell, and to form a sort of tumour. From this, by-and-by, rising from the head, shoot forth the antlers from each side; and, in a short time, its

proportion as the animal is in condition, the entire horns are completed. The solidity of the extremities, however, is not perfect until the horns have arrived at their full growth. Old stags usually shed their horns first, which generally happens towards the latter end of February or the beginning of March. Such as are between five and six years old shed them about the middle or latter end of March; those still younger in the month of April; and the youngest of all not till the middle or latter end of May. These rules, though generally true, are subject to variations; for a severe winter will retard the shedding of the horns.—The HIND has no horns, and is less

THE STAG.

THE HIND.

fitted for being hunted than the male. She takes the greatest care of her young, and secretes them in the most obscure thickets, lest they become a prey to their numerous enemies. All the rapacious family of the cat kind, with the wolf, the dog, the eagle and the falcon, are continually endeavouring to find her retreat, whilst the stag himself is the foe of his own offspring. When she has young, therefore, it would seem that the courage of the male is transferred to the female, for she defends them with the most resolute bravery. If pursued by the hunter, she will fly before the hounds for half the day, and then return to her young, whose life she has thus preserved at the hazard of her own.

The New Venison.—The deer population of our splendid English parks was, for a very long time, limited to two species, the fallow and the red. But as the fallow-deer itself was an acclimated animal, of comparatively recent introduction, it came to be a question why might not the

ELAND (BULL).

ELAND (COW).

proprietor of any deer-park in England have the luxury of at least half a dozen species of deer and antelopes, to adorn the hills, dales, ferny brakes and rich pastures of his domain? The temperate regions of the whole world might be made to yield specimens of the noble ruminant, valuable either for their individual beauty, or for their availability to gastronomic purposes.

We are indebted for the introduction of foreign deer to some English noblemen, who have made the experiment of breeding them in their parks, and have obtained such a decided success that it may be hoped their example will induce others to follow in a course which will eventually give

to England rural scenery a new element of beauty, and to English tables a fresh viand of the choicest character.

A practical solution of this interesting question was made by Viscount Hill, at Hawkestone Park, Salop, in January, 1859. On that occasion a magnificent eland, an acclimated scion of the species whose native home is the South African wilderness, was killed for the table. The noble beast was thus described:—"He weighed 1,176 lbs. as he dropped; huge as a short-horn, but with bone not half the size; active as a deer, stately in all his paces, perfect in form, bright in colour, with a vast dewlap, and strong-sculptured horn. This eland in his lifetime strode majestic on the hill-side, where he dwelt with his mates and their progeny, all English-born, like himself." Three pairs of the same species of deer were left to roam at large on the picturesque slopes throughout the day, and to return to their home at pleasure. "Here, during winter, they are assisted with roots and hay, but in summer they have nothing but the pasture of the park; so that, in point of expense, they cost no more than cattle of the best description. Travellers and sportsmen say that the male eland is unapproached in the quality of his flesh by any ruminant in South Africa; that it grows to an enormous size, and lays on fat with as great facility as a true short-horn; while in texture and flavour it is infinitely superior. The lean is remarkably fine, the fat firm and delicate. It was tried in every fashion—braised brisket, roasted ribs, broiled steaks, filet sauté, boiled aitchbone, &c.—and in all gave evidence of the fact, that a new meat of surpassing value had been added to the products of the English park.

When we hear such a gratifying account of the eland, it is pleasing to record that Lord Hastings has a herd of the Canadian wapiti, a herd of Indian nylghaus, and another of the small Indian hog-deer; that the Earl of Ducie has been successful in breeding the magnificent Persian deer. The eland was first acclimated in England by the late Earl of Derby, between the years 1835—1851, at his menagerie at Knowsley. On his death, in 1851, he bequeathed to the Zoological Society his breed of elands, consisting of two males and three females. Here the animals have been treated with the greatest success, and from the year 1853 to the present time the females have regularly reproduced, with scarcely any loss.

1420.—ROAST WIDGEON.

Ingredients.—Widgeons, a little flour, butter.

Mode.—These are trussed in the same manner as fowls for roasting, but must not be kept so long before they are dressed. Put them down to a brisk fire; flour and baste them continually with butter, and, when browned and nicely frothed, send them to table hot and quickly. Serve with brown gravy made by recipe No. 614, and a cut lemon.

Time.—¼ hour; if liked well done, 20 minutes. **Average Cost,** 1s. each.

Sufficient.—2 for a dish.

Seasonable from October to February.

1421.—ROAST WOODCOCK. (*Fr.*—Bécasses Rôties.)

Ingredients.—Woodcocks, butter, flour, toast.

Mode.—Woodcocks should not be drawn, as the trails are, by epicures, considered a great delicacy. Pluck and wipe them well outside; truss them with the legs close to the body, and the feet pressing upon the thighs; skin the neck and head, and bring the beak round under the wing. Place some slices of toast in the dripping-pan to catch the trails, allowing a piece of toast for each bird. Roast before a clear fire from 15 to 25 minutes; keep them well basted, and flour and froth them nicely. When done, dish the pieces of toast with the birds upon them,

ROAST WOODCOCK.

SUPPER DISHES.

and pour round a very little gravy; send some more to table in a tureen. These are most delicious birds when well cooked, but they should not be kept too long; when the feathers drop, or easily come out, they are fit for table.

Time.—When liked underdone, 15 to 20 minutes; if liked well done, allow an extra 5 minutes. **Average Cost,** 4*s.* to 6*s.* per brace.

Sufficient.—2 for a dish.

Seasonable from October to February.

The Woodcock.—This bird being migratory in its habits, has consequently, no settled habitation; it cannot be considered as the property of anyone, and is, therefore, not game by law. It breeds in high northern latitudes, and the time of its appearance and disappearance in Sweden coincides exactly with that of its arrival in and return from Great Britain. On the coast of Suffolk its vernal and autumal visits have been accurately observed. In the first week of October it makes its appearance in small numbers, but in November and December it appears in large numbers, and always after sunset, and most gregariously. In the same manner as woodcocks take their leave of us, they quit France, Germany and Italy, making the northern and colder climates their summer rendezvous. They visit Burgundy in the latter part of October, but continue there only a few weeks, the country being hard, and unable to supply them with such sustenance as they require. In the winter, they are found as far south as Smyrna and Aleppo, and during the same season, in Barbary, where the Africans name them "the ass of the partridge." It has been asserted that they have been seen as far south as Egypt, which is the most remote region to which they can be traced on that side of the eastern world; on the other side, they are common in Japan. Those which resort to the countries of the Levant are supposed to come from the mountains of Armenia, or the deserts of Tartary or Siberia. The flesh of the woodcock is held in high estimation: hence the bird is eagerly sought after by the sportsman.

THE WOODCOCK.

GAME ENTRÉES.

1422.—FILLETS OF BLACKCOCK À LA FINANCIÈRE.

(*Fr.*—Filets de Coq de Bruyère à la Financière.)

Ingredients.—2 Blackcocks, 1 pint of weak stock, cayenne and salt to taste, financière sauce, No. 710.

Mode.—Cut the birds into neat fillets and stew in the stock till tender; put them on an entrée dish, squeeze over a few drops of lemon and pour over a good financière sauce.

Time.—½ hour. **Average Cost,** 5*s.* per brace.

Sufficient for 8 persons.

Seasonable in autumn.

1423.—HASHED WILD DUCK.
(*Fr.*—Canards Sauvages en Salmis.)

Ingredients.—The remains of cold roast wild duck, 1 pint of good brown gravy, 2 tablespoonfuls of bread-crumbs, 1 glass of claret, salt, cayenne and mixed spices to taste, 1 tablespoonful of lemon or Seville orange-juice.

Mode.—Cut the remains of the duck into neat joints, put them into a stewpan, with all the above ingredients; let them get gradually hot by the side of the fire, and occasionally stir the contents; when on the point of boiling, serve and garnish the dish with sippets of toasted bread.

Time.—About ¼ hour.

Seasonable from November to February.

1424.—RAGOUT OF WILD DUCK.
(*Fr.*—Canards Sauvages en Vin Rouge.)

Ingredients.—2 wild ducks, 4 shalots, 1 pint of stock, No. 273, 1 glass of port, 1 oz. of butter, a little flour, the juice of ½ lemon, cayenne and salt to taste.

Mode.—Ducks that have been dressed and left from the preceding day will answer for this dish. Cut them into joints, reserve the legs, wings and breasts until wanted; put the trimmings into a stewpan with the shalots and stock, and let them simmer for about half an hour, and strain the gravy. Put the butter into a stewpan; when melted, dredge in a little flour, and pour in the gravy made from the bones; give it one boil, and strain it again; add the wine, lemon-juice and cayenne; lay in the pieces of duck, and let the whole gradually warm through, but do not allow it to boil, or the duck will be hard. The gravy should not be too thick, and should be very highly seasoned. The squeeze of a Seville orange is a great improvement to this dish.

Time.—About ½ hour to make the gravy; ¼ hour for the duck gradually to warm through.

Seasonable from November to February.

1425.—RISSOLETTES OR CROQUETTES OF HARE.
(*Fr.*—Croquettes de Lièvre.)

(Cold Meat Cookery.)

Ingredients.—½ lb. of the remains of roast hare, ½ lb. of bread, 3 eggs, pepper, salt and cayenne to taste, 1 oz. of butter, 2 tablespoonfuls of stock, No. 273, ¼ lb. of bread-crumbs.

Mode.—Mince the hare extremely fine, and add the seasoning; soak

the bread in the stock, then place it in a stewpan on the fire, add the butter and the yolk of one egg, and beat it all until of a consistency like thick paste; add the minced hare and another egg, stir it thoroughly and set it by to cool. Then form the mixture into cones or balls, egg-and-bread-crumb them, and fry of a nice brown colour. Serve with Italian sauce. No. 719.

Time.—10 minutes to fry the croquettes. **Average Cost,** exclusive of the hare, 6*d.*

Seasonable from September to the end of February.

Sufficient for 4 persons.

1426.—HASHED GAME. (*Fr.*—Salmis de Gibier.)

(*Cold Meat Cookery.*)

Ingredients.—The remains of cold game, 1 onion stuck with 3 cloves, a few whole peppers, 1 strip of lemon-peel, salt to taste, thickening of butter and flour, 1 glass of port, 1 tablespoonful of lemon-juice, 1 tablespoonful of ketchup, 1 pint of water or weak stock.

Mode.—Cut the remains of cold game into joints, reserve the best pieces, and the inferior ones and trimmings put into a stewpan with the onion, pepper, lemon-peel, salt, and water or weak stock; stew these for about an hour, and strain the gravy; thicken it with butter and flour; add the wine, lemon-juice and ketchup; lay in the pieces of game, and let them gradually warm through by the side of the fire; do not allow it to boil, or the game will be hard. When on the point of simmering, serve, and garnish the dish with sippets of toasted bread.

Time.—Altogether 1¼ hour.

Seasonable from August to March.

Note.—Any kind of game may be hashed by the above recipe, and the flavour may be varied by adding flavoured vinegars, curry-powder, &c.; but we cannot recommend these latter ingredients, as a dish of game should really taste of *game*; and if too many sauces, essences, &c., are added to the gravy, they quite overpower and destroy the flavour the dish should possess.

1427.—HASHED HARE. (*Fr.*—Salmis de Lièvre.)

Ingredients.—The remains of cold roast hare, 1 blade of pounded mace, 2 or 3 allspice, pepper and salt to taste, 1 onion, a bunch of savoury herbs, 3 tablespoonfuls of port, thickening of butter and flour, 2 tablespoonfuls of mushroom ketchup.

Mode.—Cut the cold hare into neat slices, and put the head, bones and trimmings into a stewpan, with three-quarters of a pint of water; add the mace, allspice, seasoning, onion and herbs, and stew for nearly an hour, and strain the gravy; thicken it with butter and flour, add the wine and

ketchup, and lay in the pieces of hare, with any stuffing that may be left. Let the whole gradually heat by the side of the fire, and when it has simmered for about five minutes, serve, and garnish the dish with sippets of toasted bread. Send red-currant jelly to table with it.

Time.—Rather more than 1 hour. **Average Cost,** exclusive of the cold hare, 8*d.*

Seasonable from September to the end of February.

1428.—JUGGED HARE. (*Fr.*—Lièvre à la Daube.)

(*Very Good.*)

Ingredients.—1 hare, 1½ lb. of gravy beef, ½ lb. of butter, 1 onion, 1 lemon, 6 cloves, pepper, cayenne and salt to taste, ½ pint of port, forcemeat balls, No. 629.

Mode.—Skin, paunch and wash the hare, cut it into pieces, dredge them with flour, and fry in boiling butter. Have ready 1½ pint of gravy, made from the above proportion of beef, and thickened with a little flour. Put this into a jar; add the pieces of fried hare, an onion stuck with six cloves, a lemon peeled and cut in half, and a good seasoning of pepper, cayenne and salt; cover the jar down tightly, put it up to the neck in a stewpan of boiling water, and let it stew until the hare is quite tender, taking care to keep the water boiling. When nearly done, pour in the wine, and add a few forcemeat balls, made by recipe No. 629; these must be fried or baked in the oven for a few minutes before they are put to the gravy. Serve with red-currant jelly.

Time.—3½ to 4 hours. If the hare is very old, allow 4½ hours. **Average Cost,** 7*s.*

Sufficient for 7 or 8 persons.

Seasonable from September to the end of February.

1429.—JUGGED HARE.

(*A Quicker and more Economical Way.*)

Ingredients.—1 hare, a bunch of sweet herbs, 2 onions, each stuck with 3 cloves, 3 whole allspice, ½ teaspoonful of black pepper, a strip of lemon-peel, thickening of butter and flour, 2 tablespoonfuls of mushroom ketchup, ¼ pint of port.

Mode.—Wash the hare nicely, cut it up into joints (not too large), and flour and brown them as in the preceding recipe; then put them into a stewpan with the herbs, onions, cloves, allspice, pepper and lemon-peel; cover with hot water, and when it boils carefully remove all the scum, and let it simmer gently till tender, which will be in about 1¾ hour, or longer, should the hare be very old. Take out the pieces of hare, thicken

the gravy with flour and butter, add the ketchup and port, let it boil for about ten minutes, strain it through a sieve over the hare, and serve. A few fried forcemeat balls should be added at the moment of serving, or, instead of frying them, they may be stewed in the gravy, about ten minutes before the hare is wanted for table. Do not omit to serve red-currant jelly with it.

Time.—Altogether, 2 hours. **Average Cost,** 5*s.* 6*d.*

Sufficient for 7 or 8 persons.

Seasonable from September to the end of February.

Note.—Should there be any left, re-warm it the next day by putting the hare, &c., into a covered jar, and placing this jar in a saucepan of boiling water: this method prevents a great deal of waste.

1430.—ORTOLANS À LA PROVENÇALE.

Ingredients.—10 ortolans, 10 large truffles of equal size, forcemeat, No. 629, ½ teaspoonful of salt, the same of pepper and sugar, 3 slices of fat bacon, ½ pint of Madeira, ½ pint of Espagnole sauce, No. 775, ½ pint of stock, No. 273.

Mode.—Cut off the heads and feet of the ortolans, make a large round hole in each truffle, and fill the hole with forcemeat, No. 428; season the birds with salt, pepper and sugar, and place each ortolan on its back in the truffles. Arrange all in a deep stewpan, and cover with the slices of bacon; add the stock, No. 273, and the Madeira; cover closely, and stew for 25 minutes; take out the truffles and ortolans, strain the sauce through a fine hair-sieve, let it cool, remove the fat, and reduce it by quiet boiling to half the quantity; add the Espagnole sauce, and again reduce it to half, or till it clings to the spoon; strain and serve it separately. Dress the truffles and ortolans high in the centre of the dish, on toast dipped in the sauce.

Time.—40 minutes. **Average Cost,** 2*s.* to 3*s.* each; seldom bought.

Sufficient for 10 persons.

Seasonable from November to February.

1431.—HASHED PARTRIDGES. (*Fr.*—Salmis de Perdrix.)

Ingredients.—3 young partridges, 3 shalots, a slice of lean ham, 1 carrot, 3 or 4 mushrooms, a bunch of savoury herbs, 2 cloves, 6 whole peppers, ¾ pint of stock, 1 glass of sherry or Madeira, a small lump of sugar.

Mode.—After the partridges are plucked and drawn, roast them rather underdone, and cover them with paper, as they should not be browned; cut them into joints, take off the skin from the wings, legs and breasts; put these into a stewpan, cover them up, and set by until the gravy is

ready. Cut a slice of ham into small pieces, and put them, with the carrots sliced, the shalots, mushrooms, herbs, cloves and pepper, into a stewpan; fry them lightly in a little butter, pour in the stock, add the bones and trimming from the partridges, and simmer for a quarter of an hour. Strain the gravy, let it cool, and skim off every particle of fat; put it to the legs, wings and breasts, add a glass of sherry or Madeira and a small lump of sugar; let all gradually warm through by the side of the fire, and when on the point of boiling, serve, and garnish the dish with croûtons. The remains of roast partridge answer very well dressed in this way, although not so good as when the birds are in the first instance only half-roasted. This recipe is equally suitable for pheasants, moor-game, &c., but care must be taken always to skin the joints.

Time.—Altogether 1 hour. **Average Cost,** 3*s.* to 4*s.* 6*d.* a pair.

Sufficient.—2 or 3 partridges for an entrée.

Seasonable from the 1st of September to the beginning of February.

Note.—"Partridge or Pheasant Cream," both very delicate entrées, are made in the same manner as "Chicken Cream."

1432.—PHEASANT CUTLETS.

(*Fr.*—Filets de Faisan au Jus.)

Ingredients.—2 or 3 pheasants, egg and bread-crumbs, cayenne and salt to taste, brown gravy.

Mode.—Procure 3 young pheasants that have been hung a few days; pluck, draw and wipe them inside; cut them into joints; remove the bones from the best of these; and the backbones, trimmings, &c., put into a stewpan, with a little stock, herbs, vegetables, seasoning, &c., to make the gravy. Flatten and trim the cutlets of a good shape, egg-and bread-crumb them, broil them over a clear fire, pile them high in the dish, and pour under them the gravy made from the bones, which should be strained, flavoured and thickened. One of the small bones should be stuck on the point of each cutlet.

Time.—10 minutes. **Average Cost,** 2*s.* 6*d.* to 3*s.* 6*d.* each.

Sufficient for 2 entrées.

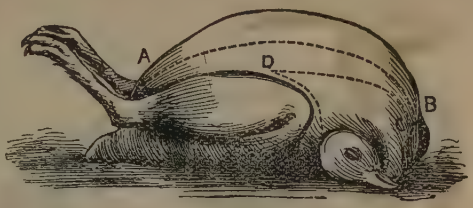
Seasonable from the 1st of October to the beginning of February.

GENERAL DIRECTIONS FOR CARVING GAME.

1433.—BLACKCOCK.

Skilful carving of game undoubtedly adds to the pleasure of the guests at the dinner-table; for game seems pre-eminently to be composed of such delicate limbs and tender flesh that an inapt practitioner appears to

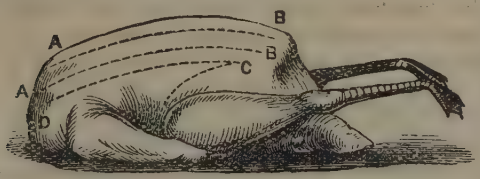
more disadvantage when mauling these pretty and favourite dishes, than larger and more robust *pieces de resistance.* At the option of the cook, this bird is variously served with or without the head on; and although we do not personally object to the appearance of the head as shown in the woodcut, yet it seems to be more in vogue to serve it without. The carving is not difficult, but should be elegantly and deftly done. Slices from the breast, cut in the direction of the dotted line from B to A, should be taken off, the merrythought displaced, and the leg and wing removed by running the knife along from C to D, and following the directions given under the head of boiled fowl. The thigh, which is considered a great delicacy, may be reserved for the most honoured guests, some of whom may also esteem the brains of this bird.



BLACKCOCK.

1434.—WILD DUCK.

As game is almost universally served as a dainty, and not as a dish to stand the assault of an altogether fresh appetite, these dishes are not usually cut up entirely, but only those parts are served of each which are considered the best flavoured and the primest. Of wild-fowl, the breast alone is considered by epicures worth eating, and slices are cut from this, in the direction indicated by the lines, A to B; if necessary, the leg and wing can be taken off by passing the knife from C to D, and by generally following the directions described for carving boiled fowl.

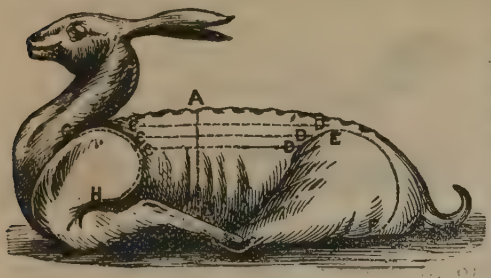


WILD DUCK.

1435.—ROAST HARE.

The "Grand Carver" of olden times, a functionary of no ordinary dignity, was pleased when he had a hare to manipulate, for his skill and grace had an opportunity of display. *Dinners à la Russe* may possibly, erewhile, save modern gentlemen the necessity of learning the art which

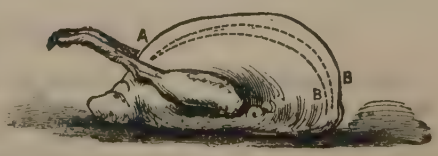
was in auld lang syne one of the necessary accomplishments of the youthful squire; but, until side-tables become universal, or till we see the office of "grand carver" once more instituted, it will be well for all to learn how to assist at the carving of this dish, which, if not the most elegant in appearance, is a very general favourite. The hare, having its head to the left, as shown in the woodcut, should be first served by cutting slices from each side of the backbone, in the direction of the lines from C to D. After these prime parts are disposed of, the leg should next be disengaged by cutting round the line indicated by the figures E to F. The shoulders will then be taken off by passing the knife round from G to H. The back of the hare should now be divided by cutting quite through its spine, as shown by the line A to B, taking care to feel with the point of the knife for a joint where the back may be readily penetrated. It is the usual plan not to serve any bone in helping hare; and thus the flesh should be sliced from the legs and placed alone on the plate. In large establishments, and where men cooks are kept, it is often the case that the backbone of the hare, especially in old animals, is taken out, and then the process of carving is, of course, considerably facilitated. A great point to be remembered in connection with carving hare is, that plenty of gravy should accompany each helping; otherwise this dish, which is naturally dry, will lose half its flavour, and so become a failure. Stuffing is also served with it; and the ears, which should be nicely crisp, and the brains of the hare, are esteemed as delicacies by many connoisseurs.



ROAST HARE.

1436.—GROUSE.

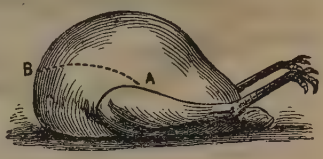
Grouse may be carved in the way first described in carving partridge. The backbone of the grouse is highly esteemed by many, and this part of many game birds is considered to possess the finest flavour.

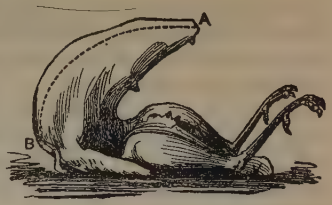


GROUSE.

1437.—PARTRIDGES.

There are several ways of carving this most familiar game bird. The more usual and summary mode is to carry the knife sharply along the top of the breast-bone of the bird, and cut it quite through, thus dividing it into two precisely equal and similar parts, in the same manner as carving a pigeon. Another plan is to cut it into three pieces, viz., by severing a small wing and leg on either side from the body, by following the line B to A in the upper woodcut; thus making two helpings, when the breast will remain for a third plate. The most elegant manner is that of thrusting back the body from the legs, and then cutting through the breast in the direction shown by the line A to B: this plan will give four or more helpings if necessary.

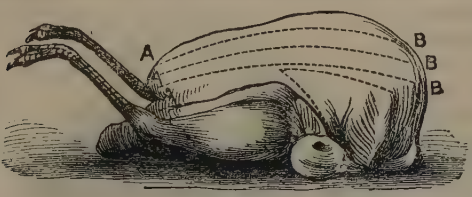




ROAST PARTRIDGES.

1438.—PHEASANT.

Fixing the fork in the breast, let the carver cut slices from it in the direction of the lines from A to B: these are the prime pieces. If there be more guests to satisfy than these slices will serve, then let the legs and wings be disengaged as in carving a fowl, following the dotted line to remove the latter first; the point where the wing joins the neckbone being carefully found. The merrythought will come off in the same way as that of a fowl. The most valued parts are the same as those which are preferred in a fowl.



ROAST PHEASANT.

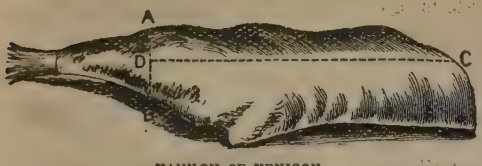
1439.—SNIPE.

One of these small but delicious birds may be given whole to a gentleman; but in helping a lady, it will be better to cut them quite through the centre, from A to B, completely dividing them into equal and like portions, and put only one half on the plate.

SNIPE.

1440.—HAUNCH OF VENISON.

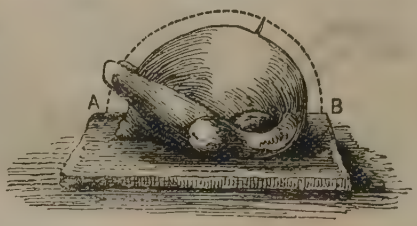
This is a grand dish for a knight of the carving-knife to exercise his skill upon, and, what will be pleasant for many to know, there is but little difficulty in the performance. An incision being made completely down to the bone, in the direction of the line A to B, the gravy will then be able easily to flow; when slices, not too thick, should be cut along the haunch, as indicated by the line D to C; that end of the joint marked C having been turned towards the carver, so that he may have a more complete command over the joint. Although some epicures affect to believe that some parts of the haunch are superior to others, yet we doubt if there is any difference between the slices cut above and below the line. It should be borne in mind to serve each guest with a portion of fat; and the most expeditious carver is the best carver, as, like mutton, venison soon begins to chill, when it loses much of its charm.



HAUNCH OF VENISON.

1441.—WOODCOCK.

This bird, like a partridge, may be carved by cutting it exactly into two like portions, or made into three helpings, as described in carving partridge (No. 1437). The backbone is considered a tit-bit of a woodcock, and by many the thigh is also thought a great delicacy. This bird is served in the manner advised by Brillat Savarin in connection with the pheasant, viz., on toast which has received its dripping whilst toasting; and a piece of this toast should invariably accompany each plate.



WOODCOCK.

1442.—LANDRAIL.

LANDRAIL, being trussed like Snipe, with the exception of its being drawn, may be carved in the same manner.—(*See* No. 1439.)

ORTOLANS are usually helped whole, but may be divided for ladies.—(*See* SNIPE.)

1443.—PTARMIGAN.

PTARMIGAN, being of much the same size, and trussed in the same manner, as the reed-bird, may be carved in the manner described in Grouse and Partridge carving (Nos. 1436 and 1437).

1444.—QUAILS.

QUAILS, being trussed and served like Woodcock, may be similarly carved.—(*See* No. 1441.)

1445.—PLOVERS.

PLOVERS may be carved like Quails or Woodcock, being trussed and served in the same way as those birds.—(*See* No. 1441).

1446.—TEAL.

TEAL, being of the same character as Widgeon and Wild Duck, may be treated, in carving, in the same style.

1447.—WIDGEON.

WIDGEON may be carved in the same way as described in regard to Wild Duck, at No. 1434.

VEGETARIAN RECIPES.

CHAPTER XXVII.

1448. ***Vegetarianism.***—As it is intended that this book shall afford useful information for all housekeepers, it has been thought well to add this chapter for the benefit of those persons who do not eat animal food, or who, at any rate, do not destroy animal life for the purpose of feeding themselves. It has been added the more readily because it is impossible not to feel that English people make too small a use of vegetable food, and are lamentably ignorant of its nutritive value, as well as of the best ways of preparing it.

There are living in England at the present time a large number of persons who are roughly classed together as vegetarians, and who, in point of fact, either abstain from animal food altogether, or who only take it in such forms as milk, cheese, butter, eggs, and very occasionally fish. Of course these last are not, strictly speaking, vegetable feeders, for all these animal products are highly concentrated forms of nourishment. Of course, too, vegetarians abstain from meat from many and mixed motives, with which in the present place we have little to do. It is said that health suffers from our flesh-eating habits; that moral excellence is most easily attained on a simple diet; that the sights and sounds of the cattle-market and the slaughter-house are disgraceful to humanity; that money spent on unnecessary food should be applied to the elevation of the race. Under all these heads there is much to be said. No one will deny that more evil comes from eating too much than from eating too little, and that the foods people do eat too much of are, as a rule, meat, game, fish, eggs, cream, milk, cheese, upon which the culinary art seems often to be exercised only to tempt us beyond the appeasement of appetite for the gratification of taste. No man eats too much of bread and potatoes. Hence the prevalence among the wealthier classes of diseases of the overtaxed excretory organs. Again, one does not look for moral excellence in a bear; but there is the pertinent case of Baron Liebig's bear at Giessen—tame and harmless so long as it was fed on vegetable food, savage when it was fed on meat. The slaughter-house, meat-eaters try to forget. And as for money, Christmas bills, with the butcher's at the head of them, have passed into a proverb.

1449. ***Lenten Fare.***—It is curious that it has often been customary, or prescribed as a duty, to abstain from flesh during certain seasons or under special circumstances. The Lenten fast was ordered, and was observed all over the Christian world. In French cookery-books a chapter corresponding to this treats of food for Lent and fast-days. Among English-speaking people, who have, in the past years of prosperity, consumed an ever-increasing quantity of meat, the protest against indulgence, and the call for a simpler diet, comes from another quarter.

1450. ***What Vegetarians Teach us.***—One benefit that we are likely to reap from the labours of vegetarians is an increase in the number of available foods. It will not be denied that it is best for the nation and for the individual to make use of every food that is wholesome and attainable; nor will those who have thought at all about this matter hesitate to say that the foods in every-day use in this country, especially among the poorer classes, are lamentably few in number. Of the few foods in constant demand the price naturally increases, while other foods, far cheaper and quite as nourishing, meet with no sale at all. Many of the recipes in other parts of the book might, of course, be used by vegetarians, since they contain no animal food; and we propose to add here recipes for cooking pulse, the cereals and fruits, as well as for what is often understood by vegetables.

1451. ***What is Vegetable?***—An English cook's idea of vegetables is anything that can be served as an addendum to the meat course. It is unnecessary to point out that no person could live wholesomely on boiled potatoes and cabbage, with a piece of bread. Vegetables include all vegetable food, and there is no reason why we should not bestow upon them some of the care in selection and cultivation that now is bestowed upon meat. A vegetarian would be very ill-fed at the average middle-class table; and the Englishman who fasts in Lent will probably be compelled, even if he do not desire, to submit to some amount of starvation, as well as to abstinence from certain kinds of food, because of the ignorance of English cooks. But a vegetarian need submit to no starvation; the worst that will happen to him will be that he longs for the more highly-flavoured and more stimulating diet to which he has been accustomed. Being thus dependable on custom, it seems likely that, having in the past accustomed ourselves to one sort of food, we could in the future accustom ourselves to another, if sufficient reason were shown to convince us of an advantage to be gained.

1452. ***Constituents of Food.***—It is hardly necessary to say that, whether one lives on animal or vegetable food, the same constituents must be present. Water, starch or sugar, fat, salts, and flesh-formers are not less demanded by one class of the community than by the rest.

As for water, it is free to all; but it is worthy of notice that in most vegetarian cookery-books there is a large preponderance of soups, and stews, and porridges, all moist foods, containing much water, and therefore not calling for much water to accompany them. Vegetable food is not provocative of thirst to the same extent that animal food is. In most of the recipes, condiments and seasonings are sparingly used; in some they are not used at all. We have, however, in the few recipes that follow, added a usual amount of seasoning, since there are plenty of vegetarian cookery-books, and we should be glad to gain for our recipes the favour of the general public.

1453. ***Starch or Sugar*** is at all times a vegetable food, and is therefore used by all. The people who go without starch are those who live in the region of ice and snow, where plants cannot grow, and where a rigid vegetarian would soon have to give up the struggle of life. The prepared starches, such as corn-flour, arrowroot, sago and tapioca, are very cheap, and starch, in combination with other substances—in potatoes, flour, rice, oatmeal—is commoner still.

1454. ***Fat*** is rather a difficulty with some, who get over it by having recourse to butter, which, it is to be hoped, *is* always butter, and not butterine. But there is a small quantity of fat in cereals, and in many foods where it is not suspected. Vegetable oils are both palatable and cheap. There is olive oil, used for salads very sparingly in this country, very plentifully on the Continent;

walnut oil, also common in France, Italy and Switzerland; cotton-seed oil, pressed from the seeds of the cotton plant, and exported to England in large quantities, partly to adulterate the dearer kinds of oils, partly for more legitimate use in preserving fish and in frying. It is often spoken of as "frying oil" by the poorer people, who are accustomed to see it used in cookshops. Poppy-seed oil is seldom seen, but is cheap, nearly tasteless, and inodorous. Palm-oil is used, in the countries where it grows as a food, and, if refined, would be unobjectionable and cheap; but at present it is imported into this country for manufacturing purposes, and is not refined, as it easily might be. There are many other vegetable fats now available, or likely in the future, with improved manufacturing skill, to become so.

Of all the cereals, maize contains most fat, and rice the least. Oatmeal has rather more than wheat-meal, and considerably more than flour.

1455. ***Albuminoids,*** popularly described as flesh-formers, are also found, to some extent, in all unprepared foods. Gluten in flour, fibrin in all the cereals, albumen in all seeds and nuts, nitrogen in some form in every plant that grows —these all supply flesh-formers in different quantities. Vegetable feeders never recommend, and seldom practise, the habit of eating very white bread, and so get more flesh-formers by that channel than the rest of the world. But the great stand-by is in the pulses—beans, peas and lentils—which are richer in albuminoids than any other food that is known. Maccaroni and semolina, though made only of wheat and water, are richer in flesh-formers than the white wheat-flour commonly used.

Many recipes given here, and also in approved vegetarian cookery-books, use milk and eggs in abundance. These animal foods are not open to the same objections that are made to meat. At any rate, they are highly-concentrated foods, containing much nourishment in a small space, and are particularly rich in albuminoids.

We have already had occasion to remark that it is chiefly from vegetables and fresh fruits that we all must draw our supplies of salts, whether we eat meat in addition or no.

RECIPES.—VEGETARIAN SOUPS.

1456.—VEGETABLE STOCK. (*Fr.*—Bouillon Maigre.)

Ingredients.—2 quarts of water, 2 oz. of haricot beans, 2 oz. of split peas, 1 onion, 1 carrot, ½ stick of celery, parsley and herbs, pepper, salt, 5 cloves and a blade of mace.

Mode.—Boil in 2 quarts of water for 3 or 4 hours all the above vegetables, spice and herbs. Strain it off. It will keep for some time if it is let to stand and poured off from the sediment.

Note.—This may serve as the basis of a good many soups and sauces, just as stock made of meat and bones serves many purposes. All cooks may be assured that if gravy has to be made, and no meat is at hand to make it of, water in which any vegetables have been boiled (except potatoes) will be better than water from the tap or kettle.

1457.—HOTCH POTCH.

Ingredients.—3 oz. of pearl barley, 1 small cabbage, 2 carrots, 1 turnip, 2 onions, parsley and herbs, 2 oz. of butter, salt and pepper, 3 quarts of water.

Mode.—Put the barley on the fire with the cold water. Scrape or grate one of the carrots, and put it aside in a little water. Chop all the rest of the vegetables very small, and when the water boils put them in with the butter, salt and pepper. There should be enough vegetable to make it rather thick. Boil it all for 2 hours, then put in the scraped carrots and boil another half hour.

Note.—Any other vegetable may be used. These are the most common: lettuce, green peas, when they are rather old, and celery are all suitable.

1458.—WHITE SOUP.

Ingredients.—Onions, turnips, potatoes, celery, parsnips, artichokes, &c., 2 lbs.; 3 pints of water, ½ pint of milk, 1 dessertspoonful of flour or cornflour, 1 oz. of butter, salt.

Mode.—Cut 2 lbs. weight of any white vegetables or of several sorts mixed (which is better) into pieces, and boil them until soft in the water with salt and butter. Rub them through a sieve or colander, put them back in the saucepan with the milk, and let it boil. Put in the flour the last thing, mixed smooth with a little cold water or milk. Let it boil once, and serve with dice of fried bread.

1459.—POTATO SOUP.

Ingredients.—2 lbs. of potatoes, 1 leek, 1 stick of celery, ¼ pint of cream, 1 pint of milk, 1 quart of water, 2 oz. of butter, salt, pepper, 2 oz. of sago or tapioca.

Mode.—Cut up the vegetables, using only the white part of the leek, and put them in a saucepan with the butter. Let them cook for about 10 minutes, but not take colour; then add the milk and water, and boil about three quarters of an hour, or till it is soft enough to rub through a fine sieve. Boil it again, adding more milk if necessary, and let the sago simmer till it is transparent. Add the cream the last thing, and do not let it boil again. Serve with fried bread.

Note.—Do not make it in an iron saucepan, or it will be a bad colour.

1460.—COUNT RUMFORD'S SOUP.

Ingredients.—¼ lb. of Scotch barley, 3 oz. of split peas, 12 oz. of potatoes, 2 tablespoonfuls of vinegar, 2 quarts of water, ¼ lb. of bread or bread-crusts, salt, sweet herbs.

Mode.—First boil the barley, peas and water for 2 hours very slowly; then add the potatoes, vinegar and salt, and simmer for another hour. Put in the bread just before serving.

Note.—If it is cooked fast more water will have to be added, as it will boil away; but it is much better to simmer it.

1461.—GREEN PEA SOUP.

Ingredients.—1 pint of peas, with their shells; 1 small lettuce, a spray of parsley and one of mint, 1 small leek, 2 quarts of water, ½ pint of milk, or milk and cream; salt, pepper, soda, sugar.

Mode.—Shell the peas and put them into the boiling water and soda, with their shells and the other vegetables. In about 20 minutes take out a few of the peas for garnish and rub the rest of the vegetables through a sieve. The greater part of the shells can be rubbed through, and they make quite as good soup as the peas themselves. Boil the soup again, adding sugar and seasoning and the milk. If cream is put in it must not be boiled. Garnish with the whole peas and serve at once.

1462.—BROWN VEGETABLE SOUP.

Ingredients.—2 quarts of water, a slice of bread, 1 cabbage, 2 carrots, 1 turnip, 2 onions, 2 potatoes, parsley, salt, pepper, 1 tablespoonful of oil.

Mode.—Fry a sliced onion in a little oil in the bottom of a large saucepan. When it is brown, but not burnt, add 2 quarts of water, salt, pepper, a slice of stale bread toasted, and vegetables cut up small. One small cabbage, 2 carrots, 1 turnip, 2 onions, 2 or 3 potatoes, and a bunch of parsley make a good soup. French beans, peas, with their shells, celery, parsnips, or any other vegetable may be added. Boil 3 or 4 hours, then mash it through a colander, or in the saucepan with a spoon, boil another 10 minutes, and the soup is ready. If it is too thick, add more water and boil ten minutes after putting the water in; if too thin, boil fast with the lid off the saucepan until it is thick enough.

VEGETABLE SAVOURIES.

1463.—FRIED BANANAS.

Ingredients.—Bananas, peeled; flour, oil or butter to fry.

Mode.—Cut the bananas in slices and flour each, fry a light brown in a frying pan, serve with fried bread, or with poached eggs, as bacon and eggs are served.

1464.—CURRIED BEANS.

Ingredients.—½ pint of haricot beans, half a carrot, 1 apple, 1 onion, a tablespoonful of oil or some butter, 1 dessertspoonful of flour and curry powder mixed, ¼ pint of water, rice.

Mode.—Bake the beans in a slow oven with water until soft, grate or chop the vegetables very fine, melt the oil, add the vegetables and fry for five minutes, then the flour and curry, and last of all the water or an equal quantity of the liquor in which the beans were boiled, if any remains. Boil and thicken, add the beans, make it thoroughly hot, and serve with a border of boiled rice. If the rice is not very well boiled, which may happen with an inexperienced cook, press it into a mould or into teacups, turn them out into the middle of the dish, and pour the beans round.

Note.—Peas and lentils may be cooked in the same way, or indeed any kind of vegetable.

1465.—BEAN CROQUETTES.

Ingredients.—Boiled beans, bread-crumbs, salt, pepper, onion, egg or flour and milk, oil to fry.

Mode.—Take some boiled haricot beans—any that are left over from a dish of the day before will do—mash them, add bread-crumbs enough to make them stiff enough to mould, a little chopped onion, pepper and salt. Shape them into balls or flat cakes, egg-and-bread-crumb them, and fry in hot oil. Serve with some sauce, or brown gravy poured round, and garnish with fried parsley. If peas are preferred, the ordinary split peas can be used; and if lentils, either the Egyptian or the German, but the latter are better though dearer. Parsley and herbs, or lemon-peel, can be added if approved. They must be eaten hot.

1466.—POTTED BEANS.

Ingredients.—½ pint of haricot beans, 2 oz. of bread-crumbs, 2 oz. of strong cheese, grated; 2 oz. of butter, cayenne, pepper, salt, nutmeg to taste.

Mode.—Bake the beans in a slow oven, pound them in a mortar, adding the other ingredients gradually. Press it into pots, and run a little butter over the top if it is to keep many days. It makes very good sandwiches with bread and butter.

1467.—BEANS AND TOMATOES.

Ingredients.—Baked or boiled haricot beans, 1 oz. of flour, ½ oz. of butter, ¼ pint of the water in which the beans were cooked, 2 tablespoonfuls of tomato sauce.

Mode.—Strain the beans, thicken the liquor with flour, or flour and butter, add the tomato sauce, and let it boil. Put in the beans, and serve as soon as it is hot.

1468.—BREAD CUTLETS.

Ingredients.—Slices of bread, milk, nutmeg, pepper, chopped parsley, herbs and lemon-peel, egg and bread-crumbs, oil to fry.

Mode.—Cut slices of bread of a suitable shape and about three-quarters of an inch thick. Soak them in a little milk on a plate, but not so long that they break. Mix the parsley, herbs, lemon-peel, spice and bread-crumbs. Break the egg on a plate, dip each slice into it and then in the crumbs, and fry at once in a frying-pan. Drain on paper, and serve hot.

1469.—CROQUETTES OF HOMINY.

Ingredients.—1 breakfastcupful of hominy, 1 quart of milk, 1 oz. of butter, 2 eggs, salt, cayenne to taste, bread-crumbs, oil to fry.

Mode.—Soak the hominy in water all night, and next morning boil it in the milk till tender. Let it cool, add the butter, 1 egg, and seasoning. When quite cold shape it in balls, egg-and-bread-crumb each, fry in a saucepan of oil, and serve with tomato or onion sauce round.

1470.—CARROT PUDDING.

Ingredients.—Boiled carrots, half their bulk in bread-crumbs, 1 or 2 eggs, pepper and salt, 2 oz. of butter, white sauce.

Mode.—Boil some carrots until soft, and either chop them small or rub them through a sieve, add the crumbs and butter, and eggs enough to bind the whole together, with seasoning to taste. If eggs are not used, a couple of tablespoonfuls of flour and a little milk should be put in. Butter a pudding-basin, put in the mixture, steam for an hour or an hour and a half, according to size, turn it out and serve hot with white sauce poured round.

Note.—This can be made with other vegetables. Chopped turnips or cauliflowers are very good mixed with the carrot.

1471.—FORCEMEAT FRITTERS.

(*Mrs. Brotherton's Recipe.*)

Ingredients.—8 oz. of bread-crumbs, 3 oz. of butter, 4 eggs, ¼ pint of cream, 1 oz. of chopped parsley, ½ oz. of leeks, ¼ oz. of sweet marjoram, winter savory and lemon thyme, mixed.

Mode.—Rub the butter into the bread-crumbs; add the parsley, leeks

and herbs; season with pepper and salt; mix the whole with the eggs, well beaten, and the cream; fry in fritters together with 2 hard-boiled eggs cut in slices; place the eggs round the fritters, and serve with brown sauce poured over the whole, and currant jelly.

1472.—LENTIL RISSOLES.

Ingredients.—¼ lb. of lentils, boiled or baked; ½ oz. of butter, pepper and salt, nutmeg, pastry.

Mode.—Cook the lentils until they are soft enough to mash, add the butter and seasoning. They ought not to be very dry. Roll the pastry very thin and cut it into rounds with a tea cup. Into each round put a little of the lentil mixture, fold it up, wet the edge, and stick it together. Egg-and-bread-crumb the rissoles, and fry them in oil. Serve hot with fried parsley. The whole lentils are the best to use for this purpose.

1473.—MACCARONI AND ONION FRITTERS.

Ingredients.—4 oz. of onions, 2 oz. of maccaroni, 6 oz. of bread-crumbs, 3 eggs, seasoning.

Mode.—Stew the maccaroni in water, and when tender, drain and cut it in small pieces; add the onions, boiled and chopped, the bread-crumbs moistened with a little water, and the eggs well beaten; season with pepper and salt; fry the fritters, and serve with brown sauce.

1474.—MUSHROOM PUDDING.

Ingredients.—1½ lb. of flour, 6 oz. of butter, 1 teaspoonful of baking powder, cold water, 1 quart of mushrooms, picked and peeled; pepper and salt.

Mode.—Make a crust with the flour, powder and 5 oz. of the butter. Line a greased pudding-basin, put in the mushrooms with the rest of the butter, pepper and salt, and a little water. Finish off like a beef-pudding. Boil 1½ hour.

1475.—MACCARONI AND TOMATOES.

Ingredients.—½ lb. of Naples maccaroni, salt and water, ½ oz. of flour, ½ oz. of butter, 3 tablespoonfuls of tomato sauce, 1 onion stuck with 3 cloves.

Mode.—Drop the maccaroni into fast-boiling water, with salt and the onion, and boil it for half an hour, or until it is tender, and drain the water off. Melt the butter in a saucepan, add the flour and the water (there should be about half a pint), let it boil, then stir in the sauce and

the maccaroni. When it is hot through it is ready to serve. The onion should be removed.

1476.—MACCARONI PUDDING.

Ingredients.—6 oz. of maccaroni, ¼ lb. of bread, 1 teaspoonful of parsley, ½ teaspoonful of mixed herbs, lemon peel, spice, pepper and salt, 3 oz. of butter, 1 egg.

Mode.—Parboil the maccaroni, and with it line a pint buttered basin. Soak the bread in cold water, squeeze it dry, and add the rest of the ingredients with any maccaroni that may be over, cut into pieces. Fill the basin and press it down. Cover it with buttered paper, and steam it 1¼ hour. Serve hot with brown sauce.

1477.—POTATOES WITH CHEESE.

Ingredients.—1 lb. of boiled potatoes, 2 tablespoonfuls of milk, pepper and salt, 3 oz. of grated cheese, browned bread-crumbs, 1 oz. of butter.

Mode.—Mash the potatoes while hot, add the milk, seasoning, half the butter and the cheese. Butter a pie dish, strew the crumbs rather thickly, put in the potatoes, and bake half an hour in a good oven. Turn it out and serve hot.

1478.—POTATO PIE.

Ingredients.—2 lbs. of potatoes, 1 onion, 1 stick of celery, 1 oz. of butter, 1 oz. of sago or tapioca, seasoning, paste to cover, water or milk.

Mode.—Slice the potatoes and the celery, fry the onion in half the butter, and fill a pie dish with these, strewing in the sago, and seasoning to taste. Fill up with water or milk, put on a cover of paste, and bake in good oven for an hour or more, according to size.

1479.—POTATO ROLLS.

Ingredients.—Pastry, potatoes, turnips, celery, onion, parsley, sweet herbs, seasoning, 1 oz. of butter.

Mode.—Cut the potatoes small. To each pound add one small turnip, 1 stick of celery, 1 small onion, chopped parsley, herbs and seasoning to taste, and the butter. Roll out the paste to half an inch thick, cut it in rounds or squares, fill each with the vegetables, fold it up like a turnover, and bake about three-quarters of an hour. Serve hot or cold.

1480.—POTATO SANDERS.

Ingredients.—Boiled potatoes, flour, salt, bread-crusts soaked in water, chopped parsley and herbs, seasoning, ½ an onion soaked in boiling water.

Mode.—Have the potatoes hot if possible, work into them enough flour to roll it out, and cut it in squares. Squeeze the bread dry, add the other ingredients, put a little in each square, and finish off like sausage rolls. Bake in a good oven for 20 minutes, and serve hot.

1481.—SAVOURY RICE.

Ingredients.—½ lb. of rice, 1 onion, 3 tablespoonfuls of grated cheese, 3 tablespoonfuls of tomato sauce, a teaspoonful of chopped parsley and herbs, cayenne and salt, 1 oz. of butter.

Mode.—Boil the rice in water with one small onion chopped fine. When tender and nearly dry, stir in the other ingredients. It should be stiff enough to make a mound on the dish. Serve hot.

1482.—VEGETABLE GOOSE.

Ingredients.—½ lb. of bread-crumbs soaked in cold water, 1 onion, 1 teaspoonful of parsley and herbs, 1 oz. of butter, pepper and salt.

Mode.—Squeeze the bread nearly dry, and mash it. Mix in the other ingredients, chopped small. Butter a Yorkshire pudding dish, put in the bread, and bake in a good oven for about an hour. Serve hot, cut in squares.

1483.—VEGETABLE PIE.

Ingredients.—1 onion, 1 carrot, 1 turnip, 1 stick of celery, a handful of green peas, ½ oz. of sago or tapioca, 1 oz. of butter, pepper and salt, a teaspoonful of flour, paste to cover.

Mode.—Stew all the above ingredients together in a very little water until they are nearly cooked. They should be cut into small pieces. Then put them in a pie-dish, cover it with crust like a meat pie, and bake it until the crust is done. It may be made of any vegetables that are in season. A few mushrooms always improve it, or some mushroom powder.

1484.—VEGETABLE PIE.

(*Another Mode.*)

Ingredients.—½ lb. of boiled maccaroni, 3 hard-boiled eggs, veal force-meat, made with butter or oil instead of suet, 1 or 2 tomatoes, if approved.

Mode.—Prepare and slice the above ingredients. fill a pie-dish, and finish as for meat pie. Bake till the crust is done.

VEGETABLE SAUCES.

1485.—BROWN GRAVY.

Ingredients.—2 onions, 1 tablespoonful of flour, ¾ pint of hot water, seasoning, 1 oz. of butter or a tablespoonful of oil.

Mode.—Chop the onions, fry them brown in the butter, add the flour, and let that brown also. Pour in the water, and stir till it thickens; then season it to taste. It is better to use any kind of vegetable stock than water.

1486.—BROWN GRAVY.

(Another Mode.)

Ingredients.—1 onion, ½ carrot, ½ turnip, parsley, herbs and bay leaf, 1 oz. of butter, 1 pint of water, 1 dessertspoonful of vinegar, a lump of sugar, spice, a teaspoonful of sauce.

Mode.—Fry the chopped vegetables in the butter until they are dark brown; add the flour and water, and stir till it boils; then put in the parsley, herbs, vinegar, sugar, spice and seasoning to taste. Let it simmer by the side of the fire for an hour. Strain it, and add the sauce. If it is not dark enough, it can be coloured with burnt sugar; but it ought to be, especially if a few onion *skins* are put in.

1487.—SHARP SAUCE.

Ingredients.—Salad oil, 1 onion, 1 tomato, 3 mushrooms, garlic, 1 oz. of flour, ¾ pint of water, vinegar, sweet herbs, pepper and salt, nutmeg.

Mode.—Put into a saucepan a wineglassful of oil with an onion, a tomato, and a few mushrooms and a bit of garlic, all very finely chopped. In about ten minutes' time add a tablespoonful of flour, then three quarters of a pint of water or vegetable stock, and stir till it boils. Put in 2 tablespoonfuls of vinegar and a few sweet herbs. Simmer for some minutes; strain and serve. The garlic may be omitted.

1488.—TOMATO SAUCE.

Ingredients.—6 tomatoes, pepper and salt, water.

Mode.—Put the tomatoes in just enough water to prevent their burning and cook them till soft, either in the oven or over the fire. Put them through a sieve, warm them again, add a very little sugar, salt and pepper to taste.

1489.—TOMATO SAUCE.

(*Another Mode.*)

Ingredients.—4 or 6 tomatoes, ½ oz. of butter, ½ oz. of flour, ½ pint of water, seasoning as above.

Mode.—Prepare the tomatoes as in the preceding recipe, or peel and quarter them, removing the core and pips before they are cooked. Make a quarter of a pint of melted butter with the above ingredients, add the tomatoes and the seasoning, give it one boil, and serve. Some persons like to add a flavour of onion, which should be cooked with the tomato and then removed.

1490.—WHITE SAUCE FOR PUDDINGS.

Ingredients.—1 lemon, 1 teaspoonful of cornflour, 2 tablespoonfuls of milk, ½ pint of water, 1 teaspoonful of white sugar.

Mode.—Boil the lemon-rind in the water, mix the cornflour with milk to a smooth paste, and pour the boiling water on. Put it back in the saucepan with the sugar, and let it boil; add the lemon juice, and serve.

FLOUR FOODS.

1491.—OATMEAL PORRIDGE.

Ingredients.—To each ¼ pint of water about 1 oz. of oatmeal.

Mode.—Three qualities are sold—the coarse, fine, and medium oatmeal. Either can be used. The coarse requires longer boiling. There are many different ways of making porridge, and many different sorts of porridge when made. The common plan is to boil the water with salt, and while it boils fast to stir in the meal with one hand and add it with the other. When it is thick enough, set it by the side of the fire to simmer for twenty minutes or half an hour. A surer way to get no lumps is to pour cold water on the meal in a basin and stir it smooth, then to put it into a saucepan, and boil all for half an hour. A third plan is to pour boiling water over the meal and to let it stand all night, then in the morning to boil it until it is of the required consistence. Serve with sugar, treacle, salt, or cold or hot milk, as taste may dictate.

1492.—MAIZE MEAL PORRIDGE, POLENTA, OR MUSH.

Ingredients.—Indian meal, salt, water.

Mode.—Boil a saucepan half full of water, strew in meal with one

hand and stir with the other. Boil 5 or 10 minutes. Stir in a piece of butter, and serve hot.

Note.—Both yellow and white maize meal is sold. It must be used quickly, or kept in a covered tin, as it very soon absorbs moisture from the air, and turns bitter. Maize meal is also sold in packets, steam-dried and partially cooked.

1493.—HOMINY PORRIDGE.

Ingredients.—Hominy, water, a piece of butter.

Mode.—Pour boiling water on the hominy over night, and let it stand till morning. Then add more water if necessary, and boil it for at least half an hour. Stir in the butter just before serving.

Note.—Hominy is the inner part of the maize, and bears about the same relation to maize-meal that coarsely-ground flour does to whole wheat meal. It is not so nourishing, but being less oily it keeps well, and has not the characteristic flavour of maize-meal, which is unpleasant to some persons.

1494.—WHEAT-MEAL PORRIDGE.

Ingredients.—Wheat meal, coarsely ground; water.

Mode.—Make as directed for oatmeal.

1495.—LENTIL PORRIDGE.

Ingredients.—3 oz. of lentil flour, 1 pint of water, salt, butter.

Mode.—Put the flour and salt in a basin with a little cold water, add the rest of the water boiling, put it on the fire and boil it for 10 minutes. Stir in the butter just before serving. Half lentil and half barley or wheat flour is preferred by some people, and makes a close imitation of the Revalenta Arabica, so much advertised for invalids.

1496.—PEASE BROSE.

Prepare and cook as above, using about 2 tablespoonfuls of pease meal, rather less than half a pint of water, 1 oz. of butter, and salt.

1497.—OATMEAL SCONES.

Ingredients.—Cold oatmeal porridge, flour.

Mode.—Into the cold porridge knead as much flour as will enable it to be rolled out three-quarters of an inch thick. Cut it in three-cornered pieces, and bake on a greased griddle or in the oven. Serve hot, split and buttered.

1498.—HOMINY FRITTERS.

Ingredients.—Cold hominy porridge, fat to fry, flour.

Mode.—Cut the cold porridge into slices, about an inch thick, flour them lightly on both sides, and fry in a frying-pan with butter or oil. Serve hot.

1499.—PEA FRITTERS.

Ingredients.—Cold brose, or lentil porridge; bread-crumbs, herbs, onion, seasoning, flour, fat to fry.

Mode.—Mix with the cold porridge bread-crumbs, about its own bulk in quantity. Add a little chopped onion and sweet herbs and seasoning to taste. Shape it into flat cakes, flour them, and fry a nice brown in the frying-pan.

1500.—POLENTA AND CHEESE.

Ingredients.—Cold maize-meal porridge, butter or oil, grated cheese, salt and cayenne.

Mode.—Cut the cold polenta into square or oblong pieces about three-quarters of an inch thick. Arrange them on a flat dish, or in a pie-dish, in layers, with grated cheese between and over the top. Put a few pieces of butter over, and bake till brown in a good oven. Serve hot.

VEGETABLE PUDDINGS AND PASTRY.

It would be useless to repeat any recipes for butter pastry. All those in the chapter on puddings and pastry are suitable.

Nor is there any difficulty in selecting puddings made from vegetable products. The only peculiarity that might be said to belong to vegetarian puddings, as a class, is that they are more solid and satisfying than puddings that are often thrown in as a luxury, rather than as a food, at the end of a repast of meat.

1501.—PASTRY WITHOUT BUTTER.

Ingredients.—1 lb. of flour, 1 teaspoonful of baking powder, a small wineglassful of salad oil, water.

Mode.—Mix the flour and baking powder. Add the oil to cold water,

and stir the paste to a proper consistency for rolling. Fold it over and roll it out twice or thrice, and bake immediately.

Note.—I copy (again from Mrs. Brotherton) the three following recipes for well-known puddings from which the suet is omitted :—

1502.—PLUM PUDDING.

Ingredients.—½ lb. of flour, ½ lb. of currants or raisins, ½ lb. of grated carrots, ¼ lb. of grated potatoes, ¼ lb. of butter, 4 oz. of sugar, salt, spice.

Mode.—Mix it all together, and boil it in a buttered basin 1½ hour. Serve with sweet sauce.

1503.—PLUM PUDDING.

Ingredients.—1 lb. of flour, ½ lb. of currants, ½ lb. of sultanas, 4 oz. of butter, 3 eggs, grated rind of a lemon, 1 teaspoonful of baking powder.

Mode.—Mix the powder with the flour, rub in the butter and add the currants and raisins, the lemon peel finely grated, a little nutmeg, and the eggs well beaten. Put it in a buttered basin, boil or steam 4 hours, and serve with sweet sauce.

1504.—MINCE-MEAT.

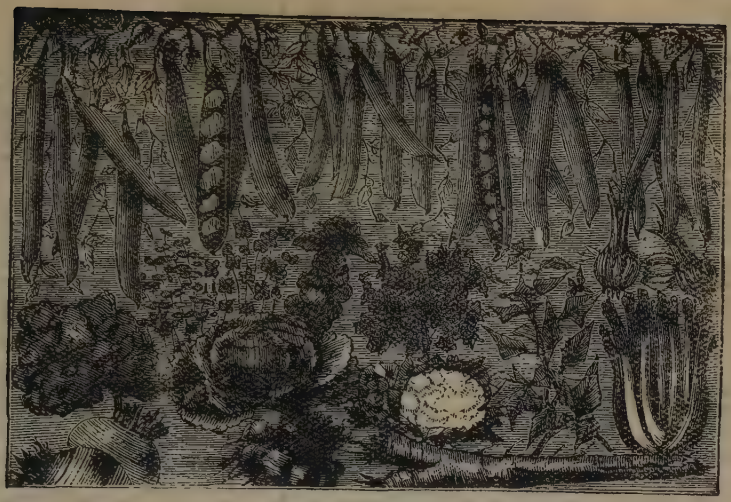
Ingredients.—6 lemons, ½ lb. of apples, 1 lb. of raisins, weighed when picked and stoned; 1 lb. of currants, 1 lb. of sugar, ½ lb. of fresh butter, 2 oz. of candied citron, 2 oz. of candied orange.

Mode.—Grate off the yellow rind, cut the lemons in two, and squeeze out the juice, boil the rinds in spring water till tender, but not soft, changing the water four or five times to take out the bitterness, and putting a large tablespoonful of salt in the water in which they are first boiled; when done, drain the water from them, and take out the seeds and skins, then chop them with the raisins in a wooden bowl; when finely chopped add the currants, sugar, the apples (previously prepared as for sauce), the grated rind of the lemons, the juice, half a saltspoonful of cayenne pepper, a small teaspoonful of mace, a small teaspoonful of cinnamon, 12 or 15 drops of almond flavour, the candied orange and citron cut in thin slices, and, lastly, the butter melted and stirred well in.

1505.—GINGERBREAD PUDDING.

Ingredients.—½ lb. of flour, ½ lb. of treacle, 2 oz. of butter, 1 teaspoonful of baking powder, ½ teaspoonful of ginger, 1 egg, salt.

Mode.—Mix the baking powder and ginger with the flour, rub in the butter, add the treacle and the egg, well beaten, and mix all together; flour a pudding cloth, put in the mixture, tie it up, and boil 1½ hour. Serve with butter sauce.



CHAPTER XXVIII.

GENERAL OBSERVATIONS ON VEGETABLES.

"Strange there should be found
Who, self-imprison'd in their proud saloons,
Renounce the odours of the open field
For the unscented fictions of the loom;
Who, satisfied with only pencilled scenes,
Prefer to the performance of a God
Th' inferior wonders of an artist's hand?
Lovely, indeed, the mimic works of art,
But Nature's works far lovelier."—COWPER.

1506. ***"The Animal and Vegetable Kingdoms,"*** says Hogg, in his "Natural History of the Vegetable Kingdom," "may be aptly compared to the primary colours of the prismatic spectrum, which are so gradually and intimately blended, that we fail to discover where the one terminates and where the other begins. If we had to deal with yellow and blue only, the eye would easily distinguish the one from the other; but when the two are blended, and form green, we cannot tell where the blue ends and the yellow begins. And so it is in the animal and vegetable kingdoms. If our powers of observation were limited to the highest orders of animals and plants, if there were only mammals, birds, reptiles, fishes, and insects in the one, and trees, shrubs and herbs in the other, we should then be able with facility to define the bounds of the two kingdoms; but as we descend the scale of each, and arrive at the lowest forms of animals and plants, we there meet with bodies of the simplest structure, sometimes a mere cell, whose organization, modes of development and reproduction, are so anomalous, and partake so much of the character of both, that we cannot distinguish whether they are plants or whether they are animals."

Whilst it is thus difficult to determine where the animal begins and the vegetable ends, it is as difficult to account for many of the singularities by which numbers of plants are characterised. This however, can hardly be regarded as

a matter of surprise, when we recollect that, so far as it is at present known, the vegetable kingdom is composed of upwards of 92,000 species of plants. Of this amazing number the lichens and the mosses are of the simplest and hardiest kinds. These, indeed, may be considered as the very creators of the soil: they thrive in the coldest and more sterile regions, many of them commencing the operations of nature in the growth of vegetables on the barest rocks, and receiving no other nourishment than such as may be supplied to them by the simple elements of air and rain. They pass into a state of decay, and sustain other species, which in their turn become food for various mosses, and also rot. This process of growth and decay, being continued, by-and-by forms a soil sufficient for the maintenance of larger plants, which also die and decay, and so increase the soil, until it becomes deep enough to sustain an oak, or even the weight of a tropical forest. Different kinds of lichen minister to the elegant arts, in the form of beautiful dyes; thus the *lichen rocella* is used to communicate to silk and wool various shades of purple and crimson, which greatly enhance the value of these materials. This species is chiefly imported from the Canary Islands, and, when scarce, as an article of commerce has brought as much as £1,000 per ton. Iceland moss, *lichen islandicus*, is used not only medicinally, but as food.

1507. ***In the Vicinity of Lichens, the Musci, or Mosses,*** are generally to be found. Indeed, wherever vegetation can be sustained, there they are, affording protection to the roots and seeds of more delicate vegetables, and, by their spongy texture, retaining a moisture which preserves other plants from the withering drought of summer. But even in winter we find them enlivening, by their verdure, the cold bosom of Nature. We see them abounding in our pastures and our woods, attaching themselves to the living, and still more abundantly to the dead, trunks and branches of trees. In marshy places they also abound, and become the medium of their conversion into fruitful fields. This is exemplified by the manner in which peat-mosses are formed; on the surface of these we find them in a state of great life and vigour; immediately below we discover them, more or less, in a state of decomposition; and, still deeper, we find their stems and branches consolidated into a light brown peat. Thus are extensive tracts formed, ultimately to be brought into a state of cultivation, and rendered subservient to the wants of man.

1508. ***When Nature has found a Soil,*** her next care is to perfect the growth of her seeds, and then to disperse them. Whilst the seed remains confined in its capsule, it cannot answer its purpose; when it is sufficiently ripe, the pericardium opens and lets it out. What must strike every observer with surprise is, how nuts and shells, which we can hardly crack with our teeth, or even with a hammer, will divide of themselves, and make way for the little tender sprout which proceeds from the kernel. There are instances, it is said, such as in the Touch-me-not (*impatiens*), and the Cuckoo-flower (*cardamine*), in which the seed-vessels, by an elastic jerk at the moment of their explosion, cast the seeds to a distance. We are all aware, however, that many seeds—those of the most composite flowers, as of the thistle and dandelion—are endowed with, what have not been inappropriately called wings. These consist of a beautiful silk-looking down, by which they are enabled to float in the air, and to be transported, sometimes, to considerable distances from the parent plant that produced them. The swelling of this downy tuft within the seed-vessel is the means by which the seed is enabled to overcome the resistance of its coats, and to force for itself a passage by which it escapes from its little prison-house.

1509. ***Birds, as well as Quadrupeds,*** are likewise the means of dispersing the seeds of plants, and placing them in situations where they ultimately

grow. Amongst the latter is the squirrel, which is an extensive planter of oaks; nay, it may be regarded as having, in some measure, been one of the creators of the British navy. We have read of a gentleman who was walking one day in some woods belonging to the Duke of Beaufort, near Troy House, in Monmouthshire, when his attention was arrested by a squirrel, sitting very composedly upon the ground. He stopped to observe its motions, when, in a short time, the little animal suddenly quitted its position, and darted to the top of the tree beneath which it had been sitting. In an instant it returned with an acorn in its mouth, and with its paws began to burrow in the earth. After digging a small hole, it therein deposited an acorn, which it hastily covered, and then darted up the tree again. In a moment it was down with another, which it buried in the same manner; and so continued its labour, gathering and burying, as long as the gentleman had patience to watch it. This industry in the squirrel is an instinct which directs it to lay up a store of provision for the winter; and as it is probable that its memory is not sufficiently retentive to enable it to recollect all the spots in which it deposits its acorns, it no doubt makes some slips in the course of the season, and loses some of them. These few spring up, and are, in time, destined to supply the place of the parent tree. Thus may the sons of Britain, in some degree, consider themselves to be indebted to the industry and defective memory of this little animal for the production of some of those "wooden walls" which, before the introduction of the iron-clads of the present day, so long "braved the battle and the breeze" on the broad bosom of the great deep, in every quarter of the civilised globe. As with the squirrel, so with jays and pies, which plant among the grass and moss, horse-beans, and probably forget where they have secreted them. Mr. White, the naturalist, says, that both horse-beans and peas sprang up in his field-walks in the autumn; and he attributes the sowing of them to birds. Bees, he also observes, are much the best setters of cucumbers. If they do not happen to take kindly to the frames, the best way is to tempt them by a little honey put on the male and female bloom. When they are once induced to haunt the frames, they set all the fruit, and will hover with impatience round the lights in a morning till the glasses are opened.

1510. ***Some of the Acorns planted by the Squirrel of Monmouthshire*** may be now in a fair way to become, at the end of some centuries, venerable trees; for not the least remarkable quality of oaks is the strong principle of life with which they are endued. In Major Rooke's "Sketch of the Forest of Sherwood," we find it stated that, on some timber cut down in Berkland and Bilhaugh, letters were found stamped in the bodies of the trees, denoting the king's reign in which they were marked. The bark appears to have been cut off, and then the letters to have been cut in, and the next year's wood to have grown over them without adhering to where the bark had been cut out. The ciphers were found to be of James I., William and Mary, and one of King John. One of the ciphers of James was about one foot within the tree, and one foot from the centre. It was cut down in 1786. The tree must have been two feet in diameter, or two yards in circumference, when the mark was cut. A tree of this size is generally estimated at 120 years' growth; which number being subtracted from the middle year of the reign of James, would carry the year back to 1492, which would be about the period of its being planted. The tree with the cipher of William and Mary displayed its mark about nine inches within the tree, and three feet three inches from the centre. This tree was felled in 1786. The cipher of John was eighteen inches within the tree, and rather more than a foot from the centre. The middle year of the reign of that monarch was 1207. By subtracting from this 120, the number of years requisite for a tree's

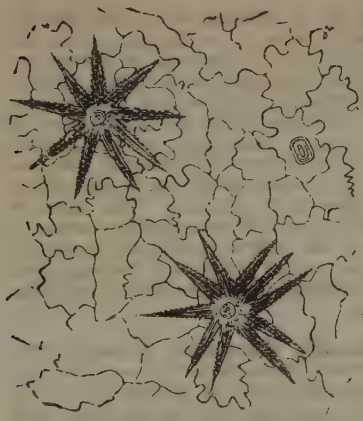
growth to arrive at the diameter of two feet, the date of its being planted would seem to have been 1085, or about twenty years after the Conquest.

1511. ***Considering the great Endurance of these Trees,*** we are necessarily led to inquire into the means by which they are enabled to arrive at such strength and maturity. "Plants have been described by naturalists who would determine the limits of the two kingdoms as organised living bodies, without volition or locomotion, destitute of a mouth or intestinal cavity, which, when detached from their place of growth, die, and, in decay, ferment, but do not putrefy, and which, on being subjected to analysis, furnish an excess of carbon and no nitrogen. The powers of chemistry and of the microscope, however, instead of confirming these views, tend more and more to show that a still closer affinity exists between plants and animals; for it is now ascertained that nitrogen, which was believed to be present only in animals, enters largely into the composition of plants also. When the microscope is brought to aid our powers of observation, we find that there are organised bodies belonging to the vegetable kingdom which possess very evident powers of locomotion, and which change

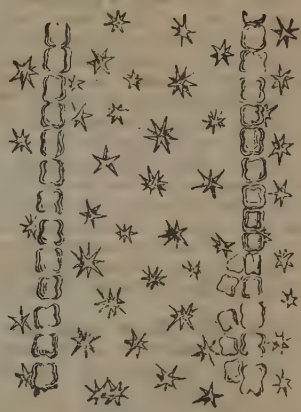
CELLULAR DEVELOPMENT.

about in so very remakable a manner that no other cause than that of volition can be assigned to it." Thus, some vegetables bear a very close resemblance to animal life; and when we consider the manner in which they are supplied with nourishment, and perform the functions of their existence, the resemblance would seem still closer. If, for example, we take a thin, transverse slice of the stem of any plant, or a slice cut across its stem, and immerse it in a little pure water, and place it under a microscope, we shall find that it consists principally of cells, more or less regular, and resembling those of a honeycomb, or a network of cobweb. The size of these varies in different plants, as it does in different parts of the same plant, and they are sometimes so minute as to require a million to cover a square inch. This singular structure, besides containing water and air, is the repository or storehouse of various secretions. Through it, the sap, when produced, is diffused sideways through the plant, and by it numerous changes are effected in the juices which fill its cells. The forms of the cells are various; they are also subject to various transformations. Sometimes a number of cylindrical cells are laid end to end, and, by the absorption of the transverse partitions, form a continuous tube, as in the sap-vessels of plants, or in muscular and nervous fibre; and when cells are thus woven together, they are called cellular tissue, which, in the human body, forms a fine, net-like membrane, enveloping or connecting most of its structures. In pulpy fruits, the cells may be easily separated.

one from the other; and within the cells are smaller cells, commonly known as pulp. Among the cell-contents of some plants are beautiful crystals, called *raphides*. The term is derived from *ραφις, a needle*, on account of the resemblance of the crystal to a needle. They are composed of the phosphate and oxalate of lime; but there is great difference of opinion as to their use in the economy of the plant. The differences between the highest form of crystal and the lowest form of organic life known—*viz.*, a simple reproductive cell, are manifold and striking. In a layer of an onion, a fig, a section of garden rhubarb, in some species of aloe, in the bark of many trees, and in portions of the cuticle of the medicinal squill, bundles of these needle-shaped crystals are to be found. Some of them are as large as 1-40th of an inch, others are as small as the 1-1000th. They are found in all parts of the plant—in the stem, bark, leaves, stipules, petals, fruit, roots, and even in the pollen, with some few exceptions, and they are always situated in the interior of cells. Some plants, as many of the *cactus*



SILICEOUS CUTICLE FROM UNDER SIDE OF LEAF OF DEUTZIA SCABRA.



SILICEOUS CUTICLE OF GRASS.

tribe, are made up almost entirely of these needle-crystals; in some instances, every cell of the cuticle contains a stellate mass of crystals; in others, the whole interior is full of them, rendering the plant so exceedingly brittle that the least touch will occasion a fracture; so much so that some specimens of *Cactus senilis*, said to be a thousand years old, which were sent a few years since to Kew, from South America, were obliged to be packed in cotton, with all the care of the most delicate jewellery, to preserve them during transport.

1512. ***Besides the Cellular Tissue,*** there is what is called a vascular system, which consists of another set of small vessels. If, for example, we, early in the spring, cut a branch transversely, we will perceive the sap oozing out from numerous points over the whole of the divided surface, except on that part occupied by the pith and the bark; and if a twig, on which the leaves are already unfolded, be cut from the tree, and placed with its cut end in a watery solution of Brazil-wood, the colouring matter will be found to ascend into the leaves and to the top of the twig. In both these cases, a close examination with a powerful

microscope will discover the sap perspiring from the divided portion of the stem, and the colouring matter rising through real tubes to the top of the twig; these are the sap or conducting vessels of the plant. If, however, we examine a transverse section of the vine, or of any other tree, at a later period of the season, we find that the wood is apparently dry, whilst the bark, particularly that part next the wood, is swelled with fluid. This is contained in vessels of a different kind from those in which the sap rises. They are found in the *bark* only in trees, and may be called returning vessels, from their carrying the sap downwards after its preparation in the leaf. It is believed that the passage of the sap in plants is conducted in a manner precisely similar to that of the blood in man, from the regular contraction and expansion of the vessels; but, on account of their extreme minuteness, it is almost an impossibility to be certain upon this point. Numerous observations made with the microscope show that their diameter seldom exceeds a 3000th part of an inch. Leuwenhoeck reckoned 20,000 vessels in a morsel of oak 1-19th of an inch large.

1513. ***In the Vascular System of a Plant*** we at once see the great analogy which it bears to the veins and arteries in the human system; but neither it, nor the cellular tissue combined, is all that is required to perfect the production of a vegetable. There is, besides, a tracheal system, which is com posed of very minute elastic spiral tubes, designed for the purpose of conveying air both to and from the plant. There are also fibres, which consist of collections of these cells and vessels closely united together. These form the root and the stem. If we attempt to cut them transversely, we meet with difficulty, because we have to force our way across the tubes, and break them; but if we slit the wood lengthwise, the vessels are separated without breaking. The layers of wood, which appear in the stem or branch of a tree cut transversely, consist of different zones of fibres, each the produce of one year's growth, and separated by a coat of cellular tissue, without which they could not be well distinguished. Besides all these, there is the cuticle, which extends over every part of the plant, and covers the bark with three distinct coats.

1514. ***The Root and the Stem finally Demand Notice.***—The root is designed, not only to support the plant by fixing it in the soil, but also to fulfil the functions of a channel for the conveyance of nourishment; it is therefore furnished with pores, or spongioles, as they are called, from their resemblance to a sponge, to suck up whatever comes within its reach. It is found in a variety of forms, and hence its adaptation to a great diversity of soils and circumstances. We have heard of a willow-tree being dug up and its head planted where its roots where, and these suffered to spread out in the air like naked branches. In course of time, the roots became branches, and the branches roots, or rather roots rose from the branches beneath the ground, and branches shot from the roots above. Some roots last one year, others two, and others, like the shrubs and trees which they produce, have an indefinite period of existence; but they all consist of a collection of fibres, composed of vascular and cellular tissues, without tracheæ, or breathing-vessels. The stem is the grand distributor of the nourishment taken up by the roots to the several parts of the plant. The seat of its vitality is in the point or spot called the neck, which separates the stem from the root. If the root of a young plant be cut off, it will shoot afresh; if the stem be taken away, it will be renewed; but if the neck part be injured, the plant will surely die.

1515. ***Vegetables.***—We will here take vegetable in its usual acceptation and not in its literal meaning. We have already spoken of vegetable food in contradistinction to animal; we want now more especially to consider those

vegetable foods that are eaten with, and to some extent supply the deficiences of, meat.

For convenience sake, we may divide these vegetables into four classes: 1, roots and tubers; 2, pulses; 3, leaves and salads; 4, fungi.

It is a rough classification, and some vegetables will not fall of themselves into either class, but it serves indifferently well for our present purpose.

1516. ***Roots and Tubers.***—Of roots and tubers the principal one is the potato. Brought from South America by Sir Francis Drake and Sir Walter Raleigh, as everyone knows, it was a long time creeping into public favour, and even in the 18th century we find Bradley, a considerable authority on gardens, writing, "They are of less note than horseradish, radish, scorsonera, beets, skirret, but as they are not without admirers I will not pass them by in silence." In Mortimer's "Garden Kalendar," published 1708, we are told "the root is very near the nature of the Jerusalem artichoke, although not so good and wholesome, but it may prove good for swine."

1517. ***Popular prejudice.***—In Count Rumford's very interesting and instructive book on "Food," written about a century ago, from which we have already quoted on several occasions, he tells how, when he had to feed the poor of Munich, the prejudice against potatoes was so strong that he was obliged to prepare them in secret, and to let none of the people know what thickened the soup they liked so well. But when once accustomed to the new food they preferred it to any other soup. Unfortunately, prejudice did not die with the success of Rumford's potatoes a century ago, or we should not have to regret that people nowadays care for no vegetable except potato, and place undue reliance upon that.

1518. ***Potato as Food.***—No doubt much of its popularity is due to its cheapness, its good keeping power, and its unobtrusive flavour. Since the potato disease has come it has not always been as cheap as once it was, but it still remains one of the cheapest, if not *the* cheapest of foods. We have cheap corn now, and so long as potatoes and corn are the same price per pound, corn is the cheaper of the two. For potatoes are very watery. Three quarters of the weight of every potato is water, and of the remaining quarter, half is starch, there being much less of flesh-forming material than in many other cheap foods. If a man had to live on potatoes alone he must eat many pounds daily weight in order to obtain flesh-formers enough to do even moderate work. The Irish who do live on potatoes add buttermilk to supply what is wanting, and even so consume immense quantities of the vegetable: Dr. E. Smith says 10½ lbs. daily; 3½ lbs. at each meal. Potato, however, besides starch and water, contains much ash or salt, and is for that reason, an excellent anti-scorbutic. So long as potatoes hold out, sailors at sea escape scurvy, and are not dependent upon their daily rations of lime juice. Our people on land have often to thank Sir Walter Raleigh for such immunity as they enjoy from this class of disease. It is a strange fact that many English people, from one week's end to another, eat no vegetable except potato, an exotic, acclimatised here at the cost of much pains and perseverance.

The potato belongs to the order *solanaceæ*, to which also belong some of the deadliest poisons we possess, and it is often said that the potato also contains a poisonous principle known as *solanine*. "If there be a poison present it must be either insignificant in amount or be destroyed by the heat to which the potato is subjected before being sent to the table." We hear of no ill effects from eating potatoes cooked in their skins, nor from eating potato soup, which is a common dish in almost every country of Central Europe. Potatoes that have been frozen rapidly decompose: this is because by the freezing of the water that they contain

the cells are burst and broken. They also deteriorate if they are allowed to sprout. Some or all of the starch is changed to dextrine, a gummy substance with a sweetish taste, which no longer assumes a mealy appearance on boiling as does a starchy potato. The waste in boiling is much less if the tubers are boiled in their skins, which are of a cork-like substance impervious to water. There is also considerable waste in peeling potatoes, owing to the fact that the least watery and most albuminous part of the tubers lies immediately under the skin. It is said that one potato in every seven is wasted by the common method of cooking.

Potato starch is largely used to adulterate other farinaceous preparations, as it is the cheapest form of starch. It is said to turn watery sooner than other starches if it is allowed to stand after it is cooked.

1519. ***Vegetables of the Olden Time.***—Not potatoes alone, but many other vegetables common now were unknown to our forefathers even a few centuries back, and the fruits were very different to those at present produced in England. The following extract, from Professor Thorold Rogers' well-known work on the "History of Prices," serves to show the state of things, and the necessary consequence thereof.

"The manor house possessed a garden and orchard. But the former was very deficient in vegetables. The householder of the 13th and 14th centuries grew onions and leeks, mustard, and garden or green peas. He probably also possessed cabbage, though I have never found either seed or plants quoted. Apples, and sometimes pears, are mentioned as part of the orchard produce, but we read of no plums except once of damsons. A regular part of the produce of the orchard was cider, and its low price seems to suggest that it was made in considerable quantities. Sometimes, too, wine was grown in England. Crabs were collected in order to manufacture verjuice—an important item in mediæval cookery. Bees, though honey was dear and wax very high priced, do not seem to have been commonly kept.

"Scurvy in its most violent forms, and leprosy, modified perhaps by the climate, were common disorders, for as has often been said, the people lived on salt meat half the year, and not only were they without potatoes, but they do not appear to have had other roots now in common use, as carrots and parsnips. Onions and cabbage appear to have been the only esculent vegetables. It will be found that nettles (if we can identify those with urticæ) were sold from the garden. Spices, the cheapest of which was pepper, were quite out of their reach. Sugar was a very costly luxury, and our forefathers do not appear, judging from the rarity of the notices, to have been skilful in their management of bees."

1520. ***Value of Vegetable Food.***—If potatoes are watery, most of the roots and tubers we have now to consider are even more so. Out of every hundred pounds of potato, seventy-five are water; out of every hundred pounds of carrot, eighty-nine; of turnips, ninety-two; of the artichoke, eighty; of onion, ninety-one; of the eight or ten pounds that remain there is sometimes starch, sometimes an analogous substance known as *inulin*, and there is one to two pounds of albuminoid. In all, too, there is a considerable amount of cellulose and woody fibre, both of which are indigestible by such apparatus as is possessed by man. We must ascribe their chief value to the salts they contain and to the value of variety in food. They also introduce into the system some water, necessary for digestion and assimilation. It is much to be regretted that by the manner of cooking vegetables that prevails in this country, a great part of these salts is dissolved in water and thrown away, only the vegetable itself being eaten, or at least—for fashion, as usual, is somewhat arbitrary—of most vegetables the salts are thrown away; of others (such as carrots and turnips) the water is kept,

and the vegetables are often thrown away. All vegetables are best when they are grown quickly, in which case they have less woody fibre. Sometimes light is excluded, for light leads to the developement of colouring matter, and also of the characteristic principles of the plant, which is often unpleasantly pungent and occasionally unwholesome.

1521. ***Fresh Vegetables.***—All green vegetables need to be eaten fresh. A large number of those sold in towns are plucked days before, full of sap, and stacked in heaps under circumstances the most favourable to fermentation, which does not fail to commence, and sufficiently accounts for the unpleasant results often experienced after eating cabbages, &c., in such a state.

1522. ***Dried Vegetables.***—Many vegetables are now sold dried and compressed. Sliced carrots, turnips, cauliflower, &c., suitable for *julienne* soups, or stews are often useful to the housewife when such vegetables are out of season and dear, and also when economy of time is necessary, but they are not as well flavoured as the fresh vegetable. Granulated potato, sold in packets, and chiefly intended for use on board ship, is a preparation that might be useful in the same way. It only requires to have boiling water poured on it, and in ten minutes is ready to serve as mashed potato, or to be made into fritters, &c.

1523. ***Pulses*** afford the most nourishing food that we know. Lentils, beans and peas in point of nourishment stand in the order in which we have placed them, though very near together, lentils heading the list with 14 per cent. of water and 24 per cent. of casein. The well-known Revalenta, or Ervalenta, Arabica, contains lentil flour, generally mixed with barley or other meal, and salt. But it is sold at many times the price of any of its ingredients. The celebrated sausage served out to the German troops during the war of 1870–71, was made of peas, bacon and onions. Each one weighed a pound, and could be made into soup or eaten in sausage form. They were easily carried and kept, and contained the requisite proportions of the various kinds of food, but we are told that the men tired of it after a few days. It appears to be the fact that the pulses cannot be used as the only flesh-forming food, and taken even in moderation they disagree with some persons. Generally, however, they are relished if they are so prepared that the tough skin is removed, and for this reason there is no way of cooking them more suitable than as purée soups, where they require for nourishment's sake no addition of meat, owing to the amount of albuminoid, which is far greater than in meat itself. They do require added fat. Green peas are more digestible but less nourishing than dried or even than full-grown peas, which require prolonged boiling to make them digestible, and which, when old, no amount of boiling will soften; indeed, the longer they are boiled the harder they become. Bi-carbonate of soda, usually added to green vegetables to preserve the colour, at the same time softens the cellulose. Directions are generally given *not* to add it in the case of young peas, which require to be served whole, but it is a useful addition to old green peas, or to any of the dried pulses.

Many varieties of dried beans are sold, and all, considered as food, have much the same value. French beans are eaten in an unripe state, pod and young seeds together, in which state they more nearly approach to other green vegetables than to the dried pulses.

Lentils are most often seen in two kinds, the orange coloured Egyptian and the browner German lentil. The former is cheaper, the latter better flavoured.

Pea and lentil flour is often adulterated with other flour, which diminishes its food value.

1524. ***Salads*** generally contain no flesh-forming or heat-giving material, but they are valuable because they introduce into the system large quantities of saline

matter which is generally removed from vegetables in the process of cooking. Their value in this way to the poorer inhabitants of our towns is scarcely to be overrated. Sufficient care is not however always bestowed upon cleansing them, and there is no doubt that parasitic animals are sometimes introduced into the human body through such negligence. They need to be freshly gathered in order to be wholesome, although they may regain some of their crispness if the stalks are freshly cut and placed under water. Many salad plants contain some essential oil to which their characteristic flavour and odour are due. Lettuce has, besides, a small quantity of a mild narcotic, the effects of which may occasionally be observed.

1525. ***Fungi*** are used little in this country, although they are plentiful and highly nutritious. Only three kinds are commonly considered as good for food, and of these only one can be said to be commonly eaten. These are the mushroom, *agaricus campestris;* the morelle, *morchella esculenta;* and the truffle, *tuber cibarium.* No doubt there are many other edible kinds, but the prejudice against them is strong, and the difficulty of distinguishing between edible and poisonous kinds prevents these foods from being utilised. It seems, too, as if even the edible kinds might become poisonous under certain special conditions, whether of the food eaten or the individual eating. Mushrooms contain much nitrogen and also much fat, and they are less watery than most of the vegetables of which we have spoken.

1526. ***Lichens*** have not often been used as food. Iceland moss is used as a food for invalids, and is nourishing. It grows, where nothing else will grow, on barren rocks in northern latitudes.

1527. ***Seaweeds*** are occasionally employed as food. Irish moss, or carraigeen, is given to consumptive patients, and is also used commonly as a food in some places. In 100 pounds of the moss there are only 19 of water and 9 of albuminoids, so that it is among the most nourishing vegetable foods we have. Laver, tangle or red ware, and pulse are also collected and eaten in pickle or as a substitute for other boiled vegetables.

RECIPES FOR COOKING VEGETABLES.

CHAPTER XXIX.

1528.—BOILED ARTICHOKES.

(*Fr.*—Artichauts au Naturel.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, a piece of soda the size of a shilling; artichokes.

Mode.—Wash the artichokes well in several waters; see that no insects remain about them, and trim away the leaves at the bottom. Cut off the stems and put them into *boiling* water, to which have been added salt and soda in the above proportion. Keep the saucepan uncovered, and let them boil quickly until tender; ascertain when they are done by thrusting a fork in them or by trying if the leaves can be easily removed. Take them out, let them drain for a minute or two, and serve on a napkin, or with a little white sauce poured over. A tureen of melted butter or oiled butter should accompany them (*Artichauts à la Sauce Blanche*). This vegetable, unlike any other, is considered better for being gathered two or three days; but they must be well soaked and washed previous to dressing, or if left till cold they can be served with olive oil and vinegar (*à l'huile*).

ARTICHOKES.

Time.—20 to 25 minutes after the water boils.

Average Cost, from 4*d.* to 6*d.* each.

Sufficient.—A dish of 5 or 6, for 4 persons.

Seasonable from July to the beginning of September.

CARDOON ARTICHOKE.

The Compositæ, or Composite Flowers.—This family is so extensive as to contain nearly a twelfth part of the whole of the vegetable kingdom. It embraces about 9,000 species, distributed over almost every country; and new discoveries are constantly being made and added to the number. Towards the poles their numbers diminish, and slightly, also, towards the equator; but they abound in the tropical and sub-tropical islands, and in the tracts of continent not far from the sea-shore. Among esculent vegetables, the lettuce, salsify, scorsonera, cardoon and artichoke belong to the family.

1529.—FRIED ARTICHOKES. (*Fr.*—Artichauts Frits.)

Ingredients.—5 or 6 artichokes, salt and water. For the batter: ¼ lb. of flour, a little salt, the yolk of 1 egg, milk.

Mode.—Trim and boil the artichokes by recipe No. 1528, and put lemon-juice into the water, to keep them white. When they are quite tender, take them up, remove the chokes, and divide the bottoms; dip each piece into the batter, fry them in hot lard or dripping, and garnish the dish with crisped parsley or serve with plain melted butter.

Time.—20 minutes to boil the artichokes; 5 or 7 minutes to fry them. **Average Cost,** from 4*d.* to 6*d.* each.

Sufficient.—5 or 6 for 4 or 5 persons.

Seasonable from July to the beginning of September.

1530.—A FRENCH MODE OF COOKING ARTICHOKES. (*Fr.*—Artichauts aux Fines Herbes.)

Ingredients.—5 or 6 artichokes; to each ½ gallon of water allow 1 heaped tablespoonful of salt, ½ teaspoonful of pepper, 1 bunch of savoury herbs, 2 oz. of butter.

Mode.—Cut the ends of the leaves, as also the stems; put the artichokes into boiling water, with the above proportion of salt, pepper, herbs and butter; let them boil quickly until tender, keeping the lid of the saucepan off, and when the leaves come out easily, they are cooked enough. Serve with plain melted butter.

Time.—10 to 25 minutes. **Average Cost,** 4*d.* to 6*d.* each.

Sufficient.—5 or 6 for 4 or 5 persons.

Seasonable from July to the beginning of September.

1531.—ARTICHOKES WITH MUSHROOM SAUCE. (*Fr.*—Artichauts aux Champignons.)

Ingredients.—4 or 5 artichokes, salt, butter, about ½ pint of good gravy.

Mode.—Trim and cut the artichokes into quarters, and boil them until tender in water mixed with a little salt and butter. When done, drain them well, and lay them all round the dish, with the leaves outwards. Reduce the gravy, highly flavoured with mushrooms, until quite thick, pour it round the artichokes, and serve.

Time.—20 to 25 minutes to boil the artichokes. **Average Cost,** 4*d.* to 6*d.* each.

Sufficient for one side-dish.

Seasonable from July to the beginning of September.

Constituent Properties of the Artichoke.—According to the analysis of Braconnet, the constituent elements of an artichoke are—starch, 30; albumen, 10; uncrystallizable sugar, 148; gum, 12; fixed oil, 1; woody fibre, 12; inorganic matter, 27; and water, 770.

1532.—BOILED JERUSALEM ARTICHOKES.
(*Fr.*—Topinambours à la Sauce Blanche.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; artichokes.

Mode.—Wash, peel and shape the artichokes in a round or oval form, and put them into a saucepan with sufficient *cold* water to cover them, salted in the above proportion. Let them boil gently until tender; take them up, drain them, and serve them in a napkin, or plain, whichever mode is preferred; send to table with them a tureen of melted butter or cream sauce, a little of which may be poured over the artichokes when they are *not* served in a napkin.

JERUSALEM ARTICHOKES.

Time.—About 20 minutes after the water boils. **Average Cost,** 2*d.* to 3*d.* per lb.

Sufficient.—10 for a dish for 6 persons.

Seasonable from September to June.

Uses of the Jerusalem Artichoke.—This being a tuberous-rooted plant, with leafy stems from four to six feet high, it is alleged that its tops will afford as much fodder per acre as a crop of oats, or more, and its roots half as many tubers as an ordinary crop of potatoes. The tubers, being abundant in the market-gardens, are to be had at little more than the price of potatoes. The fibres of the stems may be separated by maceration, and manufactured into cordage or cloth; and this is said to be done in some parts of the north and west of France, as about Hagenau, where this plant, on the poor sandy soils, is an object of field-culture. The leaves are particularly suitable to pack fruit in.

1533.—MASHED JERUSALEM ARTICHOKES.
(*Fr.*—Purée de Topinambours.)

Ingredients.—To each ½ gallon of water allow 1 oz. of salt; 15 or 16 artichokes, 1 oz. of butter, pepper and salt to taste.

Mode.—Boil the artichokes as in the preceding recipe until tender; drain and press the water from them, and beat them up with a fork. When thoroughly mashed and free from lumps, put them into a saucepan with the butter and a seasoning of *white* pepper and salt; keep stirring over the fire until the artichokes are quite hot, and serve. To above sauce a cupful of cream may be added (*Topinambours à la Crême*).

Time.—About 20 minutes. **Average Cost,** 2*d.* to 3*d.* per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to June.

1534.—JERUSALEM ARTICHOKES with WHITE SAUCE.
(*Fr.*—Topinambours à la Sauce Blanche.)

Ingredients.—12 to 15 artichokes, 12 to 15 Brussels sprouts, ½ pint of white sauce, No. 795.

Mode.—Peel and cut the artichokes in the shape of a pear; cut a

piece off the bottom of each, that they may stand upright in the dish, and boil them in salt and water until tender. Have ready half a pint of white sauce, made by recipe No. 795; dish the artichokes, pour over them the sauce, and place between each a fine Brussels sprout; these should be boiled separately and not with the artichokes.

Time.—About 20 minutes. **Average Cost,** 2*d.* to 3*d.* per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to June.

The Jerusalem Artichoke.—This plant is well known, being, for its tubers, cultivated not only as a garden vegetable, but also as an agricultural crop. By many it is much esteemed as an esculent, when cooked in various ways; and the domesticated animals eat both the fresh foliage and the tubers with great relish. By some, they are not only considered nourishing, but even fattening.

1535.—FRIED ARTICHOKES (GOUFFE).

(*Fr.*—Artichauts Frits.)

Ingredients.—6 artichokes, 3 tablespoonfuls of oil, pepper and salt to taste, 3 eggs, ½ gill of vinegar, 1 pint of water, 3 oz. of flour.

Mode.—Remove the leaves, cut the artichokes into fine slices, as thin as a card, and throw them into a basin with the vinegar and water to whiten them. Drain off the water, and season with 1 pinch of salt and 1 dash of pepper. Break 3 eggs into a basin, add 3 tablespoonfuls of salad oil and the flour, mix thoroughly, and pour over the artichokes, stirring them with the hand lightly so as to cover every portion of them with the mixture. Fry very gently of a light gold colour, drain on blotting paper, and pile them up in a white napkin. Garnish with fried parsley, and serve.

Time.—20 minutes. **Average Cost,** 2*d.* to 3*d.* per lb.

Sufficient for 4 persons.

Seasonable from September to June.

1536.—BOILED ASPARAGUS.

(*Fr.*—Asperges à la Sauce Blanche—au Beurre.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; asparagus.

Mode.—Asparagus should be dressed as soon as possible after it is cut, although it may be kept for a day or two by putting the stalks into cold water; yet, to be good, like every other vegetable, it cannot be cooked too fresh. Scrape the white part of the stems, *beginning* from the *head*, and throw them into cold water; then tie them into bundles of about 20 each, keeping the heads all one way, and cut the stalks evenly, that they may all be the same length; put them into *boiling* water, with salt in the above proportion; keep them boiling gently until tender, with

the saucepan uncovered. When the asparagus is done, dish it upon toast, which should be dipped in the water it was cooked in. Serve with a tureen of melted butter or oiled butter. Boiled too fast, the heads

ASPARAGUS ON TOAST.

ASPARAGUS TONGS.

come off. It is better to set each bundle upright in a deep pan with only the stalks in water.

Time.—15 to 18 minutes after the water boils. **Average Cost,** in full season, 2*s.* 6*d.* the 100 heads.

Sufficient.—Allow about 50 heads for 4 or 5 persons.

Seasonable.—May be had, forced, from January; but cheapest in May, June and July.

ASPARAGUS.

Asparagus.—This plant belongs to the variously-featured family of the order *Liliaceæ*, which, in the temperate regions of both hemispheres, is most abundant, and, between the tropics, gigantic in size and arborescent in form. Asparagus is a native of Great Britain, and is found on various parts of the seacoast, and in the fens of Lincolnshire. At Kynance Cove, in Cornwall, there is a rocky island called "Asparagus Island," from its having been once cultivated there. The uses to which the young shoots are applied, and the manner in which they are cultivated in order to bring them to the highest state of excellence, have been a study with many kitchen gardeners.

1537.—ASPARAGUS AND EGGS. (*Fr.*—Œufs aux Asperges.)

Ingredients.—Cold boiled asparagus, 6 eggs, 2 oz. of butter, 1 teaspoonful of castor sugar, salt, pepper.

Mode.—Cut up the soft parts of the asparagus, and lay it in a buttered baking-dish, seasoning with a little pepper, salt and sugar. Break the eggs, which must be fresh, into the dish; put a few lumps of butter over, and bake ten minutes in a quick oven.

Time.—10 minutes. **Average Cost,** 8*d.* without the asparagus.

Sufficient for 3 persons.

Seasonable.—Cheapest in May, June and July.

1538.—ASPARAGUS PEAS. (*Fr.*—Asperges en Petits Pois.)

Ingredients.—100 heads of asparagus, 2 oz. of butter, a small bunch of parsley, 2 or 3 green onions, flour, 1 lump of sugar, the yolks of 2 eggs, 4 tablespoonfuls of cream, salt.

Mode.—Carefully scrape the asparagus, cut it into pieces of an equal size, avoiding that which is the least hard or tough, and throw them into

cold water. Then boil the asparagus in salt and water until three-parts done; take it out, drain and place it on a cloth to dry the moisture away from it. Put it into a stewpan with the butter, parsley and onions, and shake over a brisk fire for ten minutes. Dredge in a little flour, add the sugar and moisten with boiling water. When boiled a short time and reduced, take out the parsley and onions, thicken with the yolks of two eggs beaten with the cream; add a seasoning of salt, and when the whole is on the point of simmering, serve. Make the sauce sufficiently thick to adhere to the vegetables. The onions may be omitted.

Time.—Altogether, ½ hour. **Average Cost,** 2*s.* a pint.

Sufficient for 5 persons.

Seasonable in May, June and July.

Medicinal uses of Asparagus.—This plant not only acts as a wholesome and nutritious vegetable, but also as a diuretic, aperient and deobstruent. The chemical analysis of its juice discovers its composition to be of a peculiar crystallisable principle, called asparagin, albumen, mannite, malic acid and some salts. Thours says, the cellular tissue contains a substance similar to sago. The berries are capable of undergoing vinous fermentation, and affording alcohol by distillation. In their unripe state they possess the same properties as the roots, and probably in a much higher degree.

1539.—ASPARAGUS PUDDING.
(*Fr.*—Boudin aux Asperges.)

Ingredients.—¼ pint of asparagus peas, 4 eggs, 2 tablespoonfuls of flour, 1 tablespoonful of *very finely* minced ham, 1 oz. of butter, pepper and salt to taste, milk.

Mode.—Cut up the nice green tender parts of asparagus, about the size of peas; put them into a basin with the eggs, which should be well beaten, and the flour, ham, butter, pepper and salt. Mix all these ingredients well together, and moisten with sufficient milk to make the pudding of the consistency of thick butter; put it into a pint buttered mould, tie it down tightly with a floured cloth, place it in *boiling water*, and let it boil for two hours; turn it out of the mould on to a hot dish, and pour plain melted butter *round*, but not *over*, the pudding. Green pease-pudding may be made in exactly the same manner, substituting peas for the asparagus.

Time.—2 hours. **Average Cost,** 1*s.* 6*d.* per pint.

Sufficient for 2 or 3 persons.

Seasonable in May, June and July.

1540.—ASPARAGUS ROLLS.
(*Fr.*—Petits Pains aux Asperges.)

Ingredients.—To each ½ gallon of water 1 heaped tablespoonful of salt, asparagus, milk, butter, flour, yolks of eggs, French rolls.

Mode.—The asparagus must be boiled in the usual way; when tender, cut up the tops and all that is eatable, roll a piece of butter in flour, put it in a saucepan with the asparagus, some milk, the beaten yolks of raw eggs, a little nutmeg and mace. The quantities of the ingredients must be regulated by the amount of asparagus. Scoop the crumb out of some French rolls, after cutting off the top crust, fill the cavity with the boiling asparagus, put on the top crust and serve immediately.

Time.—25 minutes.

Sufficient.—Allow 1 roll for each person.

Seasonable.—May be had forced from January, but cheapest in May, June and July.

1541.—BOILED FRENCH BEANS.
(*Fr.*—Haricots Verts au Naturel.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt, a *very small* piece of soda.

SCARLET RUNNER.

Mode.—This vegetable should always be eaten young, as, when allowed to grow too long, it tastes stringy and tough when cooked. Cut off the heads and tails, and a thin strip on each side of the beans, to remove the strings. Then divide each bean into four or six pieces, according to size, cutting them lengthways, in a slanting direction, and, as they are cut, drop them into cold water with a small quantity of salt dissolved in it. Have ready a saucepan of boiling water with salt and soda in the above proportion; put in the beans, keep them boiling quickly, with the lid uncovered, and be careful that they do not get smoked. When tender, which may be ascertained by their sinking to the bottom of the saucepan, take them up, throw them into a colander; and when drained, dish and serve with, or without, plain melted butter. When very young, beans are sometimes served whole; when they are thus dressed, their colour and flavour are much better preserved; but the more general way of dressing them is to cut them into thin strips.

Time.—Very young beans, 10 to 12 minutes; moderate size, 15 to 20 minutes, after the water boils. **Average Cost,** in full season, 2*d.* a ½ lb.; but when forced, very expensive.

Sufficient—Allow 2 lb. for a dish.

Seasonable from the middle of July to the end of September; but may be had, forced, from February to the beginning of June.

1542.—FRENCH MODE OF COOKING FRENCH BEANS.

(*Fr.*—Haricots Verts Sautés au Beurre.)

Ingredients.—A quart of French beans, 3 oz. of fresh butter, pepper and salt to taste, the juice of ½ lemon.

Mode.—Cut and boil the beans by the preceding recipe, and when tender, put them into a stewpan, and shake over the fire, to dry away the moisture from the beans. When quite dry and hot, add the butter, pepper, salt and lemon-juice; keep moving the stewpan, without using a spoon, as that would break the beans; and when the butter is melted, and all is thoroughly hot, serve. If the butter should not mix well add a tablespoonful of gravy, and serve very quickly. Chopped parsley and lemon-juice added just before serving make *haricots verts à la maître d'hôtel.*

Time.—About ¼ hour to boil the beans: 10 minutes to shake them over the fire. **Average Cost,** in full season, about *2d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from the middle of May to the end of September.

1543.—BOILED BROAD OR WINDSOR BEANS.

(*Fr.*—Fèves à la Maître d'Hotel.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; beans.

Mode.—This is a favourite vegetable with many persons, but to be nice, should be young and freshly gathered. After shelling the beans, put them into *boiling* water, salted in the above proportion, and boil rapidly until tender. Drain them well in a colander; dish, and serve with them separately a tureen of parsley and butter. Boiled bacon often accompanies this vegetable, but the beans should be cooked separately. It is usually served with the beans laid round, and the parsley and butter in a tureen. Beans also make an excellent garnish to a ham, and when used for this purpose, if very old, should have their skins removed.

BROAD BEAN.

Time.—Very young beans, 15 minutes; when of a moderate size, 20 to 25 minutes, or longer. **Average Cost,** unshelled, *6d.* per peck.

Sufficient.—Allow 1 peck for 6 or 7 persons.

Seasonable in July and August.

Nutritive Properties of the Bean.—The produce of beans in meal is, like that of peas, more in proportion to the grain than in any of cereal grasses. A bushel of beans is supposed to yield fourteen pounds more of flour than a bushel of oats; and a

bushel of peas eighteen pounds more, or, according to some, twenty pounds. A thousand parts of bean-flour were found by Sir. H. Davy to yield 570 parts of nutritive matter, of which 426 were mucilage or starch, 103 gluten, and 41 extract, or matter rendered insoluble during the process.

1544.—BROAD BEANS À LA POULETTE. (*Fr.*—Fèves.)

Ingredients.—2 pints of broad beans, ½ pint of stock or broth, a small bunch of savoury herbs, including parsley, a small lump of sugar, the yolk of 1 egg, ¼ pint of cream, pepper and salt to taste.

Mode.—Procure some young and freshly gathered beans, and shell sufficient to make 2 pints; boil them, as in the preceding recipe, until nearly done; then drain them and put them into a stewpan, with the stock, finely-minced herbs and sugar. Stew the beans until perfectly tender, and the liquor has dried away a little; then beat up the yolk of an egg with the cream, add this to the beans, let the whole get thoroughly hot, and when on the point of simmering, serve. Should the beans be very large, the skins should be removed previously to boiling them or after they are boiled, which is quicker.

Time.—10 minutes to boil the beans, 15 minutes to stew them in the stock. **Average Cost,** unshelled, 6*d.* per peck.

Seasonable in July and August.

Origin and Varieties of the Bean.—This valuable plant is said to be a native of Egypt, but, like other plants which have been domesticated, its origin is uncertain. It has been cultivated in Europe and Asia from time immemorial, and has been long known in Britain. Its varieties may be included under two general heads—the white, or garden-beans, and the gray, or field-beans. Of the former, sown in the fields, the mazagan and long-pod are almost the only sorts; of the latter, those known as the horse-bean, the small or ticks, and the prolific of Heligoland, are the principal sorts. New varieties are procured in the same manner as in other plants.

1545.—GOLDEN BEANS. (*Fr.*—Haricots à la Crême.)

(*German Method.*)

Ingredients.—3 pints of golden beans, ¼ pint of cream, 1 lump of sugar, ½ pint of stock.

Mode.—Cut off the stalk and pointed ends of the beans, but do not shell them; boil by preceding recipe for twenty minutes. Have the stock boiling in another saucepan; drain the beans from the water, and place them in the stock; set it at the side of the fire to stew gently for fifteen minutes; add the cream and sugar, and pepper and salt to taste, let all simmer one minute, and serve with the shells unremoved.

Time.—20 minutes to boil; 15 minutes to stew. **Average Cost,** 1*s.* per peck; seldom bought.

Seasonable in September.

The Golden Bean is much approved of in Germany, though little known in this country. It is sown early in June, and is of a bright golden hue in September. It should hang on the plant until perfectly ripe. The pod and bean are eaten, and taste deliciously.

1546.—BOILED BEETROOT. (*Fr.*—Betteraves.)

Ingredients—Beetroot; boiling water.

Mode.—When large, young and juicy, this vegetable makes a very excellent addition to winter salads, and may easily be converted into an economical and quickly-made pickle. (*See* PICKLES.) Beetroot is more frequently served cold than hot: when the latter mode is preferred, melted butter should be sent to table with it. It may also be stewed with button onions, or boiled and served with roasted onions. Wash the beets thoroughly; but do not prick or break the skin before they are cooked, or they will lose their beautiful colour in boiling. Put them into boiling water, and let them boil until tender, keeping them well covered. If to be served hot, rub off the peel quickly, cut the beet into thick slices, and send to table with melted butter. For salads, pickle, &c., let the root cool, then peel by rubbing, and cut into slices.

BEETROOT.

Time.—Small beetroot, 1½ to 2 hours; large 2½ to 3 hours. **Average Cost,** in full season, 2*d.* each.

Seasonable.—May be had at any time.

Beetroot.—The geographical distribution of the order Stalworts (*Salsolaceæ*), to which beetroot belongs, is most common in extra-tropical and temperate regions, where they are common weeds, frequenting waste places, among rubbish, and on marshes by the sea-shore. In the tropics they are rare. They are characterised by the large quantity of mucilage, sugar starch and alkaline salts which are found in them. Many of them are used as potherbs, and some are emetic and vermifuge in their medicinal properties. The *root* of *garden* or red beet is exceedingly wholesome and nutritious, and Dr. Lion Playfair has recommended that a good brown bread may be made by rasping down this root with an equal quantity of flour. He says that the average quality of flour contains about 12 per cent. of azotized principles adapted for the formation of flesh, and the average quality of beet contains about 2 per cent. of the same materials.

1547.—BOILED BROCOLI. (*Fr.*—Choufleur.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; brocoli.

Mode.—Strip off the dead leaves and the inside ones cut off level with the flower; cut off the stalk close at the bottom, and put the brocoli into cold salt and water, or vinegar and water with the heads downwards. When they have remained in this for about three quarters of an hour, and they are *perfectly* free from insects, put them into a saucepan of *boiling* water, salted in the above proportion, and keep them boiling gently with the stalk upwards and the saucepan uncovered. Take them up with a slice the moment they are done; drain them well, and serve with a tureen of melted butter, a *little* of which

BOILED BROCOLI.

should be poured over the brocoli. If left in the water after it is done, it will break, its colour will be spoiled, and its crispness gone. If they are boiled too fast they break.

Time.—Small brocoli, 10 to 15 minutes ; large one, 20 to 25 minutes. **Average Cost,** 3*d.* each.

Sufficient, 2 for 4 or 5 persons.

Seasonable from October to March; plentiful in February and March.

BROCOLI.

The Kohl-Rabi, or Turnip-Cabbage.—This variety presents a singular development, inasmuch as the stem swells out like a large turnip on the surface of the ground, and leaves shooting from it all round, and the top being surmounted by a cluster of leaves issuing from it. Although not generally grown as a garden vegetable, if used when young and tender, it is wholesome, nutritious, and very palatable.

1548.—BOILED BRUSSELS SPROUTS.

(*Fr.*—Choux de Bruxelles à la Sauce Blanche—à la Maître d'Hôtel—au Beurre.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; a *very small* piece of soda.

Mode.—Clean the sprouts from insects, nicely wash them, and pick off any dead or discoloured leaves from the outsides ; put them into a saucepan of *boiling* water, with salt and soda in the above proportion ; keep the pan uncovered, and let them boil quickly over a brisk fire until tender ; drain, dish and serve with a tureen of melted butter, and maître d'hôtel sauce is sometimes poured over them. Another mode of serving is, when they are dished, to stir in about one and a half ounce of butter and a seasoning of pepper and salt. They must, however, be sent to table very quickly, as, being so very small, this vegetable soon cool. Where the cook is very expeditious, this vegetable, when cooked, may be arranged on the dish in the form of a pyramid ; and, so served, has a very pretty appearance.

Time.—From 9 to 12 minutes after the water boils. **Average Cost,** 2*d.* to 4*d.* per lb.

Sufficient.—Allow between 40 and 50 for 5 or 6 persons.

Seasonble from November to March.

Savoys and Brussels Sprouts.—When the green kale or borecole has been advanced a step further in the path of improvement, it assumes the headed or hearting character, with blistered leaves ; it is then known by the name of savoys and brussels sprouts. Another of its headed forms, but with smooth glaucous leaves, is the cultivated cabbage of our gardens (the *Borecole oleracea capitula* of science), and all its varieties of green, red, dwarf, tall, early, late, round, conical, flat, and all the forms into which it is possible to put it.

1549.—TO BOIL YOUNG GREENS OR SPROUTS.

(*Fr.*—Choux de Bruxelles au Naturel au Jus.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; a *very small* piece of soda.

Mode.—Pick away all the dead leaves, and wash the greens well in cold water; drain them in a colander, and put them into fast-boiling water, with salt and soda in the above proportion. Keep them boiling quickly, with the lid uncovered until tender; and the moment they are done, take them up, or their colour will be spoiled; when well-drained, serve. The great art in cooking greens properly, and to have them a good colour, is to put them into *plenty of fast-boiling* water, to let them boil very quickly, and to take them up the moment they become tender. If warmed up on the second day in a good *bouillon* and served very hot, these sprouts are delicious.

BRUSSELS SPROUTS.

Time.—Brocoli sprouts, 10 to 12 minutes; young greens 10 to 12 minutes; sprouts, 12 minutes, after the water boils.

Seasonable.—Sprouts of various kinds may be had all the year.

Green Kale or Borecole.—When colewort, or wild cabbage, is brought into a state of cultivation, its character becomes greatly improved, although it still retains the loose open leaves, and in this form it is called green kale or borecole. The scientific name is *Borecole oleracea acephala*, and of it there are many varieties, both as regards the form and colour of the leaves, as well as the height which the plants attain. We may observe that among them are included the thousand-headed, and the cow, or tree, cabbage.

1550.—BOILED CABBAGE. (*Fr.*—Choux au Naturel.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; a *very small* piece of soda.

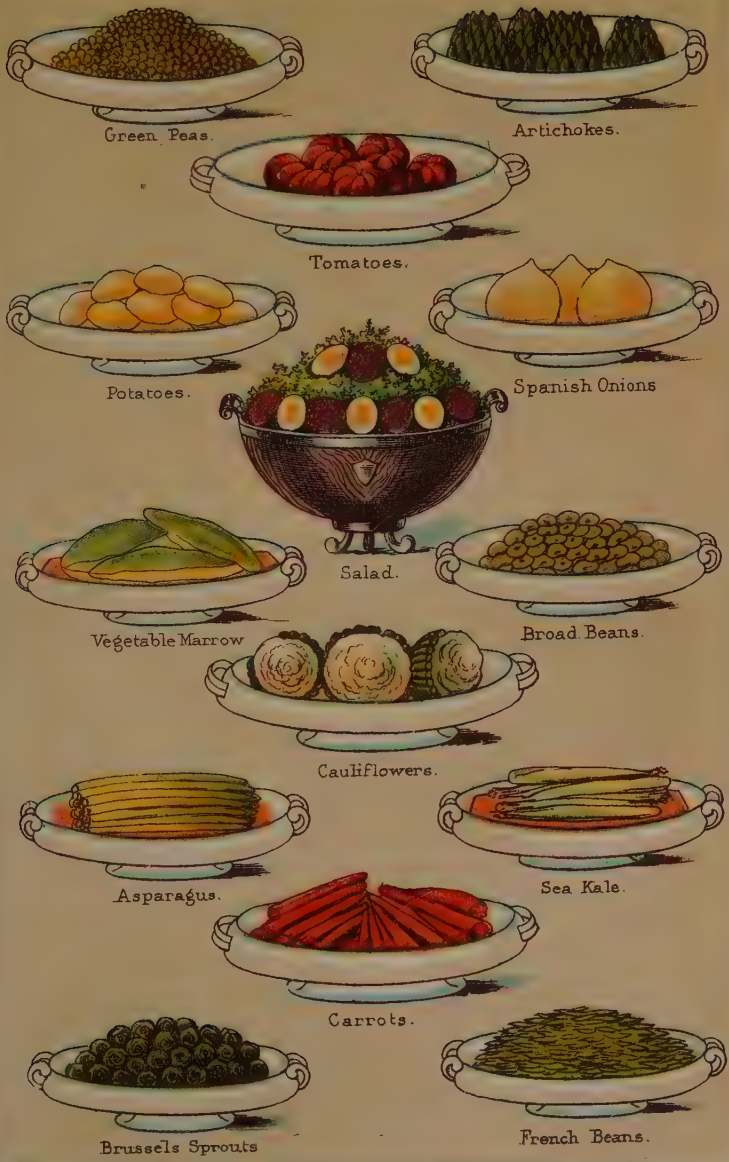
Mode.—Pick off all the dead outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice at the stalk end; if they should be very large, quarter them. Wash them well in cold water, place them in a colander, and drain; then put them into *plenty* of *fast-boiling* water, to which have been added salt and soda in the above proportions. Stir them down once or twice in the water, keep the pan uncovered, and let them boil quickly until tender. The instant they are done take them up into a colander, place a plate over them, let them thoroughly drain, dish, cutting them in squares.

Time.—Large cabbages, or savoys, ½ to ¾ hour, young summer cabbage, 10 to 12 minutes, after the water boils. **Average Cost,** 1*d.* to 2*d.* each.

Sufficient—1 large one for 4 or 5 persons. They may be chopped after cooking, and have a little butter and vinegar stirred in.

Seasonable—Cabbages and sprouts of various kind at any time.

The Cabbage Tribe; their Origin.—Of all the tribes of the *Cruciferæ* this is by far the most important. Its scientific name is *Brassicæ*, and it contains a collection of plants which, both in themselves and their products, occupy a prominent position in agriculture, commerce and domestic economy. On the cliffs of Dover, and in many places on the coasts of Dorsetshire, Cornwall, and Yorkshire there grows a wild plant, with variously-indented, much-waved, and loose-spreading leaves, of a sea-green colour and large yellow flowers. In spring, the leaves of this plant are collected by the inhabitants, who, after boiling them in two waters, to remove the


Green Peas.
Artichokes.
Tomatoes.
Potatoes.
Spanish Onions
Salad.
Vegetable Marrow
Broad Beans.
Cauliflowers.
Asparagus.
Sea Kale.
Carrots.
Brussels Sprouts
French Beans.

VEGETABLES.

saltness, use them as a vegetable along with their meat. This is the *Brassica oleracea* of science, the wild cabbage, or colewort, from which have originated all the varieties of cabbage, cauliflower, greens, and brocoli.

1551.—BOILED CABBAGE À LA WALTERS.
(*Fr.*—Choux à la Sauce Blanche.)

Ingredients.—2 small, or 1 large summer white-heart cabbage, toast, ½ pint of melted butter, No. 677, or sauce blanche, No. 665. To each ½ gallon of water allow 1 heaped tablespoonful of salt, a *very small* piece of soda.

Mode.—Pick off all dead or faded outside leaves, cut off as much of the stalk as possible, and cut the cabbages across twice at the stalk end; if they should be very large, quarter them. Wash them well in cold water, and drain. Throw them into plenty of fast-boiling water, to which have been added salt and soda in the above proportions. Stir them down once or twice in the water, and let them boil quickly for 8 minutes; have another saucepan with fast-boiling water prepared as above, and throw them into it, and let them boil 12 minutes; throw away the water contained in the first saucepan, and fill it as before, remove the cabbages once again into this, and let them boil for 10 minutes if small, for 20 if large. Take up, drain into a colander with a plate over them, dish on a slice of toast dipped in the melted butter, No. 677, or the sauce blanche, No. 665. Pour the butter or sauce over, and serve very hot.

Time.—Large cabbage, ½ to ¾ hour, young small cabbage, 15 to 20 minutes, according to size. **Average Cost,** 1*d.* to 2*d.* each, in full season.

Sufficient.—1 large one for 4 or 5 persons.

Seasonable in June and July.

The Cabbage.—The author of this recipe, one of the best yet invented for cooking this useful vegetable, states that, were the cabbage treated with the same respect, good cooking, and sauces, with which other vegetables are treated, it would equal asparagus in flavour, and artichokes in delicacy. The three separate boilings remove all unpleasant flavour, and this dish is unrivalled as showing what may be done with this simple, common vegetable.

1552. STEWED RED CABBAGE.
(*Fr.*—Choux au Jambon.)

Ingredients.—1 red cabbage, a small slice of ham, ½ oz. of fresh butter, 1 pint of weak stock or broth, 1 gill of vinegar, salt and pepper to taste, 1 tablespoonful of pounded sugar.

Mode.—Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, half a pint of stock, and the vinegar; cover the pan closely, and let it stew for 1 hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar; mix all well together, stir over the fire until nearly all the liquor has dried away, and serve. Fried sausages are usually sent to

table with this dish: they should be laid round and on the cabbage, as a garnish.

Time.—Rather more than 1 hour. **Average Cost,** 6*d.* each.

Sufficient for 6 persons.

Seasonable from September to January.

The Wild Cabbage, or Colewort.—This plant, as it is found on the sea-cliffs of England, presents us with the origin of the cabbage tribe in its simplest and normal form. In this state it is the true collet, or colewort, although the name is now applied to any young cabbage which has a loose and open heart.

1553.—BOILED CARROTS. (*Fr.*—Carottes au Naturel.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt; carrots.

Mode.—Cut off the green tops, wash and scrape the carrots, and, should there be any black specks, remove them. If very large, cut them in halves, divide them lengthwise into four pieces, and put them into boiling water, salted in the above proportion; let them boil until tender, which may be ascertained by thrusting a fork into them: dish, and serve very hot. This vegetable is an indispensable accompaniment to boiled beef. When thus served, it is usually boiled with the beef; a few carrots are placed round the dish as a garnish, and the remainder sent to table in a vegetable dish. Young carrots do not require nearly so much boiling, nor should they be divided; they make a nice addition to stewed veal, &c.

CARROTS.

Time.—Large carrots, 1¾ to 2¼ hours; young ones, about ½ hour. **Average Cost,** 6*d.* to 8*d.* per bunch.

Sufficient.—4 large carrots for 5 or 6 persons.

Seasonable.—Young carrots, from April to June; old ones, at any time.

Origin of the Carrot.—In its wild state, this vegetable is found plentifully in Britain, both in cultivated lands and by waysides, and is known by the name of bird's-nest, from its umbels of fruit becoming incurved from a hollow cup, like a bird's-nest. In this state its root is whitish, slender and hard, with an acrid, disagreeable taste, and a strong aromatic smell, and was formerly used as an aperient. When cultivated, it is reddish, thick, fleshy, with a pleasant odour, and a peculiar, sweet, mucilaginous taste. The carrot is said by naturalists not to contain much nourishing matter, and, generally speaking, is somewhat difficult of digestion.

1554.—TO DRESS CARROTS IN THE GERMAN WAY. (*Fr.*—Carottes à l'Allemande.)

Ingredients.—8 large carrots, 3 oz. of butter, salt to taste, a very little grated nutmeg, 1 tablespoonful of finely minced parsley, 1 dessertspoonful of minced onion, rather more than 1 pint of weak stock or broth, 1 tablespoonful of flour.

Mode.—Wash and scrape the carrots, and cut them into rings of about ¼ inch in thickness. Put the butter into a stewpan; when it is melted, lay in the carrots, with salt, nutmeg, parsley, and onion in the above proportions. Toss the stewpan over the fire for a few minutes, and when the carrots are well saturated with the butter, pour in the stock, and simmer gently until they are nearly tender. Then put into another stewpan a small piece of butter; dredge in about a tablespoonful of flour; stir this over the fire, and when of a nice brown colour, add the liquor that the carrots have been boiled in; let this just boil up, pour it over the carrots in the other stewpan, and let them finish simmering until quite tender. Serve very hot. This vegetable, dressed as above, is a favourite accompaniment of roast pork, sausages, &c.

Time.—About ¾ hour. **Average Cost,** 6*d.* to 8*d.* per bunch.

Sufficient for 6 or 7 persons.

Seasonable.—Young carrots from April to June; old ones at any time.

Constituents of the Carrot.—These are crystallizable and uncrystallizable sugar, a little starch, extractive gluten, albumen, volatile oil, vegetable jelly, or pectin, saline matter, malic acid, and a peculiar crystallizable ruby-red neuter principle, without odour or taste, called carotin. This vegetable jelly, or pectin, so named from its singular property of gelatinizing, is considered by some as another form of gum or mucilage, combined with vegetable acid. It exists more or less in all vegetables, and is especially abundant in those roots and fruits from which jellies are prepared.

1555.—A NICE WAY OF DRESSING NEW CARROTS. (*Fr.*—Carottes à la Maître d'Hôtel.)

Ingredients.—2 lbs. of small new carrots, butter, parsley, lemon-juice, sugar, pepper, salt, stock.

Mode.—Trim the carrots and boil them fifteen minutes in salted water. When done, drain off the water, add a piece of fresh butter, some finely minced parsley, pepper, some powdered sugar and a few drops of lemon-juice, moisten with a little stock quite clear of fat, and serve very hot.

Time.—20 minutes. **Average Cost,** 6*d.* per bunch.

Sufficient for 3 or 4 persons.

Seasonable in April and May.

1556.—STEWED CARROTS. (*Fr.*—Carottes à la Crême.)

Ingredients.—7 or 8 large carrots, 1 teacupful of broth, pepper and salt to taste, ½ teacupful of cream, thickening of butter and flour.

Mode.—Scrape the carrots nicely; half-boil, and slice them into a stewpan; add the broth, pepper and salt, and cream; simmer till tender, and be careful the carrots are not broken. A few minutes before serving, mix a little flour with about one ounce of butter; thicken the gravy with this; let it just boil up and serve.

Time.—About ¾ hour to parboil the carrots, about 20 minutes to cook them after they are sliced. **Average Cost,** 6*d.* to 8*d.* per bunch.

Sufficient for 5 or 6 persons.

Seasonable.—Young carrots from April to June ; old ones at any time.

Nutritive Properties of the Carrot.—Sir H. Davy ascertained the nutritive matter of the carrot to amount to ninety-eight parts in one thousand ; of which ninety-five are sugar and three are starch. It is used in winter and spring in the dairy to give colour and flavour to butter ; and it is excellent in stews, haricots, soups, and, when boiled whole, with salt beef. In the distillery, owing to the great proportion of sugar in its composition, it yields more spirit than the potato. The usual quantity is twelve gallons per ton.

1557.—CARROTS FOR GARNISH. (*Fr.*—Carottes au Jus.)

Ingredients.—5 or 6 large carrots, a large lump of sugar, 1 pint of weak stock, 3 oz. of fresh butter, salt to taste.

Mode.—Scrape and wash the carrots, cut them into slices of an equal size, and boil them in salt and water until half-done ; drain them well, put them into a stewpan with the sugar and stock, and let them boil over a brisk fire. When reduced to a glaze, add the fresh butter and a seasoning of salt ; shake the stewpan about well, and when the butter is well mixed with the carrots, serve. There should be no sauce in the dish when it comes to table, but it should all adhere to the carrots.

Time.—Altogether, ¾ hour. **Average Cost,** 6*d.* to 8*d.* per bunch.

Sufficient for 1 dish.

Seasonable.—Young carrots from April to June ; old ones at any time.

The Seed of the Carrot.—In order to save the seed of carrots, the plan is to select annually the most perfect and best shaped roots in the taking-up season, and either preserve them in sand in a cellar till spring, or plant them immediately in an open airy part of the garden, protecting them with litter during severe frost, or earthing them over, and uncovering them in March following. The seed is in no danger from being injured by any other plant. In August it is fit to gather, and is best preserved on the stalks till wanted.

1558.—CARROTS. (*Fr.*—Carottes à la Poulette.)

Ingredients.—1 bunch of young carrots, 3 oz. of butter, ½ gill of water, 1 pinch of salt, 1 teaspoonful of sugar, 2 eggs, 1 gill of cream, ½ teaspoonful of chopped parsley.

Mode.—Blanch the carrots in boiling water for 5 minutes, wipe, and rub off the skin with a clean cloth, cut off the green head and the point, and cut in slices the thickness of a halfpenny ; place them in a quart saucepan, and add half a gill of water, 3 oz. of butter, the salt and sugar, cover the saucepan, and stew slowly for 20 minutes, shaking the saucepan every 5 minutes to ensure their cooking equally. If done enough they will feel soft and give way under the finger. Beat the yolks of the eggs, cream, butter and parsley for 5 minutes, add, shake over the fire for 5 minutes, and serve.

Time.—30 minutes. **Average Cost,** 6*d.* to 8*d.* per bunch.

Sufficient for 5 persons.

Seasonable from April to June

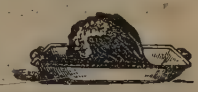
1559.—BOILED CAULIFLOWERS.

(*Fr.*—Choufleurs à la Sauce Blanche.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Choose cauliflowers that are close and white; trim off the decayed outside leaves, and cut the stalk off flat at the bottom. Open the flower a little in places to remove the insects, which generally are found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards: this will effectually draw out all the vermin. Then put them into fast-boiling water, with the addition of salt in the above proportion, and let them boil briskly over a good fire, keeping the saucepan uncovered. The water should be well skimmed; and, when the cauliflowers are tender, take them up with a slice; let them drain, and lay them carefully in the dish. Serve with plain melted butter, a little of which may be poured over the flower.

CAULIFLOWER.



BOILED CAULIFLOWER.

Time.—Small cauliflower, 12 to 15 minutes, large one, 20 to 25 minutes, after the water boils. **Average Cost,** for large cauliflowers, 6*d.* each.

Sufficient.—Allow 1 large cauliflower for 3 persons.

Seasonable from the beginning of June to the end of September.

1560.—CAULIFLOWERS À LA SAUCE BLANCHE.

(*Fr.*—Choufleurs à la Sauce Blanche.)

Ingredients.—3 cauliflowers, ½ pint of sauce blanche, or French melted butter; No. 678; 3 oz. of butter; salt and water.

Mode.—Cleanse the cauliflowers as in the preceding recipe, and cut the stalks off flat at the bottom; boil them until tender in salt and water, to which the above proportion of butter has been added, and be careful to take them up the moment they are done, or they will break, and the appearance of the dish will be spoiled. Drain them well, and dish them in the shape of a large cauliflower. Have ready half a pint of sauce, made by recipe No. 678, pour it over the flowers, and serve hot and quickly.

Time.—Small cauliflowers, 12 to 15 minutes, large ones, 20 to 25 minutes, after the water boils. **Average Cost.**—Large cauliflowers, in full season, 6*d.* each.

Sufficient.—1 large cauliflower for 3 or 4 persons.

Seasonable from the beginning of June to the end of September.

Cauliflower and Brocoli.—These are only forms of the wild cabbage in its cultivated state. They are both well known; but we may observe that the purple and white brocoli are only varieties of the cauliflower.

1561.—CAULIFLOWERS WITH PARMESAN CHEESE. (*Fr.*—Choufleurs au Gratin.)

Ingredients.—2 or 3 cauliflowers, rather more than ½ pint of white sauce No. 665, 2 tablespoonfuls of grated Parmesan cheese, 2 oz. of fresh butter, 3 tablespoonfuls of bread-crumbs.

Mode.—Cleanse and boil the cauliflowers by recipe No. 1559, and drain them, and dish them with the flowers standing upright. Have ready the above proportion of white sauce made very thick, and mixed with the cheese; pour it over the cauliflowers; sprinkle over this some more rasped Parmesan cheese. Brown with a salamander, or before the fire, and serve very hot.

Time.—Altogether, ½ hour. **Average Cost,** for large cauliflowers, 6*d.* each.

Sufficient.—3 small cauliflowers for 1 dish.

Seasonable from the beginning of June to the end of September.

1562.—CELERY. (*Fr.*—Céléri.)

Mode.—With a good heart, and nicely blanched, this vegetable is generally eaten raw, and is generally served with the cheese. Let the roots be washed free from dirt, all the decayed and outside leaves being cut off, preserving as much of the stalk as possible, and all specks or blemishes being carefully removed. Should the celery be large, divide it lengthwise into quarters, and place it, root downwards, in a celery-glass, which should be rather more than half filled with water. The top leaves may be curled by shredding them in narrow strips with the point of a clean skewer, at a distance of about four inches from the top.

CELERY IN GLASS.

Average Cost, 2*d.* per head.

Sufficient.—Allow two heads for 4 or 5 persons.

Seasonable from October to April.

Note.—This vegetable is exceedingly useful for flavouring soups, sauces, &c. and makes a very nice addition to winter salad.

1563.—STEWED CELERY. (*Fr.*—Céléri à la Crême.)

Ingredients.—6 heads of celery; to each ½ gallon of water allow 1 heaped tablespoonful of salt, 1 blade of pounded mace, ½ pint of cream.

Mode.—Wash the celery thoroughly; trim and boil it in salt and water

until tender. Put the cream and pounded mace into a stewpan ; shake it over the fire until the cream thickens, dish the celery, pour over the sauce, and serve.

Time.—Large heads of celery, 25 minutes ; small ones, 15 to 20 minutes. **Average Cost,** *2d.* per head.

Sufficient for 5 or 6 persons.

Seasonable from October to April.

Alexanders.—This plant is the *Smyrnium olustratum* of science, and is used in this country in the same way in which celery is. It is a native of Great Britain, and is found in its wild state near the seacoast. It received its name from the Italian "herba Alexandrina," and is supposed to have been originally brought from Alexandria ; but, be this as it may, its cultivation is now almost entirely abandoned.

1564.—STEWED CELERY WITH WHITE SAUCE.

(*Fr.*—Céléri à la Sauce Blanche.)

Ingredients.—6 heads of celery, 1 oz. of butter ; to each ½ gallon of water allow 1 heaped tablespoonful of salt, ½ pint of white sauce, No. 665, or 666.

Mode.—Have ready sufficient boiling water just to cover the celery, with salt and butter in the above proportion. Wash the celery well ; cut off the decayed outside leaves, trim away the green tops, and shape the root into a point ; put it into the boiling water ; let it boil rapidly until tender ; then take it out, drain well, place it upon a dish, and pour over about half a pint of white sauce, made by either of the recipes No. 665 or 666. It may also be plainly boiled as above, placed on toast, and melted butter poured over, the same as asparagus is dished.

CELERY.

Time.—Large heads of celery, 25 minutes, small ones, 15 to 20 minutes, after the water boils. **Average Cost,** *2d.* per head.

Sufficient for 5 or 6 persons.

Seasonable from October to April.

Origin of Celery.—In the marshes and ditches of this country there is to be found a very common plant, known by the name of smallage. This is the wild form of celery ; but, by being subjected to cultivation, it loses its acrid nature, and becomes mild and sweet. In its natural state it has a peculiar rank, coarse taste and smell, and its root was reckoned by the ancients as one of the "five greater aperient roots." There is a variety of this in which the root becomes turnip-shaped and large. It is called *Celeriæ*, and is extensively used by the Germans, and preferred by them to the sort of celery we generally use. In a raw state, this plant does not suit weak stomachs ; cooked, it is less difficult of digestion, and is a very wholesome vegetable.

1565.—STEWED CELERY. (*Fr.*—Céléri à la Crême.)

(*Another Mode.*)

Ingredients.—6 heads of celery, ½ pint of white stock or weak broth, 4 tablespoonfuls of cream, thickening of butter and flour, 1 blade of pounded mace, a *very little* grated nutmeg ; pepper and salt to taste.

Mode.—Wash the celery, strip off the outer leaves, and cut it into lengths of about four inches. Put these into a saucepan with the broth, and stew till tender, which will be in from twenty to twenty-five minutes; then add the remaining ingredients, simmer altogether for four or five minutes, pour into a dish, and serve. It may be garnished with sippets of toasted bread.

Time.—Altogether, ½ hour. **Average Cost,** *2d.* per head.

Sufficient for 5 or 6 persons.

Seasonable from October to April.

Note.—By cutting the celery into smaller pieces, by stewing it a little longer, and, when done, by pressing it through a sieve, the above stew may be converted into a purée of celery. Celery is also good cooked like cauliflower au gratin. No. 1561.

1566.—BAKED CUCUMBERS.

(*Fr.*—Concombres Farcies.)

Ingredients.—3 large cucumbers, ¼ lb. of cold mutton, ¼ lb. of cold ham, 1 onion, parsley, 1 dessertspoonful of chutney, pepper and salt, ½ pint of rich gravy.

Mode.—Pare the cucumbers, cut off the bitter ends and scoop out the seeds with a teaspoon. Mix the seeds with the ham and mutton finely minced, adding the seasoning and herbs. Fill the cucumbers with the mince, pour in a little cold gravy, then put them in a baking-dish and bake for 30 minutes, basting occasionally with gravy. Serve hot.

Time.—30 minutes. **Average Cost,** frame cucumbers, when cheapest, *4d.* each.

Sufficient for 3 or 4 persons.

Seasonble.—May be had forced from the beginning of the year.

1567.—TO DRESS CUCUMBERS.

(*Fr.*—Concombres à l'Huile.)

Ingredients.—3 tablespoonfuls of salad oil, 4 tablespoonfuls of vinegar, salt and pepper to taste; cucumber.

Mode.—Pare the cucumber, cut it equally into *very thin* slices, and *commence* cutting from the *thick end;* if commenced at the stalk, the cucumber will most likely have an exceedingly bitter taste, far from agreeable. Put the slices into a dish, sprinkle over salt and pepper, and pour over oil and vinegar in the above proportion; turn the cucumber about, and it is ready to serve. This is a favourite accompaniment to

SLICED CUCUMBER.

boiled salmon, is a nice addition to all descriptions of salads, and makes a pretty garnish to lobster salad.

Average Cost, when scarce 1*s.* to 2*s.* 6*d.*; when cheapest, frame cucumbers may be had for 4*d.* each.

Seasonable.—Forced from the beginning of the year to the end of June; in full season in July, August and September.

CUCUMBER.

Geographical Distribution of Cucumbers.—This family is not known in the frigid zone, is somewhat rare in the temperate, but in the tropical and warmer regions throughout the world they are abundant. They are most plentiful in the continent of Hindostan; but in America are not so plentiful. Many of the kinds supply useful articles of consumption for food and others are actively medicinal in their virtues. Generally speaking, delicate stomachs should avoid this plant, for it is cold and indigestible.

1568.—CUCUMBERS FOR GARNISH.
(*Fr.*—Concombres à la Poulette.)

Ingredients.—2 or 3 cucumbers, salt and vinegar, 2 oz. of butter, flour, ½ pint of broth, 1 teaspoonful of minced parsley, a lump of sugar, the yolks of 2 eggs, salt and pepper to taste.

Mode.—Pare and cut the cucumbers into pieces of an equal thickness taking out the seeds and let them remain in a pickle of salt and vinegar for half an hour; then drain them in a cloth and put them into a stewpan with the butter. Fry them over a brisk fire, but do not brown them, and then dredge over them a little flour; add the broth, skim off all the fat, which will rise to the surface, and boil gently until the gravy is somewhat reduced; but the cucumber should not be broken. Stir in the yolks of the eggs and the parsley, sugar and a seasoning of pepper and salt; bring the whole to the *point of boiling*, and serve.

Time.—Altogether 1 hour. **Average Cost,** from 4*d.* each.

Sufficient for 5 or 6 persons.

Seasonable in July, August and September; but may be had, forced, from the beginning of the year.

1569.—FRIED CUCUMBERS. (*Fr.*—Concombres Frits.)

Ingredients.—2 or 3 cucumbers, pepper and salt to taste, flour, oil or butter.

Mode.—Pare the cucumbers and cut them into slices of an equal thickness, commencing to slice from the thick end, and not the stalk end of the cucumber. Wipe the slices dry with a cloth, dredge them with flour and put them into a pan of boiling oil or butter; keep turning them about till brown; lift them out of the pan, let them drain, and serve, piled

lightly in a dish. These will be found a great improvement to rump-steak: they should be placed on a dish round a steak.

Time.—5 minutes. **Average Cost,** from 4*d.* each.

Sufficient for 4 or 5 persons.

Seasonable—Forced from the beginning of the year to the end of June; in full season in July and August.

Properties and Uses of the Cucurbitacea.—The common cucumber is the *C. sativus* of science and although the whole of the family have a similar action in the animal economy, yet there are some which present us with great anomalies. The roots of those which are perennial contain, besides fecula, which is their base, a resinous, acrid and bitter principle. The fruits of this family, however, have in general a sugary taste, and are more or less dissolving and perfumed, as we find in the melons, gourds, cucumbers, vegetable-marrows and squashes. But these are slightly laxative if partaken of largely. In tropical countries, this order furnishes the inhabitants with a large portion of their food, which, even in the most arid deserts and most barren islands, is of the finest quality. In China, Cashmere and Persia, they are cultivated on the lakes on the floating collections of weeds common in these localities. In India they are everywhere abundant, either in a cultivated or wild state, and the seeds of all the family are sweet and mucilaginous.

1570.—STEWED CUCUMBERS.
(*Fr.*—Concombres au Jus.)

Ingredients.—3 large cucumbers, flour, butter, rather more than ½ pint of good brown gravy.

Mode.—Cut the cucumbers lengthwise the size of the dish they are intended to be served in; empty them of the seeds and put them into boiling water, with a little salt, and let them simmer for 5 minutes; then take them out, place them in another stewpan, with the gravy, and let them boil over a brisk fire until the cucumbers are tender. Should these be bitter, add a lump of sugar; carefully dish them, skim the sauce, pour over the cucumbers and serve.

Time.—Altogether 20 minutes. **Average Cost,** from 4*d.* each.

Sufficient for 5 or 6 persons.

Seasonable in June, July and August; but may be had, forced, from the beginning of the year.

The Chate.—This cucumber is a native of Egypt and Arabia, and produces a fruit of almost the same substance as that of the melon. In Egypt it is esteemed by the upper class natives as well as by Europeans, as the most pleasant fruit they have.

1571.—STEWED CUCUMBERS WITH ONIONS.
(*Fr.*—Concombres aux Oignons.)

Ingredients.—6 cucumbers, 3 moderate-sized onions, not quite 1 pint of white stock, cayenne and salt to taste, the yolks of 2 eggs, a very little grated nutmeg.

Mode.—Pare and slice the cucumbers, take out the seeds, and cut the onions into thin slices; put these both into a stewpan, with the stock, and let them boil for a quarter of an hour or longer, should the cucumbers be very large. Beat up the yolks of 2 eggs; stir these into the sauce;

add the cayenne, salt and grated nutmeg; bring it to the point of boiling, and serve. Do not allow the sauce to boil, or it will curdle. This is a favourite dish with lamb or mutton chops, rump-steaks, &c.

Time.—Altogether, 20 minutes. **Average Cost,** from 4*d.* each.

Sufficient for 6 or 7 persons.

Seasonable in July, August and September; but may be had, forced, from the beginning of the year.

The Melon.—This is another species of the cucumber, and is highly esteemed for its rich and delicious fruit. It was introduced to this country from Jamaica in 1570; since which period it has continued to be cultivated. It was formerly called the musk melon.

1572.—ENDIVE. (*Fr.*—Chicorée.)

This vegetable so beautiful in appearance, makes an excellent addition to winter salad, when lettuces and other salad herbs are not obtainable. It is usually placed in the centre of the dish, and looks remarkably pretty with slices of beetroot, hard-boiled eggs, and curled celery placed round it, so that the colours contrast nicely. In preparing it, carefully wash and cleanse it from insects, which are generally found near the heart; remove any decayed or dead leaves, and dry it thoroughly by shaking in a cloth. This vegetable may also be served hot, stewed in cream, brown gravy, or butter; but when dressed thus, the sauce it is stewed in should not be very highly seasoned, as that would destroy and overpower the flavour of the vegetable.

ENDIVE.

Average Cost, 2*d.* per head.

Sufficient.—1 head for a salad for 4 persons.

Seasonable from November to March.

Endive.—This is the *C. endivium* of science, and is much used as a salad. It belongs to the family of the *Compositæ*, with chicory, common goat's-beard, and others of the same genus Withering states, that before the stems of the common goat's-beard shoot up, the roots, boiled like asparagus, have the same flavour, and are nearly as nutritious. We are also informed by Villars that the children in Dauphiné universally eat the stems and leaves of the young plant before the flowers appear, with great avidity. The fresh juice of these tender herbs is said to be the best solvent of bile.

1573.—STEWED ENDIVE. (*Fr.*—Purée de Chicorée.)

Ingredients.—6 heads of endive, salt and water, 1 pint of broth, thickening of butter and flour, 1 tablespoonful of lemon-juice, a small lump of sugar.

Mode.—Wash and free the endive thoroughly from insects, remove the green part of the leaves, and put it into boiling water, slightly salted. Let it remain for 10 minutes; then take it out, drain it till there is no water remaining, and chop it very fine. Put it into a stewpan with the broth; add a little salt and a lump of sugar, and boil until the endive is

perfectly tender. When done, which may be ascertained by squeezing a piece between the thumb and finger, add a thickening of butter and flour and the lemon-juice; let the sauce boil up, and serve.

Time.—10 minutes to boil, 5 minutes to simmer in the broth. **Average Cost,** 2*d.* per head.

Sufficient for 5 or 6 persons.

Seasonable from November to March.

1574.—STEWED ENDIVE. (*Fr.*—Chicorée au Jus.)

Ingredients.—6 heads of endive, 1 pint of broth, 3 oz. of fresh butter; salt, pepper and grated nutmeg to taste.

Mode.—Wash and boil the endive as in the preceding recipe; chop it rather fine, and put into a stewpan with the broth; boil over a brisk fire until the sauce is all reduced; then put in the butter, pepper, salt and grated nutmeg (the latter must be very sparingly used); mix all well together, bring it to the boiling point, and serve very hot.

Time.—10 minutes to boil, 5 minutes to simmer in the broth. **Average Cost,** 2*d.* per head.

Sufficient for 5 or 6 persons.

Seasonable from November to March.

1575.—TO BOIL WHITE HARICOT BEANS. (*Fr.*—Haricots de Soisson, au Beurre.)

Ingredients.—1 quart of white haricot beans, 2 quarts of soft water, 1 oz. of butter, 1 heaped tablespoonful of salt.

Mode.—Put the beans into cold water, and let them soak from 2 to 4 hours, according to their age; then put them into cold water, salted in the above proportion, bring them to boil, and let them simmer very slowly until tender; pour the water away from them, let them stand by the side of the fire, with the lid of the saucepan partially off, to allow the beans to dry; then add one ounce of butter and a seasoning of pepper and salt. Shake the beans about for a minute or two, and serve; do not stir them with a spoon, for fear of breaking them to pieces.

Time.—After the water boils, from 2 to 2½ hours. **Average Cost,** 4*d.* per quart.

Sufficient for 4 or 5 persons.

Seasonable in winter, when other vegetables are scarce.

Note.—Haricots blancs, when new and fresh, should be put into boiling water, and do not require any soaking previous to dressing. If they have to be boiled in a hurry, add a little soda and no salt. An excellent salad can be made of haricot beans when thus prepared. They must be allowed to become perfectly cold.

Haricots and Lentils.—Although these vegetables are not much used in this country, yet in France, and other Catholic countries, from their peculiar constituent properties, they form an excellent substitute for animal food during Lent and *maigre* days. At the time of the prevalence of the Roman Religion in this country, they were probably much more generally used than at present. As reformations are often carried beyond necessity, possibly lentils may have fallen into disuse as an article of diet among Protestants, for fear the use of them might be considered a sign of popery.

1576.—HARICOTS À LA BONNE FEMME.

Ingredients.—1 quart of white haricot beans, ¼ lb. of butter, ½ oz. of salt, 2 quarts of water, 1 teaspoonful of chopped parsley, 2 pinches of salt.

Mode.—Place the haricot beans in water with the above proportion of salt; let them boil, and then draw the saucepan to the corner of the fire; let them simmer gently until the bean is easily crushed between the thumb and finger, which will be in about two hours. Drain and return them to the saucepan; add the butter, parsley and salt, and half pint of the liquor in which the beans were boiled. Shake the saucepan over the fire until the butter is melted, and serve very hot.

Time.—2½ hours. **Average Cost,** 4*d.* per quart.

Sufficient for 5 or 6 persons.

Seasonable in winter.

1577.—BEANS WITH PARSLEY SAUCE.

(*Fr.*—Haricots Blancs à la Maître d'Hôtel.)

Ingredients.—1 quart of white haricot beans, ¼ lb. of fresh butter, 1 tablespoonful of minced parsley, pepper and salt to taste, the juice of ½ lemon.

HARICOT BEANS.

Mode.—Should the beans be very dry, soak them for an hour or two in cold water, and boil them until perfectly tender, as in the preceding recipe. If the water should boil away, replenish it with a little more cold, which makes the skin of the beans tender. Let them be very thoroughly done; drain them well, then add to them the butter, minced parsley and a seasoning of pepper and salt. Keep moving the stewpan over the fire without using a spoon, as this would break the beans; and when the various ingredients are well mixed with them, squeeze in the lemon-juice and serve very hot.

Time.—From 2 to 2½ hours to boil the beans. **Average Cost,** 4*d.* per quart.

Sufficient for 4 or 5 persons.

Seasonable in winter.

Haricot Beans.—This is the *haricot blanc* of the French, and is a Native of India. It ripens readily, in dry summers, in most parts of Britain, but its culture has hitherto been confined to gardens in England; but in Germany and Switzerland it is grown in fields. It is usually harvested by pulling up the plants, which, being dried, are stacked and threshed. The haulm is both of little bulk and little use, but the seed is used in making the esteemed French dish called haricot, with which it were well if the working classes of this country were acquainted. There is, perhaps, no other vegetable dish so cheap and easily cooked, and at the same time so agreeable and nourishing. The beans are boiled, and then mixed with a little fat or salt butter, and a little milk or water and flour. From 3,840 parts of kidney-bean, Einhoff obtained 1,805 parts of matter analogous to starch, 351 of vegeto-animal matter, and 799 parts of mucilage.

1578.—HARICOT BEANS AND MINCED ONIONS.
(*Fr.*—Haricot à la Lyonnaise.)

Ingredients.—1 quart of white haricot beans, 4 middle-sized onions, ¼ pint of good brown gravy, pepper and salt to taste, a little flour.

Mode.—Peel and mince the onions not too finely, and fry them in butter of a light brown colour, dredge over them a little flour, and add the gravy and a seasoning of pepper and salt. Have ready a pint of haricot beans well boiled and drained; put them with the onions and gravy, mix all well together and serve very hot.

Time.—From 2 to 2½ hours to boil the beans; 5 minutes to fry the onions. **Average Cost,** 4*d.* per quart.

Sufficient for 4 or 5 persons.

Seasonable in winter.

1579.—HERB PANCAKES.
(*Fr.*—Crêpes aux Fines Herbes.)

Ingredients.—Any green herbs, such as parsley, chives, thyme, spinach, &c., 2 oz. of butter, minced ham or bacon, stock; fried pancakes.

Mode.—Chop the herbs finely, then put them into the stewpan with the butter, and stew them till tender. Keep them moist, then mix the ham or bacon with them; put a thin layer of mince over each pancake and roll them up. Put them closely side by side in a stewpan, add just enough stock to keep them from burning, cover closely and steam thirty minutes.

Time.—1 hour. **Average Cost,** exclusive of the pancakes, 4*d.*

Sufficient for 3 or 4 persons.

Seasonable all the year.

1580.—HORSERADISH. (*Fr.*—Raifort.)

Mode.—This root, scraped, is always served with hot roast beef, and is used for garnishing many kinds of boiled fish. Let the horseradish

remain in cold water for an hour; wash it well, and with a sharp knife scrape it into very thin shreds, commencing from the thick end of the root. Arrange some of it lightly in a small glass dish, and the remainder use for garnishing the joint: it should be placed in tufts round the border of the dish, with one or two bunches on the meat.

Average Cost, *2d.* per stick.

Seasonable from October to June.

HORSERADISH.

The Horseradish.—This belongs to the tribe *Alyssidæ*, and is highly stimulant and exciting to the stomach. It has been recommended in chronic rheumatism, palsy, dropsical complaints, and in cases of enfeebled digestion. Its principal use, however, is as a condiment to promote appetite and excite the digestive organs. The horseradish contains sulphur to the extent of thirty per cent. in the number of its elements; and it is to the presence of this quality that the metal vessels in which the radish is sometimes distilled are turned into a black colour. It is one of the most powerful excitants and antiscorbutics we have, and forms the basis of several medical preparations, in the form of wines, tinctures and syrups.

1581.—LETTUCES. (*Fr.*—Laitues.)

Mode.—These form one of the principal ingredients of summer salads; should be nicely blanched, and be eaten young. They are seldom served in any other way, but may be stewed and sent to table in a good brown gravy flavoured with lemon-juice. In preparing them for a salad, carefully wash them free from dirt, pick off all the decayed and outer leaves, and dry them thoroughly by shaking them in a cloth. Cut off the stalks, and either halve or cut the lettuces into small pieces. The manner of cutting them up entirely depends on the salad for which they are intended. In France, the lettuces are sometimes merely wiped with a cloth and not washed, the cooks there declaring that the act of washing them injuriously affects the pleasant crispness of the plant; in this case, scrupulous attention must be paid to each leaf, and the grit thoroughly wiped away.

Average Cost, when cheapest, *1d.* each.

Sufficient.—Allow 2 lettuces for 4 or 5 persons.

Seasonable from March to August, but may be had all the year.

LETTUCE.

The Lettuce.—All the varieties of the garden lettuce have originated from the *Lactuca sativa* of science, which has never yet been found in a wild state. Hence it may be concluded that it is merely another form of some species, changed through the effects of cultivation. In its young state, the lettuce forms a well-known and wholesome salad, containing a bland pellucid juice, with little taste or smell, and having a cooling and soothing influence on the system. This arises from the large quantities of water and mucilage it contains, and not from any narcotic principle, which it is supposed to possess. During the period of flowering, it abounds in a peculiar milky juice, which flows from the stem when wounded, and which has been found to be possessed of decided medicinal properties.

1582.—MIXED VEGETABLES FOR GARNISH. (*Fr.*—Macédoine.)

Ingredients.—4 carrots, 4 turnips, equal quantities of peas, asparagus, cauliflower, brussels sprouts, French beans, butter, pepper, salt, sugar, 2 tablespoonfuls of thick white sauce, No. 665, stock No. 273.

Mode.—Wash and scrape the turnips and carrots, which must be good and sound, shape them into filberts, olives, &c., by means of the instruments sold almost anywhere for the purpose. Boil them in a stewpan, with a small piece of butter, a pinch of salt and sugar and a little stock. When done, drain them quite dry and put them into a sauté-pan with equal quantities of the vegetables named above, previously cooked and quite dry, cut in diamonds; add the white sauce, more salt and pepper and a teaspoonful of sugar. Stir lightly over the fire, then serve as directed for the different dishes.

1583.—MAIZENA, OR INDIAN CORN. (*Fr.*—Maïs.)

Ingredients.—2 young "ears" of Indian corn, 3 quarts of water, 3 tablespoonfuls of salt.

Mode.—Cut off the stem, and throw the green ears into cold water, with the above proportion of salt, and boil slowly for three-quarters of an hour, or until tender. Serve on toast, with melted butter No. 676.

Time.—¾ of an hour after the water boils. **Average Cost,** Seldom bought in London. In Liverpool, 3*d.* to 4*d.* per ear.

Sufficient.—One ear for each person.

Seasonable in August and September.

1584.—BAKED MUSHROOMS. (*Fr.*—Champignons au Beurre.)

(*A Breakfast, Luncheon, or Supper Dish.*)

Ingredients.—16 or 20 mushroom-flaps, butter, pepper to taste.

Mode.—For this mode of cooking, the mushroom-flaps are better than the buttons and should not be too large. Cut off a portion of stalk, peel the top, and put them at once into a tin baking-dish, with a very small piece of butter placed on each mushroom; sprinkle over a little pepper, and let them bake for about twenty minutes, or longer should the mushrooms be very large. Have ready a *very hot* dish, pile the mushrooms high in the centre, pour the gravy round, and send them to table quickly on very *hot* plates.

Time.—20 minutes; large mushrooms, ½ hour.

Average Cost, 8*d.* to 1*s.* 6*d.* per lb. **Sufficient** for 5 or 6 persons.

Seasonable—Meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

1585.—MUSHROOMS ON TOAST.

(*Fr.*—Champignons à la Casse-Tout.)

Ingredients.—Mushrooms, toast, 2 oz. of butter, pepper and salt.

Mode.—Cut a round of bread half an inch thick, and toast it nicely; butter both sides, and place it in a clean baking-sheet or tin; prepare the mushrooms by preceding recipe, and place them on the toast head downwards, lightly pepper and salt them, and place a piece of butter the size of a nut on each mushroom, cover them with a finger-glass and let them cook close to the fire for ten or twelve minutes. Slip the toast into a hot dish, but do not remove the glass cover until they are on the table. All the aroma and flavour of the mushrooms are preserved by this method.

Time.—12 minutes. **Average Cost,** 8*d.* to 1*s.* 6*d.* per lb.

Sufficient.—3 or 4 mushrooms to each person.

Seasonable.—Meadow mushrooms in September and October. Cultivated mushrooms may be had at any time.

Note.—The name of this excellent recipe need not deter the careful housekeeper from trying it. With moderate care the glass cover will not crack. In winter it should be rinsed in warm water before using.

1586.—BROILED MUSHROOMS.

(*Fr.*—Champignons Grillés.)

(A Breakfast, Luncheon, or Supper Dish.)

Ingredients.—Mushroom-flaps, pepper and salt, butter, lemon-juice.

Mode.—Cleanse the mushrooms by wiping them with a piece of flannel and a little salt: cut off a portion of the stalk, and peel the tops: broil them over a clear fire, turning them once, and arrange them on a very hot dish. Put a small piece of butter on each mushroom, season with pepper and salt, and squeeze over them a few drops of lemon-juice. Place the dish before the fire, and when the butter is melted, serve very hot and quickly. Moderate-sized flaps are better suited to this mode of cooking than buttons; the latter are better in stews.

BROILED MUSHROOMS.

Time.—10 minutes for medium-sized mushrooms.

Average Cost, 8*d.* to 1*s.* 6*d.* per lb.

Sufficient.—Allow 3 or 4 mushrooms to each person.

Seasonable.—Meadow mushrooms in September and October; cultivated mushrooms may be had at any time.

MUSHROOMS.

Varieties of the Mushrooms.—The common mushroom found in our pastures is the *Agaricus*

campestris of science, and another edible British species is *A. Georgii*; but *A. primulus* is affirmed to be the most delicious mushroom. The morel is *Morchella esculenta* and *Tuber cibarium* is the common truffle. There is in New Zealand a long fungus, which grows from the head of a caterpillar, and which forms a horn, as it were, and is called *Sphæria Robertsii*.

1587.—BROILED MUSHROOMS.

(*Fr.*—Champignons à la Bordelaise.)

Ingredients.—Mushroom-flaps ½ pint, melted butter, No. 676, 1 teaspoonful each of pepper and salt, parsley, onions and garlic or shalot.

Mode.—Clean large, firm and freshly-gathered flaps, skin them and lightly score the under side. Place them in an earthen dish; baste them with melted butter, and strew pepper and salt over them. Let them remain in this for two hours; then broil them on both sides for 10 minutes over a clear fire, and serve with a sauce of melted butter, with minced parsley, young onions and garlic. The moment before serving, add the juice of a lemon.

Time.—2½ hours. **Average Cost,** 8*d.* to 1*s.* 6*d.* per lb.

Sufficient.—Allow 3 or 4 mushrooms to each person.

Seasonable.—Meadow mushrooms in September and October. Cultivated mushrooms may be had at any time.

1588.—TO PRESERVE MUSHROOMS.

Ingredients.—To each quart of mushrooms, allow 3 oz. of butter, pepper and salt to taste, the juice of 1 lemon, clarified butter.

Mode.—Peel the mushrooms, put them into cold water, with a little lemon-juice; take them out and *dry* them very carefully in a cloth. Put the butter into a stewpan capable of holding the mushrooms; when it is melted, add the mushrooms, lemon-juice and a seasoning of pepper and salt; draw them down over a slow fire, and let them remain until their liquor is boiled away, and they have become quite dry, but be careful in not allowing them to stick to the bottom of the stewpan. When done, put them into pots, and pour over the top clarified butter. If not wanted for immediate use, they will keep good a few days without being covered over. To re-warm them, put the mushrooms into a stewpan, strain the butter from them, and they will be ready for use.

Average Cost, 8*d.* to 1*s.* 6*d.* per lb.

Seasonable.—Meadow mushrooms in September and October; Cultivated mushrooms may be had at any time.

Localities of the Mushrooms.—Mushrooms are to be met with in pastures, woods and marshes, but are very capricious and uncertain in their places of growth, multitudes being obtained in one season where few or none were to be found in the preceding. They sometimes grow solitary, but more frequently they are gregarious, and rise in a regular circular form. Many species are employed by man as food; but, generally speaking, they are difficult of digestion. Many of them are also of suspicious qualities. Little reliance can be placed either on their taste, smell, or colour, as much depends on the situation in which they vegetate; and even the same plant, it is affirmed, may be innocent when young, but become noxious when advanced in age.

1589.—STEWED MUSHROOMS.
(*Fr.*—Champignons à la Crême.)

Ingredients.—1 pint of mushroom-buttons, 3 oz. of fresh butter, white pepper and salt to taste, lemon-juice, 1 teaspoonful of flour, cream or milk, ½ teaspoonful of grated nutmeg.

Mode.—Cut off the ends of the stalks, and pare neatly a pint of mushroom buttons; put them into a basin of water, with a little lemon-juice, as they are done. When all are prepared, take them from the water with the hands, to avoid the sediment, and put them into a stewpan with the fresh butter, white pepper, salt and the juice of half a lemon; cover the pan closely, and let the mushrooms stew gently from 20 to 25 minutes; then thicken the butter with the above proportion of flour, add gradually sufficient cream, or cream and milk, to make the sauce of a proper consistency, and put in the grated nutmeg. If the mushrooms are not perfectly tender, stew them for five minutes longer, remove every particle of butter which may be floating on the top, and serve.

Time.—½ hour. **Average Cost,** from 9*d.* to 2*s.* per pint.

Sufficient for 3 or 4 persons.

Seasonable.—Meadow mushrooms in September and October.

To Procure Mushrooms.—In order to obtain mushrooms at all seasons, several methods of propagation have been had recourse to. It is said that, in some parts of Italy, a species of stone is used for this purpose, which is described as being of two different kinds; the one is found in the chalk hills near Naples, and has a white, porous, stalactical appearance; the other is hardened turf from some volcanic mountains near Florence. These stones are kept in cellars, and occasionally moistened with water which has been used in the washing of mushrooms, and are thus supplied with their minute seeds. In this country gardeners provide themselves with what is called *spawn*, either from the old manure of cucumber-beds, or purchase it from those whose business it is to propagate it. When thus procured, it is usually made up for sale in quadrils, consisting of numerous white, fibrous roots, having a strong smell of mushrooms. This is planted in rows, in a dry situation, and carefullly attended to for five or six weeks, when the bed begins to produce, and continues to do so for several months.

1590.—STEWED MUSHROOMS IN GRAVY.
(*Fr.*—Champignons au Jus.)

Ingredients.—1 pint of mushroom-buttons, 1 pint of brown gravy, No. 614; ¼ teaspoonful of grated nutmeg, cayenne and salt to taste.

Mode.—Make a pint of brown gravy by recipe No. 614; cut nearly all the stalks away from the mushrooms and peel the tops; put them into a stewpan, with the gravy, and simmer them gently from 20 minutes to half an hour. Add the nutmeg and a seasoning of cayenne and salt, and serve very hot.

Time.—20 minutes to half an hour. **Average Cost,** 9*d.* to 2*s.* per pint.

Sufficient for 5 or 6 persons.

Seasonable.—Meadow mushrooms in September and October.

1591.—BAKED SPANISH ONIONS.

(*Fr.*—Oignons.)

Ingredients.—4 or 5 Spanish onions, salt and water.

Mode.—Put the onions, with their skins on, into a saucepan of boiling water, slightly salted, and let them boil quickly for an hour. Then take them out, wipe them thoroughly, wrap each one in a piece of buttered paper, and bake them in a moderate oven for 2 hours, or longer, should the onions be very large. They may be served in their skins and eaten with a piece of cold butter and a seasoning of pepper and salt; or they may be peeled, and a good brown gravy poured over them.

ONION.

Time.—1 hour to boil, 2 hours to bake. **Average Cost,** medium-sized, *2d.* each.

Sufficient for 3 or 4 persons.

Seasonable from September to January.

The Genus Allium.—The onion, like the leek, garlic and shalot, belongs to the genus *Allium*, which is a numerous species of vegetable; and every one of them possesses, more or less a volatile and acrid penetrating principle, pricking the thin transparent membrane of the eylids; and all are very similar in their properties. In the whole of them the bulb is the most active part, and any one of them may supply the place of the other; for they are all irritant, excitant and vesicant. With many, the onion is a very great favourite, and is an extremely nutritive vegetable. The Spanish kind is frequently taken for supper, it being simply boiled, and then seasoned with salt, pepper and butter. Some dredge on a little flour, but many prefer it without this.

1592.—BURNT ONIONS FOR GRAVIES.

Ingredients.—½ lb. of onions, ½ pint of water, ½ lb. of moist sugar, ¾ pint of vinegar.

Mode.—Peal and chop the onions fine, and put them into a stewpan, (not tinned), with the water; let them boil for 5 minutes, then add the sugar, and simmer gently until the mixture becomes nearly black and throws out bubbles of smoke. Have ready the above proportion of boiling vinegar, strain the liquor gradually to it, and keep stirring with a wooden spoon until it is well incorporated. When cold, bottle for use.

Time.—Altogether, 1 hour.

Properties of the Onion.—The onion is possessed of a white, acrid, volatile oil, holding sulphur in solution, albumen, a good deal of uncrystallizable sugar and mucilage; phosphoric acid, both free and combined with lime; acetic acid, citrate of lime and lignine. Of all the species of allium, the onion has the volatile principle in the greatest degree; and hence it is impossible to separate the scales of the root without the eyes being affected. The juice is sensibly acid and is capable of being by fermentation converted into vinegar; and mixed with water or dregs of beer, yields, by distillation, an alcoholic liquor. Although used as a common esculent, onions are not suited to all stomachs; there are some who cannot eat them either fried or roasted, whilst others prefer them boiled, which is the best way of using them, as by the process they then undergo they are deprived of their essential oil. Many persons who cannot eat onions in pie, or stew, if they are put in raw, find them quite digestible if they are first scalded for a quarter of an hour.

1593. STEWED SPANISH ONIONS. (*Fr.*—Oignons au Jus.)

Ingredients.—5 or 6 Spanish onions, 1 pint of good broth or gravy.

Mode.—Peel the onions, taking care not to cut away too much of the tops or tails, or they would then fall to pieces; put them into a stewpan capable of holding them at the bottom without piling them one on the top of another; add the broth or gravy, and simmer *very gently* until the onions are perfectly tender. Dish them, pour the gravy round, and serve. Instead of using broth, Spanish onions may be stewed with a large piece of butter; they most be done very gradually over a slow fire or hot plate, and will produce plenty of gravy.

Time.—To stew in gravy, 2 hours, or longer if very large. **Average Cost,** medium-sized, 1*d.* to 2*d.* per lb.

Sufficient for 6 or 7 persons.

Seasonable from September to January.

Note.—Stewed Spanish onions are a favourite accompaniment to roast shoulder of mutton.

Origin of the Onion.—This vegetable is thought to have originally come from India, through Egypt, where it became an object of worship. Thence it was transmitted to Greece, thence to Italy, and ultimately it was distributed throughout Europe, in almost every part of which it has, from time immemorial, been cultivated. In warm climates it is found to be less acrid and much sweeter than in colder latitudes; and in Spain it is not at all unusual to see a peasant munching an onion, as an Englishman would an apple. Spanish onions which are imported to this country during the winter months, are, when properly roasted, perfectly sweet and equal to many preserves.

1594. SCALLOPED OYSTER PLANT. (*Fr.*—Salsifis.)

Ingredients.—1½ lb. of stewed plant, 3 oz. of butter, ½ gill of milk, 2 tablespoonfuls of salt, 1 pinch of cayenne pepper.

Mode.—When the oyster plant is boiled tender, rub it through a colander: add part of the butter and all the other ingredients. Mix well, put in a baking dish, cover the top with grated bread-crumbs and the rest of the butter. Bake it a delicate brown, and serve hot.

Time.—15 minutes.

Sufficient for 5 or 6 persons.

Seasonable in winter.

Salsify (Fr.—Salsifi), or purple goat's beard, is a plant indigenous to England, belonging to the same tribe as chicory and lettuce. It is less often eaten in England than on the Continent and in America, where it is known from its peculiar taste as the "oyster plant." The root is long and tapering, similar to the parsnip.

1595.—PARSNIP BALLS. (*Fr.*—Croquettes de Panais.)

Ingredients.—6 large parsnips, 2 eggs, a little flour and salt, lard to fry.

Mode.—Parboil the parsnips and let them get thoroughly cold; peel

and grate them upon a bread-grater. Beat the eggs till light, and mix thoroughly with the grated parsnips, adding sufficient sifted flour to bind the mixture together. Flour the hands well and make the mixture into balls. Have the lard boiling hot in a deep frying pan, sufficient to nearly cover the balls. Fry quickly to a good brown on both sides. Serve very hot. A very nice vegetable dish.

Time.—¾ hour. **Average Cost,** 1*d.* each.
Sufficient for 4 or 5 persons.
Seasonable from October to May.

1596. BOILED PARSNIPS. (*Fr.*—Panais au Naturel.)

Ingredients.—Parsnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Wash the parsnips, scrape them thoroughly, and with the point of the knife, remove any black specks about them, and should they be very large, cut the thick part into quarters. Put them into a saucepan of boiling water, salted in the above proportion; boil them rapidly until tender, which may be ascertained by thrusting a fork in them; take them up, drain them and serve in a vegetable-dish. This vegetable is usually served with salt fish, boiled pork or boiled beef; when sent to table with the latter, a few should be placed alternately with carrots round the dish, as a garnish.

THE PARSNIP.

Time.—Large parsnips, 1 to 1½ hour; small ones, ½ to 1 hour. **Average Cost,** 2*d.* per lb.
Sufficient.—Allow 1 for each person.
Seasonable from October to May.

The Parsnip.—This vegetable is found wild in meadows all over Europe, and, in England, is met with very frequently on dry banks in a chalky soil. In its wild state, the root is white, mucilaginous, aromatic and sweet, with some degree of acrimony: when old, it has been known to cause vertigo. Willis relates that a whole family fell into delirium from having eaten of its roots, and cattle never touch it in its wild state. In domestic economy the parsnip is much used, and is found to be a highly nutritious vegetable. In times of scarcity, an excellent bread has been made from the roots, and they also furnish an excellent wine resembling the malmsey of Madeira and the Canaries; a spirit is also obtained from them in as great quantities as from carrots. The composition of the parsnip-root has been found to be 79·4 of water, 6·9 starch and fibre, 6·1 gum, 5·5 sugar and 2·1 of albumen.

1597.—BOILED GREEN PEAS.
(*Fr.*—Petits Pois au Naturel à l'Anglais.)

Ingredients.—Green peas; to each ½ gallon of water allow 1 *small* teaspoonful of moist sugar, 1 heaped tablespoonful of salt, mint.

Mode.—This delicious vegetable, to be eaten in perfection, should be young, and not *gathered* or *shelled* long before it is dressed. Shell the peas,

wash them well in cold water, and drain them; then put them into a saucepan with plenty of *fast-boiling* water, to which salt and *moist sugar* have been added in the above proportion; and about ½ dozen sprays of freshly gathered mint, which will gives the peas a very nice flavour; let them boil quickly over a brisk fire, with the lid of the saucepan uncovered, and be careful that the smoke does not draw in. When tender, pour them into a colander; put them into a hot vegetable dish, and quite in the centre of the peas place a piece of butter, the size of a walnut. Should the peas be very old and difficult to boil a good colour, a very tiny piece of soda may be thrown in the water previous to putting them in, but this must be very sparingly used, as it causes the peas, when boiled, to have a smashed and broken appearance. With young peas, there is not the slightest occasion to use it.

Time.—Young peas, 10 to 15 minutes; the large sorts, such as marrow-fats, &c., 18 to 24 minutes; old peas ½ hour. **Average Cost,** when cheapest, 6*d.* per peck; when first in season, 1*s.* to 1*s.* 5*d.* per peck.

Sufficient.—Allow 1 peck of unshelled peas for 4 or 5 persons.

Seasonable from June to the end of August.

Origin of the Pea.—All the varieties of garden peas which are cultivated have originated from the *Pisum sativum*, a native of the south of Europe; and field peas are varieties of *Pisum arvense*. The Everlasting Pea is *Lathyrus latifolius*, an old favourite in flower-gardens. It is said to yield an abundance of honey to bees, which are remarkably fond of it. In this country the pea has been grown from time immemorial; but its culture seems to have diminished since the more general introduction of herbage, plants and roots.

1598.—BOILED GREEN PEAS.

(*Fr.*—Petits Pois à la Française.)

Ingredients.—2 quarts of green peas, 3 oz. of fresh butter, a bunch of parsley, 6 green onions, flour, a small lump of sugar, ¼ teaspoonful of salt, a teaspoonful of flour.

Mode.—Shell sufficient fresh-gathered peas to fill 2 quarts; put them into cold water, with the above proportions of butter, and stir them about until they are well covered with the butter; drain them in a colander, and put them in a stewpan, with the parsley and onions; dredge over them a little flour, stir the peas well, and moisten them with boiling water; boil them quickly over a large fire for 20 minutes, or until there is no liquor remaining. Dip a small lump of sugar into some water, that it may soon melt; put it with the peas, to which add half a teaspoonful of salt. Take a piece of butter the size of a walnut, work it together with a teaspoonful of flour, and add this to the peas, which should be boiling when it is put in. Keep shaking the stewpan, and, when the peas are nicely thickened, dress them high in the dish and serve.

Time.—Altogether, ¾ hour. **Average Cost,** 6*d.* per peck, when cheapest.

Sufficient for 6 or 8 persons.

Seasonable from June to the end of August.

Varieties of the Pea.—The varieties of the pea are numerous; but they may be divided into two classes—those grown for the ripened seed, and those grown for gathering in a green state. The culture of the latter is chiefly confined to the neighbourhoods of large towns, and may be considered as in part rather to belong to the operations of the gardener than to those of the agriculturist. The grey varieties are the early grey, the late grey and the purple grey; to which some add the Marlborough grey and the horn grey. The white varieties grown in fields are the pearl, early Charlton, golden hotspur, the common white, or Suffolk, and other Suffolk varieties.

1599.—STEWED GREEN PEAS.

(*Fr.*—Petits Pois à la Française.)

Ingredients.—1 quart of peas, 1 lettuce, 1 onion, 2 oz. of butter, pepper and salt to taste, 1 egg, ½ teaspoonful of powdered sugar.

Mode.—Shell the peas, and cut the onions and lettuces into slices; put these into a stewpan with the butter, pepper and salt, but with no more water than that which hangs round the lettuce from washing. Stew the whole very gently for rather more than one hour; then stir to it a well-beaten egg, and about half a teaspoonful of powdered sugar. When the peas, &c., are nicely thickened, serve; but, after the egg is added, do not allow them to boil.

GREEN PEA.

Time.—1¼ hour. **Average Cost,** 6*d.* per peck when in full season.

Seasonable from June to the end of August.

The Sweet pea and the Heath or Wood-pea.—The well-known sweet-pea forms a fine covering to a trellis, or lattice-work in a flower-garden. Its gay and fragrant flowers, with its rambling habits, render it peculiarly adapted for such purpose. The wood-pea, or heath-pea, is found in the heaths of Scotland, and the Highlanders of that country are extremely partial to them, and dry and chew them to give a greater relish to their whiskey. They also regard them as good against chest complaints, and say that by the use of them they are enabled to withstand hunger and thirst for a long time. The peas have a sweet taste, somewhat like the root of liquorice, and when boiled have an agreeable flavour, and are nutritive. In times of scarcity they have served as an article of food. When well boiled, a fork will pass through them; and slightly dried, they are roasted, and in Holland and Flanders served up like chestnuts.

1600.—PEASE PUDDING.

Ingredients.—1½ pint of split peas, 2 oz. of butter, 2 eggs, pepper and salt to taste.

Mode.—Put the peas to soak over-night, in rain-water, and float off

any that are worm-eaten or discoloured. Tie them loosely in a clean cloth, leaving a little room for them to swell, and put them on to boil in cold rain-water, allowing two hours and a half after the water has simmered up. When the peas are tender, take them up and drain; rub them through a colander with a wooden spoon; add the butter, eggs, pepper and salt; beat all well together for a few minutes, until the ingredients are well incorporated; then tie them tightly in a floured cloth; boil the pudding for another hour, turn it on to the dish, and serve very hot. This pudding should always be sent to table with boiled pork. It may be made without butter or eggs.

Time.—2½ hours to boil the peas, tied loosely in the cloth; 1 hour for the pudding.

Average Cost, 6*d.*

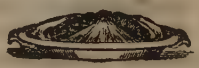
Sufficient for 7 or 8 persons.

Seasonable from September to March.

1601.—BAKED POTATOES. (*Fr.*—Pommes de Terre.)

Ingredients.—Potatoes.

Mode.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub them well, for the browned skin of a baked potato is by many persons considered the better part of it. Put them into a moderate oven, and bake them for about two hours, turning them three or four times whilst they are cooking. Serve them in a napkin immediately they are done, as, if kept a long time in the oven, they have a shrivelled appearance. Potatoes may also be roasted before the fire, in an American oven; but when thus cooked, they must be done very slowly. Do not forget to send to table with them a piece of cold butter.



BAKED POTATOES SERVED IN NAPKIN.

Time.—Large potatoes, in a hot oven, 1½ hour to 2 hours; in a cool oven, 2 to 2½ hours. **Average Cost,** 1*d.* per lb.

Sufficient.—Allow 2 to each person.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

Potato-Sugar.—This sugar substance, found in the tubes of potatoes, is obtained in the form of syrup or treacle. It resembles grape-sugar, is not crystallizable, and is less sweet than cane sugar. It is used to make sweetmeats, and as a substitute for honey. Sixty pounds of potatoes, yielding eight pounds of dry starch, will produce seven and a half pounds of sugar. In Russia it is extensively made, as good, though of less consistency than the treacle obtained from cane-sugar. A cheap and common spirit is also distilled from the tubers, which resembles brandy, but is milder, and has a flavour as if it were charged with the odour of violets or raspberries. In France this manufacture is carried on pretty extensively, and five hundred pounds of the tubers will produce twelve quarts of the spirits, the pulp being given to cattle.

1602.—TO BOIL POTATOES.
(*Fr.*—Pommes de Terre au Naturel.)

Ingredients.—10 or 12 potatoes; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Choose potatoes of an equal size, pare them, take out all the eyes and specks, and as they are peeled, throw them into cold water. Put them into a saucepan, with sufficient *cold* water to cover them, with salt in the above proportion, and let them *boil gently* until tender. Ascertain when they are done by thrusting a fork in them and take them up the moment they feel soft through; for if they are left in the water afterwards, they become waxy or watery. Drain away the water; put the saucepan by the side of the fire with the lid partially removed, to allow the steam to escape, and let the potatoes get thoroughly dry, but do not allow them to get burnt. Their superfluous moisture will evaporate, and the potatoes, if a good sort, should be perfectly mealy and dry. Potatoes vary so much in quality and size, that it is difficult to give the exact time for boiling; they should be attentively watched, and probed with a fork, to ascertain when they are cooked. Send them to table quickly, and very hot, and with an opening in the cover of the dish, that a portion of the steam may evaporate, and not fall back on the potatoes.

Time.—Moderate-sized old potatoes, 15 to 20 minutes after the water boils; large ones, ½ hour to 35 minutes. **Average Cost,** 1*d.* per lb.

Sufficient for 6 persons.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

Note.—To keep potatoes hot, after draining the water from them, put a folded cloth or flannel (kept for the purpose) on the top of them, keeping the saucepan-lid partially removed. This will absorb the moisture, and keep them hot some time without spoiling.

The Potato.—The potato belongs to the family of the *Salouaceæ*, the greater number of which inhabit the tropics, and the remainder are distributed over the temperate regions of both hemispheres, but do not extend to the arctic and antarctic zones. The whole of the family are auspicious; a great number are narcotic, and many are deleterious. The roots partake of the properties of the plants, and are sometimes even more active. The tubercles of such as produce them are amylaceous and nutritive, as in those of the potato. The leaves are generally narcotic, but they lose this principle in boiling, as in the case with the *solanum nigrum*, which is used as a vegetable when cooked.

1603.—IRISH (AND BEST) WAY TO BOIL POTATOES.
(*Fr.*—Pommes de Terre à l'Irlandaise.)

Ingredients.—Potatoes, water.

Mode.—Wash the potatoes clean, but do not peel them. Let the water boil, then put in the potatoes, and as soon as they are soft enough

for a fork to be easily thrust through them, dash some cold water into the pan, let the potatoes remain two minutes, then pour off the water. Then half remove the lid, and let the potatoes remain on the slow fire till the steam has evaporated; then peel them, and set on the table in an *open* dish. Potatoes of a good kind thus cooked will always be sweet, dry and mealy. A covered dish is bad for potatoes, as it keeps the steam in, and makes them soft and watery.

Time.—20 minutes. **Average Cost,** 1*d.* per lb.

Seasonable at any time.

1604.—TO BOIL POTATOES IN THEIR JACKETS.

(*Fr.*—Pommes de Terre au Naturel.)

Ingredients.—10 or 12 potatoes; to each ½ gallon of water, allow 1 heaped tablespoonful of salt.

Mode.—To obtain this wholesome and delicious vegetable cooked in perfection, it should be boiled and sent to table with the skin on. In Ireland, where, perhaps, the cooking of potatoes is better understood than in any country, they are always served so. Wash the potatoes well, and if necessary use a clean scrubbing-brush to remove the dirt from them; and if possible, choose the potatoes so that they may all be as nearly the same size as possible. When thoroughly cleansed, fill the saucepan half full with them, and just cover the potatoes with cold water, salted in the above proportion; they are more quickly boiled with a small quantity of water, and, besides, are more savoury than when drowned in it. Bring them to boil, then draw the pan to the side of the fire, and let them simmer gently until tender. Ascertain when they are done by probing them with a fork; then pour off the water, uncover the saucepan, and let the potatoes dry by the side of the fire, taking care not to let them burn. Peel them quickly, put them in a very hot vegetable-dish, either with or without a napkin, and serve very quickly. After potatoes are cooked, they should never be entirely covered up, as the steam, instead of escaping, falls down on them, and makes them watery and insipid. In Ireland they are usually served up with the skins on, and a small plate is placed by the side of each guest.

Time.—Moderate-sized potatoes, with their skins on, 20 to 25 minutes after the water boils; large potatoes 25 minutes to ¾ hour, or longer; 5 minutes to dry them. **Average Cost,** 1*d.* per lb.

Sufficient for 6 persons.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

Analysis of the Potato.—Next to the cereals, the potato is the most valuable plant for the production of human food. Its tubers, according to analysis conducted by Mr. Fromberg, in the laboratory of the Agriculture Chemical Association in Scotland, contain the following ingredients:—75·52 per cent. of water, 15·72 starch, 0·55 dextrine, 3·3 of impure saccharine matter and 3·25 of fibre with coagulated albumen. In a dried state the tuber contains 64·2 per cent. of starch, 2·25 of dextrine, 13·47 of impure saccharine matter, 5·73 of caseine, gluten and albumen, 1 of fatty matter and 13·31 of fibre and coagulated albumen.

1605.—TO BOIL NEW POTATOES.

(*Fr.*—Pommes de Terre.)

Ingredients.—Potatoes; to each ½ gallon of water allow 1 heaped tablespoonful of salt; a few sprigs of mint.

Mode.—Do not have the potatoes dug long before they are dressed, as they are never good when they have been out of the ground some time. Well wash them, rub or scrape off the skins, and put them and the mint in *boiling* water salted in the above proportion. Let them boil until tender; try them with a fork, and when done, pour the water away from them; let them stand by the side of the fire with the lid of the saucepan partially removed, and when the potatoes are thoroughly dry, put them in a hot vegetable-dish, with a piece of butter the size of a walnut; pile the potatoes over this, and serve. If the potatoes are old, boil them in their jackets; drain, peel, and serve them as above, with a piece of butter placed in the midst of them. Parsley chopped and mixed with the butter is an improvement.

Time.—¼ to ½ hour, according to the size. **Average Cost,** in full season 1½*d.* per lb.

Sufficient.—Allow 3 lbs. for 5 or 6 persons.

Seasonable in May and June, but may be had, forced, in March.

Potato Starch.—This fecula has a beautiful white crystalline appearance, and is inodorous, soft to the touch, insoluble in cold, but readily soluble in boiling water. It is on this starch that the nutritive properties of the tubers depend. As an aliment, it is well adapted for invalids and persons of delicate constitutions. It may be used in the form of arrowroot, and eaten with milk or sugar. For pastry of all kinds it is more light and easier of digestion than that made with flour of wheat. In confectionery it serves to form creams and jellies, and in cookery may be used to thicken soups and sauces. It accommodates itself to the chest and stomach of children, for whom it is well adapted; and it is an aliment that cannot be too generally used, as much on account of its wholesomeness as its cheapness and the ease with which it is kept, which are equal if not superior, to all the much-vaunted exotic feculæ; as, salep, tapioca, sago and arrowroot.

1606.—TO STEAM POTATOES.

(*Fr.*—Pommes de Terre à l'Eau.)

Ingredients.—Potatoes; boiling water.

Mode.—This mode of cooking potatoes is now much in vogue, particularly where they are wanted on a large scale, it being so very convenient. Pare the potatoes, throw them into cold water as they are peeled, then put them in a steamer. Place the steamer over a saucepan of boiling water, and steam the potatoes from 20 to 40 minutes, according to the size and sort. When the fork goes easily through them, they are done: then take them up, dish, and serve very quickly.

Time.—20 to 40 minutes. **Average Cost,** 1*d.* per lb.

Sufficient.—Allow 2 large potatoes to each person.

Seasonable all the year, but not good whilst new potatoes are in season.

Uses of the Potato.—Potatoes boiled and beaten with sour milk form a sort of cheese which is made in Saxony; and when kept in close vessels, may be preserved for several years. Potatoes which have been exposed to the air and become green are very unwholesome. Cadet de Vaux asserts that potatoes will clean linen as well as soap; and it is well known that the berries of *S. saponaceum* are used in Peru for the same purpose.

1607.—HOW TO USE COLD POTATOES.

(*Fr.*—Rechauffé de Pommes de Terre.)

Ingredients.—The remains of cold potatoes; to every lb. allow 2 tablespoonfuls of flour, 2 ditto of minced onions, 1 oz. of butter, milk.

Mode.—Mash the potatoes with a fork until perfectly free from lumps; stir in the other ingredients, and add sufficient milk to moisten them well; press the potatoes in a mould, and bake in a moderate oven until nicely brown, which will be in from 20 minutes to half an hour. Turn them out of the mould and serve.

Time.—20 minutes to ½ hour.

Seasonable at any time.

Potato Bread.—The manner in which this is made is very simple. The adhesive tendency of the flour of the potato acts against its being baked or kneaded without being mixed with wheaten flour or meal; it may however, be made into cakes in the following manner:—A small wooden frame, nearly square, is laid on a pan like a frying-pan, and is grooved and so constructed that, by means of a presser or lid introduced into the groove, the cake is at once fashioned, according to the dimensions of the mould. The frame containing the farina may be almost immediately withdrawn after the mould is formed upon the pan; because from the consistency imparted to the incipient cake by the heat, it will speedily admit of being safely handled; it must not, however, be fried too hastily. It will then eat very palatably, and might from time to time be soaked for puddings, like tapioca, or might be used like the cassada-cake, for, when well buttered and toasted, it will be found an excellent accompaniment to breakfast. In Scotland, cold boiled potatoes are frequently squeezed up and mixed with flour or oatmeal and an excellent cake or *scone* obtained.

1608.—FRIED POTATOES. (*Fr.*—Pommes de Terre Frites.)

(*French Fashion.*)

Ingredients.—Potatoes, hot oil or clarified dripping, salt.

Mode.—Peel and cut the potatoes into thin slices, as nearly the same size as possible, parboil them and dry them in a cloth; make some oil or dripping quite hot in a saucepan; put in the potatoes and fry them to a nice brown. When they are crisp and done, take them up, place them on paper before the fire, and serve very hot, after sprinkling them with salt. These are delicious with rump-steak, and, in France are frequently served thus as a breakfast dish. The remains of cold potatoes may be sliced and fried by the above recipe, but the slices must be cut a little thicker.

Time.—Sliced raw potatoes, 5 minutes; cooked potatoes, 5 minutes. **Average Cost,** 1*d.* per lb.

Sufficient.—6 sliced potatoes for 3 persons.

Seasonable at any time.

1609.—FRIED POTATOES. (*Fr.*—Pommes de Terre Frites.)

Ingredients.—6 potatoes, ½ lb. of butter, salt.

Mode.—Peel the potatoes very evenly, cut them into slices as thin as an egg-shell. Place the butter in a frying-pan, and as soon as it is boiling, add the sliced potatoes, and fry them of a bright gold colour, shaking them so as to cook them equally; drain on sheets of paper before the fire, powder with salt, and serve very hot. Serve with game.

Time.—8 to 10 minutes to fry. **Average Cost,** 1*d.* per lb.

Sufficient for 3 persons.

Seasonable at any time.

1610.—FRIED POTATOES. (*Fr.*—Pommes de Terre Frites.)

(*Another Mode.*)

Ingredients.—6 potatoes, oil or dripping, salt.

Mode.—Peel the potatoes and throw them into cold water for 10 minutes, dry with a clean cloth, and peel them into ribbons, a half inch wide, with a pocket-knife, cutting round and round. Divide these into 6 inch lengths and tie into knots. Fry by preceding recipe, drain, and serve hot as a garnish to high-class entrées or game.

Time.—8 to 10 minutes to fry the potatoes. **Average Cost,** 1*d.* per lb.

Sufficient for 3 or 4 persons.

Seasonable at any time.

1611.—A GERMAN METHOD OF COOKING POTATOES. (*Fr.*—Pommes de Terre à l'Allemande.)

Ingredients.—8 to 10 middling-sized potatoes, 3oz. of butter, 2 tablespoonfuls of flour, ½ pint of broth, 2 tablespoonfuls of vinegar.

Mode.—Put the butter and flour into a stewpan; stir over the fire until the butter is of a nice brown colour, and add the broth and vinegar; peel and cut the potatoes into long thin slices, lay them in the gravy, and let them simmer gently until tender, which will be in from 10 to 15 minutes, and serve very hot. A laurel-leaf simmerd with the potatoes is an improvement.

Time.—10 to 15 minutes.

Seasonable at any time.

Preserving Potatoes.—In general, potatoes are stored or preserved in pits, cellars, pies or camps; but, whatever mode is adopted, it is essential that the tubers be perfectly dry; otherwise they will surely rot; and a few rotten potatoes will contaminate a whole mass. The pie, as it is called, consists of a trench, lined and covered with straw; the potatoes in it being piled in the shape of a house-roof, to the height of about three feet. The camps are shallow pits, filled and ridged up in a similar manner, covered up with the excavated mould of the pit. In Russia and Canada, the potato is preserved in boxes, in houses or cellars, heated, when necessary to a temperature of one or two degrees above the freezing-point, by stoves. To keep potatoes for a considerable time, the best way is to place them in thin layers on a platform suspended in an ice-cellar; there, the

temperature being always below that of active vegetation, they will not sprout; while, not being above one or two degrees below freezing-point, the tubers will not be frost-bitten. Another mode is to scoop out the eyes with a very small scoop, and keep the roots buried in earth; a third mode is to destroy the vital principle, by kiln-drying, steaming or scalding; a fourth is to bury them so deep in dry soil, that no change of temperature will reach them; and thus, being without air they will remain upwards of a year without vegetating.

1612.—POTATOES WITH PARSLEY SAUCE.
(*Fr.*—Pommes de Terre à la Maître d'Hôtel.)

Ingredients.—Potatoes, salt and water; to every 6 potatoes allow 1 tablespoonful of minced parsley, 2 oz. of butter, pepper and salt to taste, 4 tablespoonfuls of gravy, 2 tablespoonfuls of lemon-juice.

Mode.—Wash the potatoes clean and boil them in salt and water by recipe No. 1602; when they are done, drain them, let them cool; then peel and cut the potatoes into thick slices; if these are too thin, they will break in the sauce. Put the butter into a stewpan with the pepper, salt, gravy and parsley; mix these ingredients well together, put in the potatoes, shake them two or three times, that they may be well covered with the sauce, and, when quite hot through squeeze in the lemon-juice, and serve.

Time.—½ to ¾ hour to boil the potatoes; 10 minutes for them to heat in the sauce. **Average Cost,** 1*d.* per lb.

Sufficient for 3 persons.

Seasonable all the year.

1613.—MASHED POTATOES.
(*Fr.*—Purée de Pommes de Terre.)

Ingredients.—Potatoes; to every lb. of mashed potatoes allow 1 oz. of butter, 2 tablespoonfuls of milk, salt to taste.

Mode.—Boil the potatoes in their skins; when done, drain them, and let them get thoroughly dry by the side of the fire; then peel them, and, as they are peeled, put them into a clean saucepan, and with a *large fork* beat them to a light paste; add butter, milk and salt in the above proportion, and stir all the ingredients well over the fire. When thoroughly hot, dish them lightly, and draw the fork backwards over the potatoes to make the surface rough, and serve. When dressed in this manner, they may be browned at the top with a salamander or before the fire. Some cooks press the potatoes into moulds, then turn them out, and brown them in the oven; this is a pretty mode of serving, but it makes them heavy. In whatever way they are sent to table, care must be taken to have them quite free from lumps.

Time.—From ½ to ¾ hour to boil the potatoes.

Average Cost, 1*d.* per lb.

Sufficient.—1 lb. of mashed potatoes for 3 persons.

Seasonable at any time.

Note.—Mashed potatoes may be made into the form of apples, pears, &c., by being moulded with the hand well floured; a clove should be inserted for the eye of the fruit, and a piece of parsley stem for the stalk. Cheese or cold meat may be added.

1614.—VERY THIN MASHED POTATOES.

(*Fr.*—Purée de Pommes de Terre.)

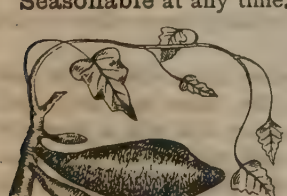
Ingredients.—To every lb. of mashed potatoes allow ¼ pint of good broth or stock, 2 oz. of butter.

Mode.—Boil the potatoes, well drain them and pound them smoothly in a mortar, or beat them up with a fork; add the stock or broth, and rub the potatoes through a sieve. Put the purée into a very clean saucepan with the butter; stir it well over the fire until thoroughly hot, and it will then be ready to serve. A purée should be rather thinner than mashed potatoes, and is a delicious accompaniment to delicately-broiled mutton cutlets. Cream or milk may be substituted for the broth when the latter is not at hand. A casserole of potatoes, which is often used for ragoûts instead of rice, is made by mashing potatoes rather thickly, placing them on a dish, and making an opening in the centre. After having browned the potatoes in the oven, the dish should be wiped clean, and the ragoûts or fricassée poured in.

Time.—About ½ hour to boil the potatoes; 6 or 7 minutes to warm the purée. **Average Cost,** *1d.* per lb.

Sufficient.—Allow 1 lb. of cooked potatoes for 3 persons.

Seasonable at any time.



SWEET POTATO.

Varieties of the Potato.—These are very numerous. "They differ," says an authority, "in their leaves and bulk of haulm; in the colour of the skin of the tubers; in the colour of the interior, compared with that of the skin; in the time of ripening; in being farinaceous, glutinous, or watery; in tasting agreeably or disagreeably; in cooking readily or tediously; in the length of the subterraneous *stolones* to which the tubers are attached; in blossoming or not blossoming; and, finally, in the soil which they prefer." The earliest varieties grown in fields are—the Early Kidney, the Nonsuch, the Early Shaw, and the Early Champion. This last is the most generally cultivated round London; it is both mealy and hardy. The sweet potato is but rarely eaten in Britain, but in America it is often served at table, and is there very highly esteemed.

1615.—POTATO PATTIES.

(*Fr.*—Soufflés de Pommes de Terre.)

Ingredients.—¾ lb. of mealy potatoes, 2 oz. of butter, ½ pint of milk, 6 eggs, bread-crumbs.

Mode.—Rub the potatoes through a sieve and mix them with a little

milk, add to them the butter, melted and beaten to a cream. Boil the rest of the milk and pour it boiling into the potatoes, then stir the whole, holding the pan over the fire, into a smooth, fine paste. Stand it on the hob, and mix into it two well-beaten eggs. Let the mixture become cool, then beat up with it the yolks of the remaining eggs; whisk the whites to a froth and carefully stir into the batter. Butter little patty-pans and sprinkle them thickly with bread-crumbs, then pour in the batter and bake of a deep-gold yellow in a hot oven. Serve hot with any nice dish of fish or fowl &c., or as a second-course vegetable.

Time.—Altogether, ½ hour. **Average Cost,** 10*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1616.—POTATO BALLS.

(*Fr.*—Croquettes de Pommes de Terre.)

Ingredients.—Mashed potatoes, salt and pepper to taste; when liked, a very little minced parsley, egg, and bread-crumbs.

Mode.—Boil and mash the potatoes by recipe No. 1613; add a seasoning of pepper and salt, and, when liked, a little minced parsley. Roll the potatoes into small balls, cover them with egg and bread-crumbs, and fry in hot oil or dripping until light brown; let them drain before the fire, dish them on a napkin, and serve.

POTATO RISSOLES.

Time.—10 minutes to fry the rissoles.

Seasonable at any time.

Note.—The flavour of these rissoles may be very much increased by adding finely minced tongue or ham, or even chopped onions, when these are liked.

Qualities of Potatoes.—In making a choice from the many varieties of potatoes which are everywhere found, the best way is to get a sample and taste them, and then fix upon the kind which best pleases your palate. The Shaw is one of the most esteemed of the early potatoes for field-culture; and the Kidney and Bread-fruit are also good sorts. The Lancashire Pink is also a good potato, and is much cultivated in the neighbourhood of Liverpool. As late or long-keeping potatoes, the Tartan or Red-apple stands very high in favour.

1617.—POTATO RICE.

(*Fr.*—Pommes de Terre au Riz.)

Ingredients.—10 potatoes, salt and butter.

Mode.—Choose white potatoes, boil them until tender, and mash them by recipe No. 1613; press them through a large colander on to a hot dish before the fire; shake the colander lightly every other minute to cause the potatoes to fall off in short grains like rice; serve very hot. This will be found a nice accompaniment to a sausage supper.

Time.—¾ of an hour. **Average Cost,** 1*d.* per lb.
Sufficient for 9 persons.
Seasonable at any time, but best in winter.

1618.—POTATO SNOW.
(*Fr.*—Pommes de Terre au Neige.)

Ingredients.—Potatoes, salt and water.

Mode.—Choose white potatoes, as free from spots as possible; boil them in their skins in salt and water until perfectly tender, drain and *dry them thoroughly* by the side of the fire, and peel them. Put a hot dish before the fire, rub the potatoes through a coarse sieve on to this dish; do not touch them afterwards, or the flakes will fall, and serve as hot as possible.

Time.—½ to ¾ hour to boil the potatoes.
Average Cost, 1*d.* per lb.
Sufficient—6 potatoes for 3 persons.
Seasonable at any time.

The Potato as an article of Human Food.—This valuable esculent, next to wheat, is of the greatest importance in the eye of the political economist. From no other crop that can be cultivated does the public derive so great a weight of food; and it has been demonstrated that an acre of potatoes will feed double the number of people that can be fed from an acre of wheat.

1619.—TO DRESS SALSIFY.
(*Fr.*—Salsifis à la Sauce Blanche.)

Ingredients.—Salsify: to each ½ gallon of water allow 1 heaped tablespoonful of salt, 1 oz. of butter, 2 tablespoonfuls of lemon-juice.

Mode.—Scrape the roots gently, so as to strip them only of their outside peel; cut them into pieces about four inches long, and, as they are peeled, throw them into water with which has been mixed a little lemon-juice, to prevent their discolouring. Put them into boiling water, with salt, butter and lemon-juice in the above proportion, and let them boil rapidly until tender; try them with a fork; and, when it penetrates easily, they are done. Drain the salsify, and serve with good white sauce or French melted butter.

Time.—30 to 50 minutes.
Seasonable in winter.

Note.—This vegetable may be also boiled, sliced, and fried in batter of a nice brown. When crisp and a good colour, it should be served with fried parsley in the centre of the dish, and a little fine salt sprinkled over the salsify.

Salsify.—This esculent is, for the sake of its roots, cultivated in gardens. It belongs to the Composite class of flowers, which is the most extensive family in the vegetable kingdom. This family is not only one of the most natural and most uniform in structure, but there is also a great similarity existing in the properties of the plants of which it is composed. Generally speaking, all composite flowers are tonic or stimulant in their medicinal virtues.

1620.—BOILED SEA-KALE. (*Fr.*—Choux Marins.)

Ingredients.—To each ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Well wash the kale, cut away any worm-eaten pieces, and tie it into small bunches; put it into *boiling* water, salted in the above proportion, and let it boil quickly until tender. Take it out, drain, untie the bunches and serve with plain melted butter or white sauce, a little of which may be poured over the kale. Sea-kale may also be parboiled and stewed in good brown gravy: it will then take about half an hour altogether.

BOILED SEA-KALE.

SEA-KALE.

Time.—15 minutes; when liked very thoroughly done, allow an extra 5 minutes. **Average Cost,** in full season, 9*d.* per basket.

Sufficient.—Allow 12 heads for 4 or five persons.

Seasonable from February to June.

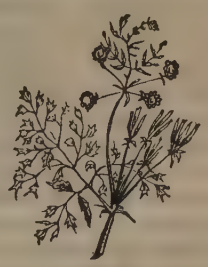
Sea-Kale.—This plant belongs to the Asparagus tribe, and grows on seashores, especially in the West of England, and in the neighbourhood of Dublin. Although it is now in very general use, it did not come into repute till 1794. It is easily cultivated, and is esteemed as one of the most valuable esculents indigenous to Britain. As a vegetable, it is stimulating to the appetite, easily digestible, and nutritious. It is so light that the most delicate organizations may readily eat it. The flowers form a favourite resort for bees, as their petals contain a great amount of saccharine matter

1621.—BOILED SALAD. (*Fr.*—Salade.)

Ingredients.—2 heads of celery, 1 pint of French beans, lettuce, and endive.

Mode.—Boil the celery and beans separately until tender, and cut the celery into pieces about two inches long. Put these into a salad-

FRENCH BEANS.



CHERVIL.

bowl or dish; pour over either of the sauces No. 764, 765, or 766, and garnish the dish with a little lettuce finely chopped, blanched endive, or a few tufts of boiled cauliflower. This composition, if less agreeable

than vegetables in their raw state, is more wholesome; for salads, however they may be compounded, when eaten uncooked, prove to some people indigestible. Tarragon, chervil, burnet, and boiled onion, may be added to the above salad with advantage, as also slices of cold meat, poultry, or fish.

Seasonable from July to October.

Acetarious Vegetables.—By the term Acetarious Vegetables is expressed a numerous class of plants, of various culture and habit, which are principally used as salads, pickles, and condiments. They are to be considered rather as articles of comparative luxury than as ordinary food, and are more desirable for their coolness, or their agreeable flavour, than for their nutritive powers.

Cauliflowers.—The cauliflower is less indigestible than the cabbage; it possesses a most agreeable flavour, and is sufficiently delicate to be served at the tables of the wealthy. It is a wholesome vegetable, but should be eaten moderatly, as it induces flatulence. Persons of weak constitutions and delicate stomachs should abstain from cauliflower as much as possible. They may be prepared in a variety of ways; and, in selecting them, the whitest should be chosen; those tinged with green or yellow being of indifferent quality.

1622.—SUMMER SALAD. (*Fr.*—Salade.)

Ingredients.—3 lettuces, 2 handfuls of mustard-and-cress, 10 young radishes, a few slices of cucumber.

Mode.—Let the herbs be as fresh as possible for a salad, and, if at all stale or dead-looking, let them lie in water for an hour or two, which will very much refresh them. Wash and carefully pick them over, remove any decayed or worm-eaten leaves, and drain them thoroughly by swinging them gently in a clean cloth. With a silver knife, cut the lettuces into small pieces, and the radishes and cucumbers into thin slices; arrange all these ingredients lightly on a dish, with the mustard-and-cress, and pour under, but not over, the salad, either of the sauces No. 764, 765, or 766, and do not stir it up until it is to be eaten. It should be garnished with hard-boiled eggs cut in slices, beetroot alternately, or sliced cucumbers, nasturtiums, cut vegetable-flowers, and many other things that taste will always suggest to make a pretty and elegant dish. In making a good salad, care must be taken to have the herbs freshly gathered, and *thoroughly drained* before the sauce is added to them, or it will be watery and thin. Young spring onions, cut small, are by many persons considered an improvement to salads; but, before these are added, the cook should always consult the taste of her employer. Slices of cold meat or poultry added to a salad make a convenient and quickly-made summer luncheon-dish; or cold fish, flaked, will also be found exceedingly nice, mixed with it.

SALAD IN BOWL.

Average Cost, 9*d.* for a salad for 5 or 6 persons; but more expensive when the herbs are forced.

Sufficient for 5 or 6 persons.

Seasonable from May to September.

1623.—EAST INDIA SALAD.

Ingredients.—1 large crab, 1 gill of tarragon vinegar, 1 teaspoonful of chili vinegar, 1 tablespoonful of sweet oil, 1 anchovy, 1 head of celery, 1 head of endive, small bunch of green chives, salt.

Mode.—Take a large boiled crab and chop it finely, bruise the anchovy in a mortar and add it to the crab with the vinegar, oil and salt. Chop the vegetables, then arrange all in a salad bowl. This is an enjoyable relish eaten with cold fowl or alone.

Time.—20 minutes to prepare. **Average Cost,** 3*s.*

Sufficient for 3 or 4 persons.

Seasonable in winter.

1624.—CREAM DRESSING FOR SALAD.

Ingredients.—3 eggs, 6 tablespoonfuls of cream, 3 tablespoonfuls of melted butter, 1 teaspoonful of salt, 1 teaspoonful of mustard, ½ teaspoonful of black pepper, 1 teacupful of vinegar.

Mode.—Beat all the ingredients well together, then put them into a saucepan and stir over the fire till it thickens like custard, but do not let it boil or it will curdle. Let it cool, then mix with salad.

Time.—5 minutes. **Average Cost,** 6*d.*

Seasonable at any time.

1625.—CUCUMBER SALAD.
(*Fr.*—Concombres â l'Huile.)

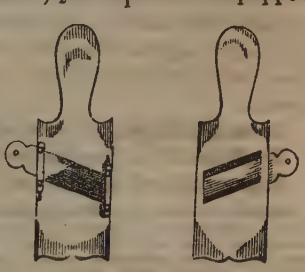
Ingredients.—1 large or 2 small cucumbers, ½ teaspoonful of pepper and salt mixed, 1 tablespoonful of best French vinegar, 3 tablespoonfuls of pure salad oil.

Mode.—Peel and slice the cucumber as finely as possible, sprinkle the pepper and salt over it; add vinegar and salt in the above proportions a moment before using.

Time.—5 minutes. **Average Cost,** 6*d.* to 9*d.* in full season.

Sufficient for 5 persons.

Seasonable in May, June and July.



CUCUMBER-SLICE.

Cucumbers.—The cucumber is refreshing, but neither nutritious nor digestible, and should be excluded from the regimen of the delicate. There are various modes of preparing cucumbers. When gathered young, they are called gherkins; these pickled, are much used in seasonings.

Radishes.—This is the common name given to the root of the *Rophanus sativus*, one of the varieties of the cultivated horseradish. There are red and white radishes; and the French have also what they call violet and black ones, of which the black are the larger. Radishes are composed of nearly the same constituents as turnips, that is to say, mostly fibre and nitrogen; and, being generally eaten raw, it is on the last of these that their flavour depends.

1626.—RED CABBAGE SALAD.
(*Fr.*—Chou Rouge à l'Huile.)

Ingredients.—A small red cabbage, 2 teaspoonfuls of salt, 1 pint of vinegar, 3 teaspoonfuls of oil, a small quantity of cayenne pepper.

Mode.—Take off the outside leaves of a fresh red cabbage, and cut the remainder very finely into small thin slices. Mix with the cabbage the above salad ingredients, and let it remain for two days, when it will be fit for use. This salad will keep very well for a few days. The quantities of the ingredients may of course be a little varied, according to taste.

Time.—2 days. **Average Cost,** from 4*d.* to 6*d.* each.

Seasonable in July and August.

1627.—WINTER SALAD. (*Fr.*—Salade.)

Ingredients.—Endive, mustard-and-cress, boiled beetroot, 3 or 4 hard-boiled eggs, celery.

Mode.—The above ingredients form the principal constituents of a winter salad, and may be converted into a very pretty dish by nicely contrasting the various colours and by tastefully garnishing it. Shred the celery into thin pieces, after having carefully washed and cut away all worm-eaten pieces ; cleanse the endive and mustard-and-cress free from grit, and arrange these high in the centre of a salad-bowl or dish ; garnish with the hard-boiled eggs and beetroot, both of which should be cut in slices, and pour into the dish, but not over the salad, either of the sauces No. 764, 765, or 766. Never dress a salad long before it is required for table, as, by standing, it loses its freshness and pretty crisp and light appearance ; the sauce, however, may always be prepared a few hours beforehand, and when required for use, the herbs laid lightly over it.

Average Cost, 9*d.* for a salad for 5 or 6 persons.

Sufficient for 5 or 6 persons.

Seasonable from the end of September to March.

Salads.—Salads are raw vegetables of which, among us, the lettuce is the most generally used ; several others, however, such as cresses, celery, onions, beetroot, &c., are occasionally employed. As vegetables eaten in a raw state are apt to ferment on the stomach, and as they have very little stimulative power upon that organ, they are usually dressed with some condiments, such as pepper, vinegar, salt, mustard and oil. Respecting the use of these, medical men disagree, especially in reference to oil, which is condemned by some and recommended by others.

1628.—POTATO SALAD.
(*Fr.*—Pommes de Terre au Salade.)

Ingredients.—10 or 12 cold boiled potatoes, 4 tablespoonfuls of tarragon or plain vinegar, 6 tablespoonfuls of salad oil, pepper and salt to taste, 1 teaspoonful of minced parsley.

Mode.—Cut the potatoes into slices about half an inch in thickness; put these into a salad-bowl with oil and vinegar in the above proportion; season with pepper, salt, and a teaspoonful of minced parsley; stir the salad well, that all the ingredients may be thoroughly incorporated, and it is ready to serve. This should be made 2 or 3 hours before it is wanted for table. Anchovies, olives, or pickles may be added to this salad, as also slices of cold beef, fowl, or turkey.

Seasonable at any time.

CHICKEN SALAD.—*See* No. 1285. GROUSE SALAD.—*See* No. 1394. LOBSTER SALAD.—*See* No. 490.

1629.—SORREL GARNISH. (*Fr.*—Purée d'Oseille.)

Ingredients.—3 lbs. of sorrel, 1 oz. of flour, 1½ oz. of butter, ½ pint of stock, No. 273, 3 eggs, ½ gill of milk.

Mode.—See that the sorrel is very fresh and green. Pick it over carefully, removing all stalks; then wash it thoroughly, changing the water frequently. When perfectly clean put it into a stewpan with a quart of water and a teaspoonful of salt. Let it boil fifteen minutes, then take it out, and drain it well and chop it very finely. Roll the butter in the flour and melt it smoothly over the fire in a clean saucepan; then add the sorrel and half the stock. Stir it for eight minutes. Then add the rest of the broth, and continue stirring it for twenty minutes. Beat up the eggs with the milk in a basin, then pour them quickly on to the sorrel and stir the whole for five minutes, after which it will be ready to use. It can also be cooked like spinach and used for garnish.

Time.—¾ hour. **Average Cost,** 10*d.*

Sufficient for 2 or 3 dishes.

Seasonable.—Best from May to October.

1630.—TO BOIL SPINACH. (*Fr.*—Epinards.)

(*English Mode.*)

Ingredients.—2 pailfuls of spinach, 2 heaped tablespoonfuls of salt, 1 oz. of butter, pepper to taste.

Mode.—Pick the spinach carefully, and see that no stalks or weeds are left amongst it; wash it in several waters, and, to prevent it being gritty, act in the following manner:—Have ready two large pans or tubs filled with water; put the spinach into one of these, and wash it: then *with the hands*, take out the spinach and put it into the *other tub* of water (by this means all the grit will be left at the bottom of the tub); wash it again, and should it not be

SPINACH GARNISHED WITH CROUTONS.

perfectly free from dirt, repeat the process. Put it into a very large saucepan, with about half a pint of water, just sufficient to keep the spinach from burning, and the above proportion of salt. Press it down frequently with a wooden spoon, that it may be done equally; and when it has boiled for rather more than ten minutes, or until it is perfectly tender, drain it in a colander, squeeze it quite dry, and chop it finely. Put the spinach into a clean stewpan, with the butter and a seasoning of pepper; stir the whole over the fire until quite hot; then put it on a hot dish, and garnish with sippets of toasted bread.

Time.—10 to 15 minutes to boil the spinach, 5 minutes to warm with the butter. **Average Cost,** for the above quantity, 8*d.*

Sufficient for 5 or 6 persons.

Seasonable.—Spring spinach from March to July; winter spinach from November to March.

Note.—Grated nutmeg, pounded mace, or lemon-juice may also be added to enrich the flavour; and poached eggs are also frequently served with spinach; they should be placed on the top of it, and it should be garnished with sippets of toasted bread.

Varieties of Spinach.—These comprise the Strawberry spinach, which, under that name, was wont to be grown in our flower-gardens; the Good King Harry, the Garden Oracle, the Prickly and the Round, are the varieties commonly used. The Oracle is a hardy sort, much esteemed in France, and is a native of Tartary, introduced in 1548. The common spinach has its leaves round, and is softer and more succulent than any of the Brassica tribe.

1631.—SPINACH DRESSED WITH CREAM.

(*Fr.*—Epinards à la Crême.)

Ingredients.—2 pailfuls of spinach, 2 tablespoonfuls of salt, 2 oz. of butter, 8 tablespoonfuls of cream, 1 small teaspoonful of pounded sugar, a very little grated nutmeg.

Mode.—Boil and drain the spinach as in recipe No. 1630; chop it finely, and put it into a stewpan with the butter; stir over a gentle fire, and, when the butter has dried away, add the remaining ingredients, and simmer for about five minutes. Previously to adding the cream, boil it first, in case it should curdle. Serve on a hot dish, and garnish either with sippets of toasted bread or leaves of puff-paste.

SPINACH.

Time.—10 to 15 minutes to boil the spinach; 10 minutes to stew with the cream. **Average Cost,** for the above quantity, 8*d.*

Sufficient for 5 or 6 persons.

Seasonable.—Spring spinach from March to July; winter spinach November to March.

Spinach.—This is a Persian plant. It has been cultivated in our gardens about two hundred years, and is the most wholesome of vegetables. It is not very nutritious, but is very easily

digested. It is very light and laxitive. Wonderful properties have been ascribed to spinach. It is an excellent vegetable, and very beneficial to health. However dressed, it is a resource for poor or rich.

Spinach.—This vegetable belongs to a sub-order of the *Salsolaceæ*, or saltworts, and is classified under the head of *Spirolobeæ*, with leaves shaped like worms, and of a succulent kind. In its geographical distribution it is commonly found in extra-tropical and temperate regions, where they grow as weeds in waste places and among rubbish, and in marshes by the seashore. In the tropics the order is rarely found. Many of them are used as potherbs, and some of them are emetic and vermifuge in their medicinal properties.

1632.—SPINACH WITH BROWN GRAVY.
(*Fr.*—Epinards au Jus.)

Ingredients.—2 pailfuls of spinach, 2 tablespoonfuls of salt, 2 oz. of butter, 1 teaspoonful of flour, 8 tablespoonfuls of good gravy; when liked, a very little grated nutmeg.

Mode.—Pick, wash and boil the spinach, as in Recipe No. 1630, and, when quite tender, drain and squeeze it perfectly dry from the water that hangs about it. Chop it very fine, put the butter into a stewpan, and lay the spinach over that; stir it over a gentle fire, and dredge in the flour. Add the gravy, and let it boil *quickly* for a few minutes, that it may not discolour. When the flavour of nutmeg is liked, grate some to the spinach, and when thoroughly hot, and the gravy has dried away a little, serve. Garnish the dish with sippets of toasted bread.

Time.—10 to 15 minutes to boil the spinach; 10 minutes to simmer in the gravy. **Average Cost** for the above quantity, 8*d.*

Sufficient for 5 or 6 persons.

Seasonable.—Spring spinach from March to July; winter spinach, from October to February.

Note.—For a purée, spinach dressed by the above recipe may be pressed through a sieve, then into a hot mould; it should then be turned out quickly, and served very hot.

1633.—BAKED TOMATOES. (*Fr.*—Tomates au Gratin.)
(*Excellent.*)

Ingredients.—8 or 10 tomatoes, pepper and salt to taste, 2 oz. of butter, bread-crumbs.

Mode.—Take off the stalks from the tomatoes; cut them into thick slices, and put them into a deep baking-dish; add a plentiful seasoning of pepper and salt, and butter in the above proportion; cover the whole with bread-crumbs; drop over these a little clarified butter; bake in a moderate oven from 20 minutes to half an hour, and serve very hot. This vegetable, dressed as above, is an exceedingly nice accompaniment

to all kinds of roast meat. The tomatoes, instead of being cut in slices, may be baked whole; but they will take rather longer time to cook.

Time.—20 minutes to ½ hour. **Average Cost,** in full season, 4*d.* to 9*d.* per lb.

Sufficient for 5 or 6 persons.

Seasonable in August, September and October, but may be had, forced, much earlier. The cheapest are those imported in barrels from America.

1634.—BAKED TOMATOES.

(*Another Mode.*)

Ingredients.—6 tomatoes, some bread-crumbs, a little butter, onion, cayenne and salt.

Mode.—Scoop out a small hole at the top; fry the bread-crumbs, onion, &c., and fill the holes with this as high up as possible; then bake the tomatoes in the oven, and take care that the skin does not break.

Time.—20 minutes. **Average Cost,** 8*d.* to 9*d.* per lb.

Sufficient for 6 persons.

Seasonable in August, September and October.

1635.—TOMATOES STUFFED. (*Fr.*—Tomates Farcies.)

Ingredients.—6 tomatoes, 2 oz. of forcemeat No. 629, 2 teaspoonfuls of salad oil.

Mode.—Choose the tomatoes as nearly the same size as possible; plunge them for one minute into boiling water; take them out, remove the thin skin, and cut out a round piece from the stalk end, season with pepper and salt, insert an egg-spoon and carefully remove the pips; fill up the space left with the forcemeat, and spread it thinly, like a paste, over each tomato. Cover the tomatoes with fine raspings, and fry in the oil for eight minutes over a fierce fire, or bake for twelve minutes, and brown with a salamander. Tomatoes thus prepared are delicious when braised.

Time.—8 to 12 minutes. **Average Cost,** 8*d.* or 9*d.* per lb.

Sufficient for 6 persons.

Seasonable in August, September and October.

1636.—STEWED TOMATOES. (*Fr.*—Tomates au Beurre.)

Ingredients.—8 tomatoes, pepper and salt to taste, 2 oz. of butter.

Mode.—Slice the tomatoes into a *lined* saucepan; season them with

pepper and salt, and place small pieces of butter on them. Cover the lid down closely, and stew from 20 to 25 minutes, or until the tomatoes are perfectly tender; stir two or three times and serve with any kind of roast meat, with which they will be found a delicious accompaniment.

STEWED TOMATOES.

Time.—20 to 25 minutes. **Average Cost,** in full season, 8*d.* or 9*d.* per lb.

Sufficient for 4 or 5 persons.

Seasonable from August to October; but may be had, forced, much earlier.

Analysis of the Tomato.—The fruit of the love-apple is the only part used as an esculent, and it has been found to contain a particular acid, a volatile oil, a brown very fragrant extracto-resinous matter, a vegeto-mineral matter, mucho-saccharine, some salts and, in all probability, an alkaloid. The whole plant has a disagreeable odour, and its juice, subjected to the action of the fire, emits a vapour so powerful as to cause vertigo and vomiting.

1637.—STEWED TOMATOES. (*Fr.*—Tomates au Jus.)

(*Another Mode.*)

Ingredients.—8 tomatoes, about ½ pint of good gravy, thickening of butter and flour, cayenne and salt to taste.

Mode.—Take out the stalks of the tomatoes; put them into a wide stewpan, pour over them the above proportion of good brown gravy, and stew gently until they are tender, occasionally *carefully* turning them, that they may be equally done. Thicken the gravy with a little butter and flour worked together on a plate; let it just boil up after the thickening is added, and serve. If it be at hand, these should be served on a silver or plated vegetable-dish.

Time.—20 to 25 minutes, very gentle stewing. **Average Cost,** in full season, English, 9*d.* per lb., American, 5*d.* per lb.

Sufficient for 4 or five persons.

Seasonable in August, September and October; but may be had, forced, much earlier.

The Tomato, or Love Apple.—This vegetable is a native of Mexico and South America, but is also found in the East Indies, where it is supposed to have been introduced by the Spaniards. In this country it is much more cultivated than it formerly was; and the more the community becomes acquainted with the many agreeable forms in which the fruit can be prepared, the more widely will its cultivation be extended. For ketchup, soups, and sauces, it is equally applicable, and the unripe fruit makes one of the best pickles.

1638.—TRUFFLES (*Fr.*—Truffes au Naturel.)

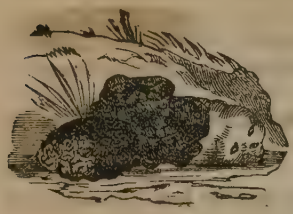
Ingredients.—Truffles, buttered paper.

Mode.—Select some fine truffles; cleanse them by washing them in

several waters with a brush, until not a particle of sand or grit remains on them; wrap each truffle in buttered paper, and bake in a hot oven for quite an hour; take off the paper, wipe the truffles, and serve them in a hot napkin.

Time.—1 hour. **Average Cost.**—Not often bought in this country.

Seasonable from November to March.



TRUFFLES.

The Common Truffle.—This is the *Tuber cibarium* of science, and belongs to that numerous class of esculent fungi distinguished from other vegetables not only by the singularity of their forms, but by their chemical composition. Upon analysis, they are found not only to contain the usual components of the vegetable kingdom, such as carbon, oxygen and hydrogen, but likewise a large proportion of nitrogen; from which they approach more nearly to the nature of animal flesh. It was long ago observed by Dr. Darwin, that all the mushrooms cooked at our tables, as well as those used for ketchup, possessed an animal flavour; and soup enriched by mushrooms only has sometimes been supposed to contain meat.

1639.—TO DRESS TRUFFLES WITH CHAMPAGNE.

(*Fr.*—Truffes au Vin de Champagne.)

Ingredients.—12 fine black truffles, a few slices of fat bacon, 1 carrot, 1 turnip, 2 onions, a bunch of savoury herbs, including parsley, 1 bay-leaf, 2 cloves, 1 blade of pounded mace, 2 glasses of champagne, ½ pint of stock.

Mode.—Carefully select the truffles, reject those that have a musty smell, and wash them well with a brush, in cold water only, until perfectly clean. Put the bacon into a stewpan, with the truffles and the remaining ingredients; simmer these gently for an hour, and let the whole cool in the stewpan. When to be served, re-warm them, and drain them on a clean cloth; then arrange them on a delicately-white napkin, that it may contrast as strongly as possibe with the truffles, and serve. The trimmings of truffles are used to flavour gravies, stock, sauces, &c., and are an excellent addition to ragoûts, made-dishes of fowl, &c.

Time.—1 hour. **Average Cost.**—Not often bought in this country.

Seasonable from November to March.

The Truffle.—The truffle belongs to the family of the mushroom. It is certain that the truffle must possess, equally with other plants, organs of reproduction; yet, notwithstanding all the efforts of art and science, it has been impossible to subject it to a regular culture. Truffles grow at a considerable depth under the earth, never appearing on the surface. They are found in many parts of France: those of Périgord and Magny are the most esteemed for their odour. There are three varieties of the species, the black, the red and the white; the latter are of little value. The red are very rare and their use is restricted. The black has the highest repute and its consumption is enormous. When the peasantry go to gather truffles, they take a pig with them to scent out the spot where they grow. When that is found, the pig turns up the surface with his snout and the men then dig until they find the truffles. Good truffles are easily distinguished by their agreeable perfume; they should be light in proportion to their size and elastic when pressed by the finger. To have them in perfection, they should be quite fresh, as their aroma is considerably diminished by any conserving process. Truffles are stimulating and heating. Weak stomachs digest them with difficulty. Some of the culinary uses to which they are subjected render them more digestible; but they should always be eaten sparingly. Their chief use is in seasoning and garnitures.

In short, a professor has said, "Meats with truffles are the most distinguished dishes that opulence can offer to the epicure." The truffle grows in clusters, some inches below the surface of the soil and is of an irregular globular form. Those which grow wild in England are about the size of a hen's egg and have no roots. As there is nothing to indicate the places where they are, dogs have been trained to discriminate their scent, by which they are discovered. Hogs are very fond of them and frequently lead to their being found, from their rutting up the ground in search of them.

1640.—ITALIAN MODE OF DRESSING TRUFFLES.

(*Fr.*—Truffes à l'Italienne.)

Ingredients.—10 truffles, ¼ pint of salad-oil, pepper and salt to taste, 1 tablespoonful of minced parsley, a very little finely minced garlic or shalot, 2 blades of pounded mace, 1 tablespoonful of lemon-juice.

Mode.—After cleansing and brushing the truffles, cut them into thin slices and put them in a baking-dish, on a seasoning of oil, pepper, salt, parsley, garlic and mace, in the above proportion. Bake them for nearly an hour, and just before serving add the lemon-juice, and send them to table very hot.

Time.—Nearly 1 hour. **Average Cost.**—Not often bought in this country.

Seasonable from November to March.

Where Truffles are Found.—In this country, the common truffle is found on the downs of Hampshire, Wiltshire and Kent; and they abound in dry light soils, and more especially in oak and chestnut forests. In France they are plentiful, and many are imported from the south of that country and Italy, where they are much larger and in greater perfection; they lose, however, much of their flavour by drying. In England the artificial propagation of truffles has been tried, but without success.

1641.—TRUFFLES WITH ITALIAN SAUCE.

(*Fr.*—Truffes à l'Italienne.)

Ingredients.—10 truffles, 1 tablespoonful of minced parsley, 1 minced shalot, salt and pepper to taste, 2 oz. of butter, 2 tablespoonfuls of good brown gravy, the juice of ½ lemon, cayenne to taste.

Mode.—Wash the truffles and cut them into slices about the size of a penny-piece; then put them in a sauté-pan, with the parsley, shalot, salt, pepper, and one oz. of butter; stir them over the fire, that they may all be equally done, which will be in about ten minutes, and drain off some of the butter; then add a little more fresh butter, 2 tablespoonfuls of good gravy, the juice of half a lemon, and a little cayenne; stir over the fire until the whole is on the point of boiling, when serve.

Time.—Altogether, 20 minutes. **Average Cost.**—Not often bought in this country.

Seasonable from November to March.

Uses of the Truffle.—Like the morel, truffles are seldom eaten alone, but are much used in gravies, soups and ragoûts. They are likewise dried for the winter months, and, when reduced to powder, form a useful culinary ingredient; they, however, have many virtues attributed to them which they do not possess. Their wholesomeness is, perhaps, questionable, and they should be eaten in moderation.

1642.—BOILED TURNIPS. (*Fr.*—Navets au Naturel.)

Ingredients.—Turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—Pare the turnips, and, should they be very large, divide them into quarters; but unless this is the case, let them be cooked whole. Put them into a saucepan of boiling water, salted in the above proportion, and let them boil gently until tender. Try them with a fork, and, when done, take them up in a colander; let them thoroughly drain, and serve. Boiled turnips are usually sent to table with boiled mutton, but are infinitely nicer when mashed than served whole: unless nice and young, they are scarcely worth the trouble of dressing plainly as above.

Time.—Old turnips, ¾ to 1¼ hour; young ones, about 18 to 20 minutes.

TURNIPS.

Average Cost, 4*d.* per bunch.

Sufficient.—Allow a bunch of 12 turnips for 5 or 6 persons.

Seasonable.—May be had all the year; but in spring only useful for flavouring gravies, &c.

The Turnip.—This vegetable is the *Brassica Rapa* of science, and grows wild in England, but cannot be brought exactly to resemble what it becomes in a cultivated state. It is said to have been originally introduced from Hanover, and forms an excellent culinary vegetable, much used all over Europe, where it is either eaten alone or mashed and cooked in soups and stews. They do not thrive in a hot climate; for in India they, and many more of our garden vegetables, lose their flavour and become comparatively tasteless. The Swede is the largest variety, but it is too coarse for the table.

1643.—MASHED TURNIPS. (*Fr.*—Purée de Navets.)

Ingredients.—10 or 12 large turnips; to each ½ gallon of water allow 1 heaped tablespoonful of salt, 2 oz. of butter, cayenne or white pepper to taste.

Mode.—Pare the turnips, quarter them, and put them into boiling water, salted in the above proportion; boil them until tender: then drain them in a colander, and squeeze them as dry as possible by pressing them with the back of a large plate. When quite free from water, rub the turnips with a wooden spoon through the colander, and put them into a very clean saucepan; add the butter, white pepper, or cayenne, and, if necessary a little salt. Keep stirring them over a fire until the butter is well mixed with them, and the turnips are thoroughly hot; dish and serve. A little cream or milk added after the turnips are pressed through the colander, is an improvement to both the colour and flavour of this vegetable.

Time.—From ½ to ¾ hour to boil the turnips; 10 minutes to warm them through. **Average Cost,** 4*d.* per bunch.

Sufficient for 4 or 5 persons.

Seasonable.—May be had all the year; but in early spring only good for flavouring gravies.

Vegetables Reduced to Purée.—Persons in the flower of youth, having healthy stomachs and leading active lives, may eat all sorts of vegetables, without inconvenience, save, of course, in excess. The digestive functions possess great energy during the period of youth; the body, to develop itself, needs nourishment. Physical exercise gives an appetite, which it is necessary to satisfy, and vegetables cannot resist the vigorous action of the gastric organs. An old proverb says, "At twenty, one can digest iron." But for aged persons, the sedentary, or the delicate, it is quite otherwise. Then the gastric power has considerably diminished, the digestive organs have lost their energy, the process of digestion is consequently slower, and the least excess at table is followed by derangement of the stomach for several days. Those who generally digest vegetables with difficulty, should eat them reduced to a pulp or purée, that is to say, with their skins and tough fibre removed. Subjected to this process, vegetables which, when entire, would create flatulence and wind, are then comparatively harmless. Experience has established the rule that nourishment is not complete without the alliance of meat with vegetables. We would also add, that the régime most favourable to health is found in variety: variety pleases the senses, monotony is disagreeable. The eye is fatigued by looking always on one object, the ear by listening to one sound and the palate by tasting one flavour. It is the same with the stomach; consequently, variety of food is one of the essentials for securing good digestion.

1644.—GERMAN MODE OF COOKING TURNIPS.

(*Fr.*—Navets au Jus.)

Ingredients.—8 large turnips, 3 oz. of butter, pepper and salt to taste, rather more than ½ pint of weak stock or broth, 1 tablespoonful of flour.

Mode.—Make the butter hot in a stewpan, lay in the turnips, after having pared and cut them into dice, and season them with pepper and salt. Toss them over the fire for a few minutes, then add the broth, and simmer the whole gently till the turnips are tender. Brown the above proportion of flour with a little butter; add this to the turnips, let them simmer another 5 minutes, and serve. Boiled mutton is usually sent to table with this vegetable, and may be cooked with the turnips by placing it in the midst of them: the meat would then be very delicious, as, there being so little liquid with the turnips, it would almost be steamed, and subsequently very tender.

Time.—20 minutes. **Average Cost,** 4*d.* per bunch.

Sufficient for 4 persons.

Seasonable.—May be had all the year.

Turnips.—Good turnips are delicate in texture, firm and sweet. The best sorts contain a sweet juicy mucilage, uniting with the aroma a slightly acid quality, which is completely neutralised in cooking. The turnip is prepared in a variety of ways. Ducks stuffed with turnips have been highly appreciated. It is useful in the regimen of persons afflicted with chronic visceral irritations. The turnip only creates flatulency when it is soft, porous and stringy. It is then, consequently, bad.

1645.—TURNIPS IN WHITE SAUCE.

(*Fr.*—Navets à la Sauce Blanche.)

(An Entremets, or to be served with the Second Course as a Side-dish.)

Ingredients.—7 or 8 turnips, 1 oz. butter, ¼ pint of white sauce, No. 665 or 666.

Mode.—Peel and cut the turnips in the shape of pears or marbles; boil them in salt and water, to which has been added a little butter, until tender; then take them out, drain, arrange them on a dish, and pour over the white sauce made by recipe No. 665 or 666, and to which has been added a small lump of sugar. In winter, when other vegetables are scarce, this will be found a very good and pretty-looking dish: when approved, a little mustard may be added to the sauce.

Time.—About ¾ hour to boil the turnips. **Average Cost,** 4*d.* per bunch.

Sufficient for 1 dish.

Seasonable in winter.

The French Navet.—This is a variety of the turnip; but, instead of being globular has more the shape of the carrot. Its flavour being excellent, it is much esteemed on the Continent for soups and made-dishes. Two or three of them will impart as much flavour as a dozen of the common turnips will. Accordingly when stewed in gravy, they are greatly relished. This flavour resides in the rind, which is not cut off, but scraped. This variety was once grown in England, but now it is rarely found in our gardens, though highly deserving of a place there. It is of a yellowish-white colour and is sometimes imported to the London market.

1646.—BOILED TURNIP-GREENS.
(*Fr.*—Poussées de Navets.)

Ingredients.—To each ½ gallon of water, allow 1 heaped tablespoonful of salt; turnip-greens.

Mode.—Wash the greens well in two or three waters and pick off all the decayed and dead leaves; tie them in small bunches, and put them into plenty of boiling water, salted in the above proportion. Keep them boiling quickly, with the saucepan uncovered, and when tender, pour them into a colander; let them drain, arrange them in a vegetable-dish, remove the string that the greens were tied with, and serve.

Time.—15 to 20 minutes. **Average Cost,** 4*d.* for a dish for 3 persons.

Seasonable in March, April and May.

Cabbage, Turnip-tops and Greens.—All the cabbage tribe, which comprises coleworts, brocoli, cauliflower, sprouts and turnip-tops, in order to be delicate, should be dressed young, when they have a rapid growth; but, if they have stood the summer, in order to be tender, they should be allowed to have a touch of frost. The cabbage contains much vegetable albumen and several parts of sulphur and nitrate of potass. Cabbage is heavy, and a long time digesting, which has led to a belief that it is very nourishing. It is only fit food for robust and active persons; the sedentary or delicate should carefully avoid it. Cabbage may be prepared in a variety of ways: it serves as a garniture to several recherché dishes—partridge and cabbage, for example. Bacon and cabbage is a very favourite dish; but only a good stomach can digest it.

1647.—BOILED VEGETABLE MARROW.
(*Fr.*—Courge au Beurre.)

Ingredients.—To each ½ gallon of water, allow 1 heaped tablespoonful of salt; vegetable marrows.

Mode.—Have ready a saucepan of boiling water, salted in the above proportion; put in the marrows after peeling them, and boil them until quite tender. Take them up with a slice; halve and, should they be very large, quarter them. Dish them on toast, and send to table with them a tureen of melted butter, or, in lieu of this, a small pat of salt butter. Large vegetable marrows may be preserved throughout the winter by storing them in a dry place; when wanted for use, a few slices should be cut and boiled in the same manner as above; but, when once begun, the marrow must be eaten quickly, as it keeps but a short time after it is cut. Vegetable marrows are also very delicious mashed: they should be boiled, then drained and mashed smoothly with a wooden spoon. Heat them in a saucepan, add a seasoning of salt and pepper, and a small piece of butter, and dish with a few sippets of toasted bread placed round as a garnish. Served in this manner the dish is called *Purée de Courge.*

VEGETABLE MARROW ON TOAST.

Time.—Young vegetable marrows, 10 to 20 minutes; old ones, ½ to ¾ hour. **Average Cost,** in full season, 2*d.* to 4*d.* each.

Sufficient.—Allow half a moderate-sized marrow for each person.

Seasonable in July, August and September; but may be preserved all the winter.

1648.—FRIED VEGETABLE MARROW.
(*Fr.*—Courge Frite.)

Ingredients.—3 medium-sized vegetable marrows, egg and bread-crumbs, hot lard.

Mode.—Peel and boil the marrows until tender in salt and water; then drain and cut them in quarters, and take out the seeds. When thoroughly drained, brush the marrows over with egg, and sprinkle with bread-crumbs; have ready some hot fat or oil, fry the marrow in this, and when of a nice brown, dish; sprinkle over a little salt and pepper, and serve.

VEGETABLE MARROW.

Time.—About ½ hour to boil the marrow, 7 minutes to fry it. **Average Cost,** in full season, 2*d.* to 4*d.* each.

Sufficient for 6 persons.

Seasonable in July, August and September.

The Vegetable Marrow.—This vegetable is now extensively used, and belongs to the *Cucurbitacea.* It is the *C. ovifera* of science, and, like the melon, gourd, cucumber and squash, is widely diffused in the tropical or warmer regions of the globe. Of the nature of this family we have already spoken when treating of the cucumber.

1649.—CUT VEGETABLES FOR SOUPS, &c.

The annexed engraving represents a cutter for shaping vegetables for soups, ragoûts, stews, &c., carrots and turnips being the usual vegetables for which this utensil is used. Cut the vegetables into slices about a quarter of an inch in thickness, stamp them out with the cutter, and boil them for a few minutes in salt and water until tender. Turnips should be cut in rather thicker slices than carrots, on account of the former boiling more quickly to a pulp than the latter.

VEGETABLE CUTTER.

Carrots.—Several species of carrots are cultivated—the red, the yellow and the white. Those known as the Crecy carrots are considered the best, and are very sweet. The carrot has been classed by hygienists among flatulent vegetables, and as difficult of digestion. When the root becomes old, it is almost as hard as wood; but the young carrot which has not reached its full growth is tender, relishing, nutritious, and digests well when properly cooked.

1650.—VEGETABLE MARROWS IN WHITE SAUCE.

(*Fr.*—Courge à la Sauce Blanche.)

Ingredients.—4 or 5 moderate-sized marrows, ½ pint of white sauce, No. 666.

Mode.—Pare the marrows, cut them in halves, and shape each half at the top in a point, leaving the bottom end flat for it to stand upright in the dish. Boil the marrows in salt and water until tender; take them up very carefully, and arrange them on a hot dish. Have ready half a pint of white sauce, made by Recipe No. 666; pour this over the marrows, and serve.

VEGETABLE MARROW IN WHITE SAUCE.

Time.—From 15 to 20 minutes to boil the marrows. **Average Cost,** in full season, *2d.* to *4d.* each.

Sufficient for 8 persons.

Seasonable in July, August and September.

1651.—BOILED INDIAN WHEAT OR MAIZE.

(*Fr.*—Maïs.)

Ingredients.—The ears of young and green Indian wheat; to every ½ gallon of water allow 1 heaped tablespoonful of salt.

Mode.—This vegetable, which makes one of the most delicious dishes brought to table, is unfortunately very rarely seen in Britain; and we wonder that, in the gardens of the wealthy, it is not invariably cultivated. Our sun, it is true, possesses hardly power sufficient to ripen maize; but, with well prepared ground, and in a favourable position, it might

be sufficiently advanced by the beginning of autumn to serve as a vegetable. The outside sheath being taken off and the waving fibres removed, let the ears be placed in boiling water, where they should remain for about twenty-five minutes (a longer time may be necessary for larger ears than ordinary); and, when sufficiently boiled and well drained, they may be sent to table whole, and with a piece of toast underneath them. Melted butter should be served with them. Tinned maize is also sold.

Time.—25 to 35 minutes. **Average Cost.**—Seldom bought.
Sufficient.—1 ear for each person.
Seasonable in Autumn.

Note.—William Cobbett, the English Radical writer and politician, was a great cultivator and admirer of maize, and constantly ate it as a vegetable, boiled. We believe he printed a special recipe for it, but we have been unable to obtain it. Mr. Buchanan, the late President of the United States, was in the habit, when ambassador here, of receiving a supply of Indian corn from America in hermetically-sealed cases; and the editor of this work remembers, with considerable satisfaction, his introduction to a dish of this vegetable, when in America. He found it to combine the excellence of the young green pea and the finest asparagus; but he felt slightly awkward when holding the large ear with one hand, whilst the other had to be employed in cutting off with a knife the delicate green grains. Another vegetable which Americans learnt to appreciate before we discovered its value is the tomato. Long before it was, as now, found constantly upon our tables, they consumed it in large quantities, eating it more as a fruit than a vegetable; but it has of late years risen so highly in our estimation that it may now be considered as popular here as there. The yellow tomato, which is not so well known as the red, is grown chiefly abroad, where it bears abundance of fruit.

CHAPTER XXX.

GENERAL OBSERVATIONS ON PUDDINGS AND PASTRY.

1652. ***Puddings and Pastry,*** familiar as they may be, and unimportant as they may be held in the estimation of some, are yet intimately connected with the development of agricultural resources in reference to the cereal grasses. When they began to be made is uncertain; but we may safely presume that a porridge, the simplest form of pudding, was amongst the first dishes made after discovering a mode of grinding wheat into flour. As to who was the real discoverer of the use of corn we have no knowledge. The traditions of different countries ascribe it to various fabulous personages, whose names it is here unnecessary to introduce. In Egypt, however, corn must have grown abundantly; for Abraham, and after him Jacob, had recourse to that country for supplies during times of famine.

1653. ***The Habits of a People,*** to a great extent, are formed by the climate in which they live, and by the native or cultivated productions in which their country abounds. Thus we find that the agricultural produce of the ancient Egyptians was pretty much the same as that of the present day, and the habits of the people are not materially altered. In Greece, the products cultivated in antiquity were the same kinds of grains and legumes as are cultivated at present, with the vine, the fig, the olive, the apple and other fruits. So with the Romans, and so with other nations. As to the different modes of artificially preparing these to please the taste, it is only necessary to say that they arise from the discovery that food so prepared was both more satisfying and more digestible, as well as, to some extent, it may be from the universal desire of novelty, characteristic of man in every development of his social condition. Thus has arisen the whole science of Cookery, and thus arose the art of making puddings. The porridge of the Scotch is nothing more than a species of hasty pudding, composed of oatmeal, salt and water; and the "red pottage" for which Esau sold his birthright must have been something similar. The barley-gruel of the

Lacedæmonians, of the Athenian gladiators and common people, was the same, with the exception of the slight seasoning it had beyond the simplicity of Scottish fare. Here is the ancient recipe for the Athenian national dish:—"Dry near the fire, in the oven, twenty pounds of barley-flour; then parch it; add three pounds of linseed-meal, half a pound of coriander-seed, two ounces of salt, and the quantity of water necessary." To this sometimes a little millet was added, in order to give the paste greater cohesion and delicacy.

1654. ***Oatmeal amongst the Greeks and Romans*** was highly esteemed, as was also rice, which they considered beneficial to the chest. They also held in high repute the Irion, or Indian wheat of the moderns. The flour of this cereal was made into a kind of hasty pudding, and, parched or roasted, was eaten with a little salt. The Spelt, or Red wheat, was likewise esteemed, and its flour formed the basis of the Carthaginian pudding, for which we here give the recipe:—"Put a pound of red-wheat flour into water, and when it has steeped some time, transfer it to a wooden bowl. Add three pounds of cream cheese, half a pound of honey, and one egg. Beat the whole together, and cook it on a slow fire in a stewpan." Should this be considered unpalatable, another form has been recommended. "Sift the flour, and, with some water, put it into a wooden vessel, and, for ten days, renew the water twice each day. At the end of that period, press out the water, and place the paste in another vessel. It is now to be reduced to the consistence of thick lees, and passed through a piece of new linen. Repeat this last operation, then dry the mass in the sun and boil it in milk. Season according to taste." These are specimens of the puddings of antiquity, and this last recipe was held in especial favour by the Romans.

1655. ***However great may have been the qualifications*** of the ancients in the art of pudding-making, we apprehend that such preparations as gave gratification to their palates would have generally found little favour amongst the insulated inhabitants of Great Britain. Here, from the simplest suet-dumpling up to the most complicated Christmas production, the grand feature of substantiality is primarily attended to. Variety in the ingredients, we think, is held only of secondary consideration with the great body of the people, provided that the whole is agreeable and of sufficient abundance. Although from puddings to pastry is but a step, it requires a higher degree of art to make the one than to make the other. Indeed, pastry is one of the most important branches of the culinary science. It unceasingly occupies itself with ministering pleasure to the sight as well as to the taste; with erecting graceful monuments, miniature fortresses, and all kinds of architectural imitations, composed of the sweetest and most agreeable products of all climates and countries. At a very early period, the Orientals were acquainted with the art of manipulating in pastry; but they by no means attained to the taste, variety, and splendour of design by which it is characterised amongst the moderns. At first, it generally consisted of certain mixtures of flour, oil and honey, to which it was confined for centuries, even among the southern nations of the European continent. At the commencement of the middle ages, a change began to take place in the art of mixing it. Eggs, butter and salt came into repute in the making of paste, which was forthwith used as an enclosure for meat, seasoned with spices. This advance attained, the next step was to enclose cream, fruits and marmalades; and the next to build pyramids and castles, when the summit of the art of the pastry-cook may be supposed to have been achieved.

1656. ***Modern luxuries.***—It is, however, very certain that puddings as we know them are modern inventions, for sugar and spices were rare and costly luxuries in the middle ages, spices being brought by Italian merchants from the East, and sugar coming from South Eastern Europe by the same precarious and

uncertain means. Pepper was the commonest spice, and the old term of a peppercorn rent survives to show how highly it was valued by the landlords of old times. It was commonly used for spicing over sweet pastry. Ginger was the next commonest, and cloves were occasionally used by the wealthy and luxurious. Sugar was commoner and cheaper than spice, but it, too, was costly and difficult to obtain, so that it could not be used in our present lavish way, when we Anglo-Saxons consume 14 lbs. per annum per head of the population. The Latin races are content with 12 lbs.; the Teutonic with 7 lbs., while the poor of Russia, Poland, Turkey and Greece have but 3 lbs. So it was calculated by Dr. Letheby.

1657. ***Directions to be observed in making Puddings and Pastry.***—To the cook who is fond of classification, puddings are a subject of very great difficulty. The French "plat doux," or sweet dish, covers, perhaps, better than any other designation, all that we understand by the term pudding, but even it leaves outside the savoury puddings, such as Yorkshire, pease, and the dumplings peculiar to the several English counties. The sweet course plays a less important part in the national bill of fare in all the Continental countries. In the British Isles in 1862, about 30 lbs. of sugar was consumed in England per head of the population, and the consumption of dried fruit was nearly double that of our nearest competitor.

However, it is only as matter of convenience in speaking that so heterogeneous a collection of foods are comprised in the chapter on puddings: properly considered, all puddings come in one of four classes.

(1.) Those of which the suet dumpling is the origin. They are greatly disguised and overloaded, so that suet and flour is often lost to sight or is replaced by other fats and farinacea.

(2.) Those that have eggs and milk as a foundation, batter and custard being the simplest forms.

(3.) Variations of sponge or pound cake.

(4.) Farinacea, with milk or water and flavouring.

It will be seen that these, like all classifications, are somewhat arbitrary. Things that have grown up gradually and naturally, as puddings have, can never be divided by rule into classes like the things artificially made.

1658. ***A few general remarks*** respecting the various ingredients of which puddings and pastry are composed may be acceptable, as preliminary to the recipes in this department of Household Management. Flour should be of the best quality, though not necessarily the finest or whitest, for puddings. It is easier to make puff-pastry of the finest flour, and perfectly dry, and sifted before being used; if in the least damp, the paste made from it may be heavy. It should be kept in a bin made expressly for the purpose, and this bin should be put in a dry cupboard.

1659. ***Butter, Lard and Suet.***—Butter, unless fresh is used, should be washed from the salt, and well squeezed and wrung in a cloth, to get out all he water and butter-milk, which, if left in, is apt to make the paste heavy. For pastry the butter should be of the same consistence as the dough, as it rolls in better. The dough should therefore be stiffer in cold weather than in hot.

Lard should be perfectly sweet, which may be ascertained by cutting the bladder through, and, if the knife smells sweet, the lard is good. It can be purified and refined by pouring on it boiling water, and letting it stand till cold.

Suet should be finely chopped, perfectly free from skin, and quite sweet; during the process of chopping it should be lightly dredged with flour, which prevents the pieces from sticking together.

Beef or veal kidney suet is to be used if possible, but mutton suet is not always

objectionable. Marrow is by many persons preferred to any suet or lard, and is now imported and sold in tins at a small price. The soft fat is not so good as the hard, and it is generally better to melt it down and make it into dripping. Suet should be white, not showing any blood-vessels. The kidney suet is often the first part of the animal to show disease. The fat skimmed from soup or boiled meat can be used instead of suet or dripping, but it needs to be well clarified if vegetables have been boiled in the liquor.

1660. ***Dripping*** is fat that has been melted. The less the heat employed to melt it the less granular and the better it is. Bought dripping is often so prepared that it retains a great deal of water, which increases its weight, to the profit of the seller and to the loss of the purchaser, but that from joints roasted at home is very useful for both plain pastry and puddings. Dripping may replace suet in puddings, but does not make them so light, and therefore is the better for the addition of a little baking-powder.

Dripping must at all times be used sparingly, not more than 4 or 5 oz. to a pound of flour, or it gives a disagreeable flavour. It is generally better for hot crust than cold, and for savoury rather than sweet pies.

1661. ***Dried Fruit,*** such as raisins, sultanas, currants, figs and prunes, come into the market about November, in readiness for the Christmas markets. They vary in price with the season, and are some years cheaper than others. Old fruit is to be bought very cheaply after Christmas, if the new crop is good and plentiful, and for many purposes old raisins and figs answer very well. The sugar crystallises, but that may not matter if they are free from mites. Cake manufacturers often pour boiling water on them to plump them. Sultanas are usually, but not always, dearer than raisins. Currants do not keep well, and are neither so wholesome nor so nutritious as raisins. Their unwholesomeness, which is a fact noticed every day, is probably owing to the waxy skin that envelopes them and defies the action of the digestive juices. Raisins also have a waxy skin, but are chopped or masticated. Currants should be washed and picked over when first they come from the shop, dried slowly and put away; then, before using, they only need rubbing in flour to remove the dust. To use them wet or hot spoils any cakes, and to dry them in the oven spoils the flavour. Raisins can also be stoned at leisure, and put away in closed jars until wanted. The best sort of raisins are the sun-dried Roquovaire. Inferior raisins are dried in kilns and they have a sour taste. Dried muscat grapes are sold for the table as well as for puddings. A cheaper variety goes under the name of Valencia.

1662. ***Sugar*** is so cheap at the present time that the temptation to adulterate it is small. Moist and pounded white sugar are least likely to be pure, and the moist, especially, sometimes contains the sugar mite that produces "grocer's itch" in those who handle it. Except for the finer kinds of puddings crystallised Demerara is to be preferred, as it has most sweetening powers. In France, in 1870, 300,000,000 kilograms of beetroot sugar were produced, and most of the sugar in use in that country is beetroot, which has less sweetening power than cane, so that allowance should be made for this in using French recipes.

1663. ***Eggs.***—The important thing is that they should be fresh. To choose them *see* instructions. Each one should be broken separately into a basin if there is any doubt of their being good. They are not necessary, only advisable, in the plainer suet puddings, though they are necessary in the richer kinds where there is not enough flour to hold the other ingredients together. Generally speaking, an egg, particularly the yolk of an egg, should be well beaten in a pudding, which is much more efficacious than to beat it in a basin alone. For almost all light puddings the white is better beaten to a froth and added the last thing. Baking-powder

replaces egg only to a small extent. The egg-powders and custard-powders are starchy preparations, coloured yellow and flavoured.

1664. ***Spices*** are best bought whole, as they are then less likely to be adulterated, and without adulteration they soon lose flavour if exposed to the air. They should always be kept in an air-tight tin or bottle.

1665. ***In Pastry making,*** the quality to be desired is lightness, and this depends on the amount of air in the pastry before and the expansion of the air after it is put in the oven. Therefore the best pastry is that which contains the greatest quantity of the coldest air before it is baked. The foldings and the rollings, with which we are all familiar, has this increase of air in view. The difference between flaky and short crust is that in one there are thin layers of air and pastry alternating, and in the other the air fills small cavities all over the pastry.

To make the air cold, pastry should always be made in a cold place, with cold water, on ice if possible; and paste that is set aside to wait between rollings or before baking should stand on ice or on a cold stone. Cooks with a hot hand should mix paste with a knife. Pastry should be rolled lightly, the rolling-pin often lifted and little pressed upon. It should not be turned over or thrown about. Any pieces that are left over should be laid one over the other and rolled flat, not rolled into a ball as the common practice is. Eggs are used to increase the tenacity of the paste, and so hold more air, or if, as sometimes happens, the white is whisked to a froth, it contains a great deal of air which it carries with it into the paste. Baking-powder has the same effect in pastry and in bread, where its action has been more or less fully described. If it is used, it should be for pastry baked at once and little handled—that is for short rather than for flaky crust.

1666. ***Strict Cleanliness*** must be observed in pastry-making; all the utensils used should be perfectly free from dust and dirt, and the things required for pastry kept entirely for that purpose.

PASTEBOARD AND ROLLING-PIN.

1667. ***In mixing Paste,*** add the water very gradually, work the whole together with the knife-blade, and knead as lightly as possible until perfectly smooth. Those who are inexperienced in pastry-making should work the butter in by breaking it in small pieces, and covering the paste rolled out. It should then be dredged with flour, and the ends folded over and rolled out very thin again; this process must be repeated until all the butter is used.

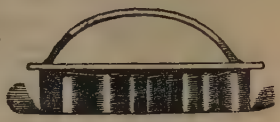
1668. ***The art of making Paste*** requires much practice, dexterity and skill; it should be touched as lightly as possible, made with cool hands and in a cool place (a marble slab is better than a board for the purpose), and the coolest part of the house should be selected for the process during warm weather.

PASTE-PINCERS AND JAGGER, FOR ORNAMENTING THE EDGES OF PIE-CRUSTS.

1669. ***Puff-paste*** requires a brisk oven, but not too hot, or it would blacken the crust; on the other hand, if the oven be too slack, the paste will be soddened, and will not rise, nor will it have any

colour. The richer the paste, as a rule, the hotter the oven should be. Tart-tins, cake-moulds, dishes for baked puddings, patty-pans, &c., should all be buttered or greased before the article intended to be baked is put in them;

PASTE-CUTTER AND CORNER-CUTTER.



ORNAMENTAL PASTE-CUTTER.

things to be baked on sheets should be placed on buttered paper. Puff pastry is too buttery to stick, even if the tin is not buttered. Raised-pie paste should have a moderate, long-continued heat, and paste glazed must have rather a slack

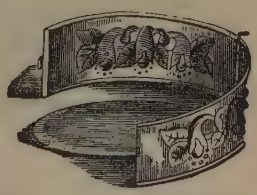
PATTY-PANS, PLAIN AND FLUTED.

PIE DISH.

oven, that the icing be not scorched. It is better to ice tarts, &c., when they are three-parts baked

1670. ***To ascertain when the Oven is heated*** to the proper degree for puff-paste, put a small piece of the paste in previous to baking the whole, and then the heat can thus be judged of. Or some flour can be sprinkled on the oven-floor: if it blackens, the oven is too hot; if it does not colour, it is too cold for pastry, though not for such a thing as a rice-pudding, which can hardly be cooked too slowly. Anything that is to *rise* should be put at first into a hot oven,

RAISED-PIE MOULD.



RAISED-PIE MOULD, OPEN.

as hot as may be without danger of burning. Dishes prepared with moist sugar, such as gingerbread, are very likely to burn.

Batter pudding should be smoothly mixed and free from lumps. To ensure this, first mix the flour with a very small proportion of milk, and add the remainder by degrees. Should the pudding be very lumpy, it may be strained through a hair-sieve.

1671. ***All boiled Puddings*** should be put on in *boiling water*, which must not be allowed to stop simmering, and the pudding must always be covered with the water; if requisite, the saucepan should be kept filled up. Many light puddings are better steamed than boiled.

BOILED-PUDDING MOULD.

To prevent a pudding boiled in a cloth from sticking to the bottom of the saucepan, place a small plate or saucer underneath it, and set the pan *on a trivet* over the fire. If a mould is used, this precaution is not necessary; but care must be taken to keep the pudding well covered with water.

For dishing a boiled pudding as soon as it comes out of the pot, dip it into a basin of cold water, let it stand to cool a minute, and the cloth will not then adhere to it, nor will it break. Great expedition is necessary in sending puddings to table, as, by standing, they quickly become heavy, batter puddings particularly.

For baked or boiled puddings, the moulds, cups, or basins should be always buttered before the mixture is put in them, and they should be put into the saucepan directly they are filled. A *batter pudding* is better for standing awhile.

BOILED-PUDDING MOULD.

1672. ***Cleanliness.***—Scrupulous attention should be paid to the cleanliness of pudding-cloths, as, from neglect in this particular, the outsides of boiled puddings frequently taste very disagreeably. As soon as possible after it is taken off the pudding it should be soaked in water, and then well washed, without soap, unless it be very greasy. It should be dried out of doors, then folded up, and kept in a dry place. When wanted for use, dip it in boiling water, and dredge it slightly with flour.

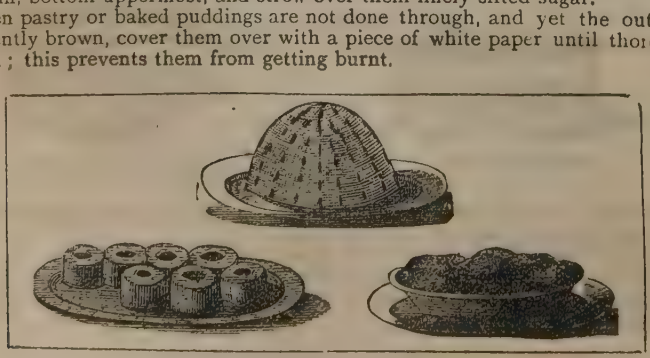
PUDDING BASIN.

1673. ***The Ingredients for Puddings*** are generally better for being mixed some time before they are wanted.

A pinch of salt is an improvement to the generality of puddings; but this ingredient should be added very sparingly, as the flavour should not be detected.

When baked puddings are sufficiently solid, turn them out of the dish they were baked in, bottom uppermost, and strew over them finely sifted sugar.

When pastry or baked puddings are not done through, and yet the outside is sufficiently brown, cover them over with a piece of white paper until thoroughly cooked; this prevents them from getting burnt.



RECIPES FOR PUDDINGS, PASTRY AND SWEET DISHES

CHAPTER XXXI.

1674.—VERY GOOD PUFF-PASTE.

Ingredients.—To every lb. of flour allow 1 lb. of butter, and not quite ½ pint of water.

Mode.—Carefully weigh the flour and butter, and have the exact proportion; squeeze the butter well, to extract the water from it, and afterwards wring it in a clean cloth, that no moisture may remain. Sift the flour; see that it is perfectly dry, and proceed in the following manner to make the paste, using a very *clean* pasteboard and rolling-pin:—Supposing the quantity to be one pound of flour, work the whole into a smooth paste with not quite half a pint of water, using a knife to mix it with; the proportion of this latter ingredient must be regulated by the discretion of the cook; if too much be added, the paste, when baked, will be tough. Roll it out until it is of an equal thickness of about an inch; break four oz. of the butter into small pieces; place these on the paste, sift over it a little flour, fold it over, roll out again, and put another four oz. of butter. Repeat the rolling and buttering until the paste has been rolled out four times, or equal quantities of flour and butter have been used. Do not omit, every time the paste is rolled out, to dredge a little flour over that and the rolling-pin, to prevent both from sticking. Handle the paste as lightly as possible, and do not press heavily upon it with the rolling-pin. The next thing to be considered is the oven, as the baking of pastry requires particular attention. Do not put it into the oven until it is sufficiently hot to raise the paste; for the best-prepared paste, if not properly baked, will be good for nothing. Brushing the paste as often as rolled out and the pieces of butter placed thereon, with the white of an egg, assists it to rise in *leaves* or *flakes*. As this is the great beauty of puff-paste, it is as well to try this method.

Average Cost, 9*d.* per lb.

Butter.—About the second century of the Christian era, butter was placed by Galen amongst the useful medical agents; and about a century before him, Dioscorides mentioned that he had noticed that fresh butter, made of ewes' and goats' milk, was served at meals instead of oil, and

that it took the place of fat in making pastry. Thus we have undoubted authority that, eighteen hundred years ago, there existed a knowledge of the useful qualities of butter. The Romans seem to have set about making it much as we do; for Pliny tells us, "Butter is made from milk; and the use of this aliment, so much sought after by barbarous nations, distinguished the rich from the common people. It is obtained principally from cows' milk; that from ewes is the fattest; goats also supply some. It is produced by agitating the milk in long vessels with narrow openings: a little water is added."

1675.—MEDIUM PUFF-PASTE.

Ingredients.—To every lb. of flour allow 8 oz. of butter, 4 oz. of lard, not quite ½ pint of water.

Mode.—This paste may be made by the directions in the preceding recipe, only using less butter and substituting lard for a portion of it. Mix the flour to a smooth paste with not quite half a pint of water; then roll it out three times, the first time covering the paste with butter, the second with lard, and the third with butter, and it will be ready for use. Keep the rolling-pin and paste slightly dredged with flour to prevent them from sticking.

Average Cost, 7*d.* per pound.

Butter in Haste.—In his "History of Food," Soyer says that to obtain butter instantly, it is only necessary, in summer, to put new milk into a bottle, some hours after it has been taken from the cow, and shake it briskly. The clots which are thus formed should be thrown into a sieve, washed and pressed together, and they constitute the finest and most delicate butter that can possibly be made.

1676.—COMMON PASTE FOR FAMILY USE.

Ingredients.—1¼ lb. of flour, ½ lb. of butter, rather more than ½ pint of water.

Mode.—Rub the butter lightly into the flour, and mix it to a smooth paste with the water; roll it out two or three times, and it will be ready for use. This paste may be converted into an excellent short-crust for sweet tart, by adding to the flour, after the butter is rubbed in, two tablespoonfuls of fine-sifted sugar.

Average Cost, 5*d.* per lb.

To Keep Butter Fresh.—One of the best means to preserve butter fresh is, first to completely press out all the buttermilk; then to keep it under water, renewing the water frequently, and to remove it from the influence of heat and air, by wrapping it in a wet cloth.

1677.—FRENCH PUFF-PASTE. (*Fr.*—Feuilletage.)

(*Founded on M. Ude's Recipe.*)

Ingredients.—Equal quantities of flour and butter—say 1 lb. of each; ½ saltspoonful of salt, the yolks of 2 eggs, rather more than ½ pint of water.

Mode.—Weigh the flour; ascertain that it is perfectly *dry*, and sift it; squeeze all the water from the butter, and wring it in a clean cloth till

there is no moisture remaining. Put the flour on the paste-board, work lightly into it 2 oz. of the butter, and then make a hole in the centre; into this well put the yolks of two eggs, the salt, and about a quarter of a pint of water (the quantity of this latter ingredient must be regulated by the cook, as it is impossible to give the exact proportion of it); knead up the paste quickly and lightly, and, when quite smooth, roll it out square to the thickness of about half an inch. Presuming that the butter is perfectly free from moisture, and *as cool* as possible, roll it into a ball, and place this ball of butter on the paste; fold the paste over the butter all round, and secure it by wrapping it well all over. Flatten the paste by rolling it lightly with the rolling-pin until it is quite thin, but not thin enough to allow the butter to break through, and keep the board and paste dredged lightly with flour during the process of making it. This rolling gives it the *first* turn. Now fold the paste in three, and roll out again and, should the weather be very warm, put it in a cold place on the ground to cool between the several turns; for, unless this is particularly attended to, the paste will be spoiled. Roll out the paste again *twice*, put it by to cool, then roll it out *twice* more, which will make six *turnings* in all. Now fold the paste in two, and it will be ready for use. If properly baked and well made, this crust will be delicious, and should rise in the oven about five or six inches. The paste should be made rather firm in the first instance, as the ball of butter is liable to break through. Great attention must also be paid to keeping the butter very cool, as, if this is in a liquid and soft state, the paste will not answer at all. Should the cook be dexterous enough to succeed in making this, the paste will have a much better appearance than that made by the process of dividing the butter into four parts, and placing it over the rolled-out paste; but, until experience has been acquired, we recommend puff-paste made by recipe No. 1674. The above paste is used for vols-au-vent, small articles of pastry, and, in fact, everything that requires very light crust.

Average Cost, 10*d.* per lb.

What to do with Rancid Butter.—When butter has become very rancid, it should be melted several times by a moderate heat, with or without the addition of water, and as soon as it has been well kneaded after the cooling, in order to extract any water it may have retained, it should be put into brown freestone pots, and sheltered form the contact of the air. The French often add to it, after it has been melted, a piece of toasted bread, which helps to destroy the tendency of the butter to rancidity.

1678.—SOYER'S RECIPE FOR PUFF-PASTE.

Ingredients.—To every lb. of flour allow the yolk of 1 egg, the juice of 1 lemon, ½ saltspoonful of salt, cold water, 1 lb. of fresh butter.

Mode.—Put the flour on to the paste-board; make a hole in the centre, into which put the yolk of the egg, the lemon-juice and salt; mix the whole with cold water (this should be iced in summer, if convenient)

into a soft flexible paste, with the right hand, and handle it as little as possible; then squeeze all the buttermilk from the butter, wring it in a cloth, and roll out the paste; place the butter on this, and fold the edges of the paste over, so as to hide it; roll it out again to the thickness of a quarter of an inch; fold over one third, over which again pass the rolling-pin; then fold over the other third, thus forming a square; place it with the ends, top and bottom before you, shaking a little flour both under and over, and repeat the rolls and turn twice again, as before. Flour a baking sheet, put the paste on this, and let it remain on ice in some cool place for half an hour; then roll twice more, turning it as before; place it again upon the ice for a quarter of an hour, give it two more rolls, making seven in all, and it is ready for use, when required.

1679.—VERY GOOD SHORT CRUST FOR FRUIT TARTS.

Ingredients.—To every lb. of flour allow ¾ lb. of butter, 1 tablespoonful of sifted sugar, ½ pint of water.

Mode.—Rub the butter into the flour, after having ascertained that the latter is perfectly dry; add the sugar, and mix the whole into a stiff paste, with about one-third of a pint of water. Roll it out two or three times, folding the paste over each time, and it will be ready for use.

Average Cost, 8*d.* per lb.

1680.—ANOTHER GOOD SHORT CRUST.

Ingredients.—To every lb. of flour allow 8 oz. of butter, the yolks of 2 eggs, 2 oz. of sifted sugar, ¼ pint of milk.

Mode.—Rub the butter into the flour, add the sugar, and mix the whole as lightly as possible to a smooth paste, with the yolks of eggs well beaten, and the milk. The proportion of the latter ingredient must be judged of by the size of the eggs; if these are large, so much will not be required, and more if the eggs are smaller.

Average Cost, 8*d.* per lb.

Sugar and Beetroot.—There are two sorts of beet—white and red; occasionally, in the south, a yellow variety is met with. Beetroot contains twenty parts sugar. Everybody knows that the beet has competed with the sugar-cane, and a great part of the French sugar is manufactured from beet. Beetroot has a refreshing, composing and slightly purgative quality. The young leaves, when cooked, are a substitute for spinach; they are also useful for mixing with sorrel, to lessen its acidity. The large ribs of the leaves are serviceable in various culinary preparations; the root also may be prepared in several ways, but its most general use is in salad. Some writers upon the subject have expressed their opinion that beetroot is easily digested, but those who have taken pains to carefully analyse its qualities make quite a contrary statement. Youth, of course, can digest it; but to persons of a certain age beet is very indigestible, or rather, it does not digest at all. It is not the sugar pulp which is indigestible, but its fibrous network that resists the action of the gastric organs. Thus, when the root is reduced to a purée, almost any person may eat it.

French Sugar.—It had long been thought that tropical heat was necessary to form sugar, and, about 1740, it was discovered that many plants of the temperate zone, and amongst others the beet, contained it. Towards the beginning of the 19th century, circumstances having, in

France, made sugar scarce, and consequently dear, the Government caused inquiries to be instituted as to the possibility of finding a substitute for it. Accordingly, it was ascertained that sugar exists in the whole vegetable kingdom; that it is to be found in the grape, chestnut, potato, but that, far above all, the beet contains it in a large proportion. Thus the beet became an object of the most careful culture; and many experiments went to prove that in this respect the old world was independent of the new. Many manufactories came into existence in all parts of France, and the making of sugar became naturalised in that country.

1681.—COMMON SHORT CRUST.

Ingredients.—To every lb. of flour allow 2 oz. of sifted sugar, 3 oz. of butter, about ½ pint of boiling milk.

Mode.—Crumble the butter into the flour as finely as possible, add the sugar, and work the whole up to a smooth paste with the boiling milk Roll it out thin, and bake in a moderate oven.

Average Cost, 4*d.* per lb.

Qualities of Sugar.—Sugars obtained from various plants are, in fact, of the same nature and have no intrinsic difference when they have become equally purified by the same processes. Taste, crystallisation, colour, weight, are absolutely identical; and the most acute observer cannot distinguish the one from the other.

1682.—BUTTER CRUST.

(*For Boiled Puddings.*)

Ingredients.—To every lb. of flour allow 6 oz. of butter, ½ pint of water.

Mode.—With a knife work the flour to a smooth paste with ½ pint of water; roll the crust out rather thin; place the butter over it in small pieces, dredge lightly over it some flour, and fold the paste over; repeat the rolling once more, and the crust will be ready for use. It may be enriched by adding another 2 ozs. of butter, but for ordinary purposes the above quantity will be found quite sufficient.

Average Cost, 5*d.* per lb.

1683.—DRIPPING CRUST.

(*For Kitchen Puddings, Pies, &c.*)

Ingredients.—To every lb. of flour allow 6 oz. of clarified beef dripping, ½ pint of water.

Mode.—After having clarified the dripping by either of the recipes, No. 886 or 887, weigh it, and to every lb. of flour allow the above proportion of dripping. With a knife work the flour into a smooth paste with the water, rolling it out three times, each time placing on the crust two ounces of the dripping, broken into small pieces. If this paste is lightly made, if good dripping is used, and *not too much* of it, it will be found good; and by the addition of two tablespoonfuls of fine moist sugar, it may be converted into a common short crust for fruit pies.

Average Cost, 4*d.* per lb.

Water—What the Ancients Thought of It.—All the nations of antiquity possessed great veneration for water: thus the Egyptians offered prayers and homage to water, and the Nile

were an especial object of their adoration; the Persians would not wash their hands; the Scythians honoured the Danube; the Greeks and Romans erected altars to the fountains and rivers; and some of the architectural embellishments executed for fountains in Greece were remarkable for their beauty and delicacy. The purity of the water was a great object of the care of the ancients; and we learn that the Athenians appointed four officers to keep watch and ward over the water in the city. These men had to keep the fountains in order and clean the reservoirs, so that the water might be preserved pure and limpid. Like officers were appointed in other Greek cities.

1684.—SUET CRUST.

(For Pies or Puddings.)

Ingredients.—To every lb. of flour allow 5 or 6 oz. of beef suet, ½ pint of water.

Mode.—Free the suet from skin and shreds; chop it extremely fine, and rub it well into the flour; work the whole to a smooth paste, with the above proportion of water; roll it out, and it is ready for use. This crust is quite rich enough for ordinary purposes; but when a better one is desired, use from half to three-quarters of a pound of suet to every lb. of flour. Some cooks, for rich crusts, pound the suet in a mortar, with a small quantity of butter. It should then be laid on the paste in small pieces, the same as for puff-crust, and will be found exceedingly nice for hot tarts. 5 oz. of suet to every lb. of flour will make a very good crust; and even a quarter of a lb. will answer very well for children, or where the crust is wanted very plain.

Average Cost, 4*d.* per lb.

1685.—PÂTÉ BRISÉE, or FRENCH CRUST.

(For Raised Pies.)

Ingredients.—To every lb. of flour allow ½ saltspoonful of salt, 2 eggs, ½ pint of water, 6 oz. of butter.

Mode.—Spread the flour, which should be sifted and thoroughly dry, on the paste-board; make a hole in the centre, into which put the butter; work it lightly into the flour, and, when quite fine, add the salt; work the whole into a smooth paste with the eggs (yolks and whites) and water, and make it very firm. Knead the paste well, and let it be rather stiff, that the sides of the pie may be easily raised, and that they do not afterwards tumble or shrink.

Average Cost, 10*d.* per lb.

Note.—This paste may be very much enriched by making it with equal quantities of flour and butter; but then it is not so easily raised as when made plainer.

Water Supply in Rome.—Nothing in Italy is more extraordinary than the remains of the aqueducts. At first, the Romans were contented with the water from the Tiber. Ancus Martius was the first to commence the building of aqueducts destined to convey the water of the fountain of Piconia from the Tiber to Rome, a distance of some 33,000 paces. Appius Claudius continued the good work, and to him is due the completion of the celebrated Appian way. In time the gigantic waterways greatly multiplied, and, by the reign of Nero, there were constructed nine principal aqueducts, the pipes of which were of bricks, baked tiles, stone, lead or wood. According to the calculation of Vigenerus, half a million hogsheads of water were conveyed into Rome

PUDDINGS & PASTRY.

every day, by upwards of 10,000 small pipes, not above one-third of an inch in diameter. The water was received in large closed basins, above which rose splendid monuments; these basins supplied other subterranean conduits, connected with other quarters of the city, and these conveyed water to small reservoirs furnished with taps for the exclusive use of certain streets. The water which was not drinkable, ran out, by means of large pipes, into extensive enclosures, where it served to water cattle. At these places the people washed their linen; and here, too, was a supply of this necessary element in case of fire.

1686.—COMMON CRUST.

(*For Raised Pies.*)

Ingredients.—To every lb. of flour allow ½ pint of water, 1½ oz. of butter, 1½ oz. of lard, ½ saltspoonful of salt.

Mode.—Put into a saucepan the water; when it boils, add the butter and lard; and when these are melted, make a hole in the middle of the flour; pour in the water gradually; beat it well with a wooden spoon, and be particular in not making the paste too soft. When it is well mixed, knead it with the hands until quite stiff, dredging a little flour over the paste and board, to prevent them from sticking. When it is well kneaded, place it before the fire, with a cloth covered over it, for a few minutes; it will then be more easily worked into shape. This paste does not taste so nicely as the preceding one, but is worked with greater facility, and answers just as well for raised pies, for the crust is seldom eaten.

Average Cost, 4*d.* per lb.

1687.—EXCELLENT CRUST FOR RAISED PIES.

(*See Game Pie with Jelly.*)

Ingredients.—Lard, dripping, flour, salt, water.

Mode.—Boil lard, good and fine, in water; add as much excellent dripping as there is lard; there must not be much of either. When still not, mix it with as much flour as you have calculated will do for your purpose. Make the paste stiff and smooth by kneading, and also by beating it with a rolling-pin. When perfectly smooth, put a ball of it by in a cloth till cold, then use

1688.—LARD OR FLEAD CRUST.

Ingredients.—To every lb. of flour allow ½ lb. of lard or flead, ½ pint of water, ½ saltspoonful of salt.

Mode.—Clear the flead free from skin, and slice it into thin flakes; rub it into the flour, add the salt, and work the whole into a smooth paste, with the above proportion of water; fold the paste over two or three times, beat it well with the rolling-pin, roll it out, and it will be ready for use. The crust made from this will be found extremely light, and may be made into cakes or tarts; it may also be very much enriched by adding more flead to the same proportion of flour.

Average Cost, 6*d.* per lb.

Nutritious Qualities of Flour.—The gluten of grain and the albumen of vegetable juices are identical in composition with the albumen of blood. Vegetable caseine has also the composition of animal caseine. The finest wheat-flour contains more starch than the coarser; the bran of wheat is proportionably richer in gluten. Rye and rye-bread contain a substance resembling starch-gum (or dextrine, as it is called) in its properties, which is very easily converted into sugar. The starch of barley approaches in many properties to cellulose, and is therefore less digestible. Oats are particularly rich in plastic substances; Scotch oats are richer than those grown in England or in Germany. This kind of grain contains in its ashes, after deduction of the silica of the husks, very nearly the same ingredients as are found in the ashes of the juice of flesh. Fine American flour is one of the varieties which is richest in gluten, and is consequently one of the most nutritious,

1689.—TO GLAZE PASTRY.

To glaze pastry, which is the usual method adopted for meat or raised pies, break an egg, separate the yolk from the white, and beat the former for a short time. Then, when the pastry is nearly baked, take it out of the oven, brush it over with this beaten yolk of egg, and put it back in the oven to set the glaze.

1690.—TO ICE PASTRY.

To ice pastry, which is the usual method adopted for fruit tarts and sweet dishes of pastry, put the white of an egg on a plate, and with the blade of a knife beat it to a stiff froth. When the pastry is nearly baked, brush it over with this, and sift over some pounded sugar; put it back into the oven to set the glaze, and in a few minutes it will be done. Great care should be taken that the paste does not catch or burn in the oven, which it is very liable to do after the icing is laid on.

1691.—ALMOND CHEESECAKES.

(*Fr.*—Tartelettes d'Amandes au Citron.)

Ingredients.—¼ lb. of sweet almonds, 4 bitter ones, 3 eggs, 2 oz. of butter, the rind of ¼ lemon, 1 tablespoonful of lemon-juice, 3 oz. of sugar.

ALMOND AND BLOSSOM.

Mode.—Blanch and pound the almonds smoothly in a mortar, with a little rose or spring water; stir in the eggs, which should be well beaten, and the butter, which should be warmed; add the grated lemon-peel and juice, sweeten, and stir well until the whole is thoroughly mixed. Line some patty-pans with puff-paste, put in the mixture, and bake for 20 minutes or rather less, in a quick oven.

Time.—20 minutes, or rather less. **Average Cost,** 10*d.*

Sufficient for about 12 cheesecakes.

Seasonable at any time.

Almonds.—Almonds are the fruit of the *Amygdalus communis*, and are cultivated throughout the whole of the South of Europe, Syria, Persia, and Northern Africa; but England is mostly supplied with those which are grown in Spain and the South of France. They are distinguished

into sweet and bitter, the produce of different varieties. Of the sweet there are two varieties, distinguished in commerce by the names of Jordan and Valentia almonds. The former are imported from Malaga, and are longer, narrower, more pointed, and more highly esteemed than the latter, which are imported from Valentia. Bitter almonds are principally obtained from Morocco, and are exported from Magador.

1692.—ALMOND PASTE. (*Fr.*—Pains d'Amandes.)

(*For Sweet Dishes.*)

Ingredients.—1 lb. of sweet almonds, 6 bitter ones, 1 lb. of very finely sifted sugar, the whites of two eggs.

Mode.—Blanch the almonds, and dry them thoroughly, put them into a mortar and pound them well, wetting them gradually with the whites of 2 eggs. When well pounded, put them into a small preserving-pan, add the sugar, and place the pan on a small but clear fire (a hot-plate is better); keep stirring until the paste is dry, then take it out of the pan, put it between two dishes, and, when cold, make it into any shape that fancy may dictate.

Time.—½ hour. **Average Cost,** 1*s.* 8*d.* for the above quantity.

Sufficient for 3 small dishes of pastry.

Seasonable at any time.

Bitter Almonds.—The bitter almond is a variety of the common almond, and is injurious to animal life, on account of the great quantity of hydrocyanic acid it contains, and is consequently seldom used in domestic economy, unless it be to give flavour to confectionery; and even then it should be used with great caution. A single drop of the essential oil of bitter almonds is sufficient to destroy a bird, and four drops have caused the death of a middle-sized dog.

1693.—ALMOND PASTE. (*Fr.*—Pains d'Amandes.)

(*For Tarts.*)

Ingredients.—1 lb. of sweet almonds, ¾ lb. of loaf sugar, gelatine flavouring.

Mode.—Blanch the almonds by putting them into boiling water; soak them for 4 hours in cold water and pound them well in a mortar, adding a few drops of water to take off the oiliness. When beaten to a paste, put in three quarters of a pound of well-crushed loaf sugar, and mix all together. When quite fine and smooth, put it into a stewpan over a slow fire, and stir with a wooden spoon till it is white and dry. Put it again in the mortar, and mix with it a little melted and strained gelatine. Keep it covered. Flavour with what you like. Cover with a damp towel, or it will dry up.

1694.—BAKED ALMOND PUDDING.

(*Very Rich.*)

Ingredients.—¼ lb. of almonds, 4 bitter ones, 1 glass of sherry, 4 eggs, the rind and juice of ½ lemon, 3 oz. of butter, 1 pint of cream, 2 tablespoonfuls of sugar.

Mode.—Blanch and pound the almonds to a smooth paste with the water; mix these with the butter, which should be melted; beat up the eggs, grate the lemon-rind and strain the juice; add these, with the cream, sugar and wine to the other ingredients and stir them well together. When well mixed, put it into a pie-dish lined with puff-paste and bake for half an hour.

Time.—½ hour. **Average Cost,** *2s. 7d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

Note.—To make this pudding more economically, substitute milk for the cream; but then add rather more than 1 oz. of finely grated bread.

Uses of Sweet Almond.—The kernels of the sweet almond are used either in a green or ripe state, and as an article in the dessert. Into cookery, confectionery, perfumery, and medicine, they largely enter, and in domestic economy should always be used in preference to bitter almonds. The reason for advising this is because the kernels do not contain any hydrocyanic or prussic acid, although it is found in the leaves, flowers, and bark of the tree. When young and green, they are preserved in sugar, like green apricots. They furnish the almond-oil, and the farinaceous matter which is left after the oil is expressed, forms the *pâté d'amandes* of perfumers. In the arts, the oil is employed for the same purposes as the olive-oil, and forms the basis of kalydor, macassar oil, Gowland's lotion, and many other articles of that kind vended by perfumers. In medicine, it is considered a nutritive, laxative, and an emollient.

1695.—SMALL ALMOND PUDDINGS.

Ingredients.—½ lb. of sweet almonds, 6 bitter ones, ¼ lb. of butter, 4 eggs, 2 tablespoonfuls of sifted sugar, 2 tablespoonfuls of cream, 1 tablespoonful of brandy.

Mode.—Blanch and pound the almonds to a smooth paste with a spoonful of water; warm the butter, mix the almonds with this, and add the other ingredients, leaving out the whites of 2 eggs, and be particular that these are well beaten. Mix well, butter some cups, half fill them, and bake the puddings from 20 minutes to half an hour. Turn them out on a dish, put a preserved cherry on the top of each, and serve with sweet sauce.

ALMOND PUDDINGS.

Time.—20 minutes to ½ hour. **Average Cost,** *1s. 6d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

The Husks of Almonds.—In the environs of Alicante, the husks of almonds are ground to a powder, and enter into the composition of common soap, the large quantity of alkaline principle they contain rendering them suitable for this purpose. It is said that in some parts of France, where they are extensively grown, horses and mules are fed on the green and dry husks; but, to prevent any evil consequences arising from this practice, they are mixed with chopped straw or oats.

1696.—ALMOND PUFFS.

Ingredients.—2 tablespoonfuls of flour, 2 oz. of butter, 2 oz. of pounded sugar, 2 oz. of sweet almonds, 4 bitter almonds.

Mode.—Blanch and pound the almonds in a mortar to a smooth paste,

melt the butter, dredge in the flour and add the sugar and pounded almonds. Beat the mixture well and put it into cups, or very tiny jelly-pots, which should be well buttered, and bake in a moderate oven for about 20 minutes, or longer should the puffs be large. Turn them out on a dish, the bottom of the puff uppermost, and serve.

Time.—20 minutes. **Average Cost,** 6*d.*

Sufficient for 2 or 3 persons.

Seasonable at any time.

1697.—AUNT MARTHA'S PUDDING.

Ingredients.—5 oz. of bread-crumbs, 3 eggs, 2 oz. of butter, 2 oz. of sugar, 1 lemon, 1 teacupful of milk, ¼ lb. of raisins, a grating of nutmeg.

Mode.—Stir the sugar into the bread-crumbs, and pour the milk boiling over them; beat up the eggs, grate the lemon-peel and press out the juice; add the batter and nutmeg and beat up all together for 15 minutes. Butter a mould and stick it all over with the raisins, stoned, but not halved; pour in the pudding and boil for 1¼ hour. This quantity will fill a 1½ pint mould.

Time.—1¼ hour to boil. **Average Cost,** 10*d.*

Sufficient for 5 persons.

Seasonable at any time, but more suitable for a winter pudding.

1698.—AUNT NELLY'S PUDDING.

Ingredients.—½ lb. of flour, ½ lb. of treacle ½ lb. of suet, the rind and juice of 1 lemon, a few strips of candied lemon-peel, 3 tablespoonfuls of cream, 2 eggs.

Mode.—Chop the suet finely; mix with it the flour, treacle, lemon-peel, minced, and candied lemon-peel; add the cream, lemon-juice and 2 well-beaten eggs; beat the pudding well, put it into a buttered basin, tie it down with a cloth, and boil from 3½ to 4 hours.

Time.—3½ to 4 hours. **Average Cost,** 1*s.* 2*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time, but more suitable for a winter pudding.

Treacle or Molasses.—Treacle is the uncrystallisable part of the saccharine juice drained from the Muscovado sugar, and is either naturally so or rendered uncrystallisable through some defect in the process of boiling. As it contains a large quantity of sweet or saccharine principle and is cheap, it is of great use as an article of domestic economy. Children are especially fond of it; and it is accounted wholesome. It is also useful for making beer, rum and the very dark syrups.

1699.—AUNT POLLY'S PUDDING.

Ingredients.—1 teacupful of raisins, 1 teacupful of golden syrup, 1 teacupful of sponge cake, 1 teacupful of bread-crumbs, 1 teacupful of flour, 2 eggs, ½ wineglassful of brandy, a pinch of ginger, a few drops of rosewater, a little minced orange-peel.

Mode.—Stir and beat the above ingredients thoroughly, then pour them into a buttered mould and steam it 2 or 3 hours. Serve with sweet sauce.

Time.—2 to 3 hours. **Average Cost,** 10*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time but more suitable for a winter pudding.

1700.—AMBER PUDDING.

Ingredients.—6 apples, 3 oz. of butter, rind and juice of 1 lemon, ½ lb. of sugar, 3 eggs, castor sugar, short crust.

Mode.—Peel and core the apples and stew them to a marmalade with the rind and juice of the lemon, the sugar and the butter. Line a pie-dish with a strip of short crust and butter the bottom of the dish. Pass the marmalade through a sieve, add the yolks of the eggs and pour into the dish. Bake for ¼ hour, during which time beat the whites of the eggs to a stiff froth, adding as much castor sugar as they will take up and a little essence of lemon. Pile this on the pudding and bake for another ¼ hour.

Time.—½ hour in all to bake the pudding. **Average Cost,** 1*s.* 3*d.*

Sufficient for 6 persons. **Seasonable** from August to March.

1701.—BAKED APPLE DUMPLINGS.

(A Plain Family Dish.)

Ingredients.—6 apples, ¾ lb. of suet-crust, No. 1684, sugar to taste.

Mode.—Pare and take out the cores of the apples, without dividing them, and make half a lb. of suet-crust by recipe No. 1684; roll the apples in the crust, previously sweetening them with moist sugar and taking care to join the paste nicely. When they are formed into round balls, put them on a tin and bake them for about half an hour, or longer should the apples be very large; arrange them pyramidically on a dish and sift over them some pounded white sugar. These may be made richer by using one of the puff-pastes instead of suet.

Time.—From ½ to ¾ hour, or longer. **Average Cost,** 1½*d.* each.

Sufficient for 4 persons.

Seasonable from August to March, but flavourless after the end of January.

Uses of the Apple.—It is well known that this fruit forms a very important article of food, in the form of pies and puddings, and furnishes several delicacies, such as sauces, marmalades and jellies, and is much esteemed as a dessert fruit. When flattened in the form of round cakes and baked in ovens, they are called beefings; and large quantities are annually dried in the sun in America as well as in Normandy and stored for use during winter, when they may be stewed or made into pies. In a roasted state they are remarkably wholesome, and, it is said, strengthening to a weak stomach. In putrid and malignant fevers, when used with the juice of lemons and currants, they are considered highly efficacious.

1702.—APPLE CHEESECAKES.

Ingredients.—½ lb. of apple-pulp, ¼ lb. of sifted sugar, ¼ lb. of butter, 4 eggs, the rind and juice of 1 lemon.

Mode.—Pare, core and boil sufficient apples to make half a pound, when cooked; add to these the sugar, the butter, which should be melted, the eggs, leaving out 2 of the whites, and the grated rind and juice of 1 lemon; stir the mixture well; line some patty-pans with puff-paste, put in the mixture and bake about 20 minutes.

Average Cost, for the above quantity, with the paste, 1*s.* 2*d.*

Sufficient for about 18 or 20 cheesecakes.

Seasonable from August to March.

APPLE AND BLOSSOM.

The Apple.—The most useful of all the British fruits is the apple, which is a native of Britain, and may be found in woods and hedges in the form of the common wild crab, of which all our best apples are seminal varieties produced by culture or particular circumstances. In most temperate climates it is very extensively cultivated, and in England, both as regards variety and quantity, it is excellent and abundant. Immense supplies are also imported from the United States and from France. The apples grown in the vicinity of New York are universally admitted to be the finest of any; but unless selected and packed with great care, they are apt to spoil before reaching England.

1703.—BOILED APPLE DUMPLINGS.

Ingredients.—6 apples, ¾ lb. of suet crust, No. 1684, sugar to taste.

Mode.—Pare and take out the cores of the apples without dividing them; sweeten, and roll each apple in a piece of crust made by recipe No. 1684; be particular that the paste is nicely joined; put the dumplings into floured cloths, tie them securely, and put them into boiling water. Keep them boiling from half to three-quarters of an hour; remove the cloths, and send them hot and quickly to table. Dumplings boiled in knitted cloths have a very pretty appearance when they come to table. The cloths should be made square, just large enough to hold one dumpling, and should be knitted in plain knitting, with *very coarse* cotton.

Time.—¾ to 1 hour, or longer should the dumplings be very large.

Average Cost, 1½*d.* each.

Sufficient for 4 persons.

Seasonable from August to March, but flavourless after the end of January.

Lambswool, or Lamasool.—This old English beverage is composed of apples mixed with ale and seasoned with sugar and spice. It takes its name from *Lamaes abhal*, which, in ancient British, signifies the day of apple-fruit, from being drunk on the apple feast in autumn. In France, a beverage, called by the Parisians *raisinee*, is made by boiling any given quantity of new wine, skimming it as often as fresh scum rises, and, when it is boiled to half its bulk, straining it. To this, apples,

pared and cut into quarters, are added; the whole is then allowed to simmer gently, stirring it all the time with a long wooden spoon, till the apples are thoroughly mixed with the liquor, and the whole forms a species of marmalade, which is extremely agreeable to the taste, having a slight flavour of acidity, like lemon mixed with honey.

1704.—RICH BAKED APPLE PUDDING.

Ingredients.—½ lb. of the pulp of apples, ½ lb. of loaf sugar, 6 oz. of butter, the rind of 1 lemon, 6 eggs, puff-paste.

Mode.—Peel, core and cut the apples, as for sauce; put them into a stewpan, with only just sufficient water to prevent them from burning, and let them stew until reduced to a pulp. Weigh the pulp, and to every half pound add sifted sugar, grated lemon-rind, and six well-beaten eggs. Beat these ingredients well together; then melt the butter, stir it to the other things, put a border of puff-paste round the dish, and bake for rather more than half an hour. The butter should not be added until the pudding is ready for the oven.

Time.—½ to ¾ hour. **Average Cost,** 1*s.* 7*d.*.

Sufficient for 5 or 6 persons.

Seasonable from August to March.

1705.—BAKED APPLE PUDDING.

(*More Economical.*)

Ingredients.—12 large apples, 6 oz. of moist sugar, 3 oz. of butter, 4 eggs, 1 pint of bread-crumbs.

Mode.—Pare, core and cut the apples, as for sauce, and boil them until reduced to a pulp; then add the butter, melted, and the eggs, which should be well whisked. Beat up the pudding for 2 or 3 minutes; butter a pie-dish; put in a layer of bread-crumbs, then the apple, and and then another layer of bread-crumbs; flake over these a few tiny pieces of butter, and bake for about half an hour.

Time.—About ½ hour. **Average Cost,** 1*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable from August to March.

Note.—A very good economical pudding may be made merely with apples, boiled and sweetened with the addition of a few strips of lemon-peel. A layer of bread-crumbs should be placed above and below the apples, and the pudding baked for half an hour.

Constituents of the Apple.—All apples contain sugar, malic acid, or the acid of apples; mucilage, or gum; woody fibre, and water; together with some aroma, on which their peculiar flavour depends. The hard acid kinds are unwholesome if eaten raw; but by the process of cooking, a great deal of this acid is decomposed and converted into sugar. The sweet and mellow kinds form a valuable addition to the dessert. A great part of the acid juice is converted into sugar as the fruit ripens, and even after it is gathered, by a natural process termed maturation; but when apples decay, the sugar is changed into a bitter principle, and the mucilage becomes mouldy and offensive. Old cheese has a remarkable effect in meliorating the apple when eaten; probably from the volatile alkali or ammonia of the cheese neutralising its acid.

1706.—RICH SWEET APPLE PUDDING.

Ingredients.—½ lb. of bread-crumbs, ½ lb. of suet, ½ lb. of currants, ½ lb. of apples, ½ lb. of moist sugar, 6 eggs, 12 sweet almonds, ½ saltspoonful of grated nutmeg, 1 wineglassful of brandy.

Mode.—Chop the suet very fine; wash the currants, dry them, and pick away the stalks and pieces of grit; pare, core and chop the apple, and grate the bread into fine crumbs, and mince the almonds. Mix all these ingredients together, adding the sugar and nutmeg; beat up the eggs, omitting the whites of three; stir these to the pudding, and when all is well mixed, add the brandy, and put the pudding into a buttered mould; tie down with a cloth, and put it into boiling water, and let it boil for 3 hours.

Time.—3 hours. **Average Cost,** 2*s.*

Sufficient for 5 or 6 persons.

Seasonable from August to March.

To Preserve Apples.—The best mode of preserving apples is to carry them at once to the fruit-room, where they should be put upon shelves, covered with white paper, after gently wiping each of the fruit. The room should be dry and well aired, but should not admit the sun. The finer and larger kinds of fruit should not be allowed to touch each other, but should be kept separate. For this purpose, a number of shallow trays should be provided, supported by racks or stands above each other. In very cold frosty weather, means should be adopted for warming the room.

1707.—BAKED APPLE PUDDING.

(*Very Good.*)

Ingredients.—5 moderate-sized apples, 2 tablespoonfuls of finely-chopped suet, 3 eggs, 3 tablespoonfuls of flour, 1 pint of milk, a little grated nutmeg.

Mode.—Mix the flour to a smooth batter with the milk; add the eggs, which should be well whisked, and put this batter into a well-buttered pie-dish. Wipe the apples clean, but do not pare them; cut them in halves and take out the core; lay them in batter, rind uppermost; shake the suet on the top, over which also grate a little nutmeg; bake in a moderate oven for an hour and cover, when served, with sifted loaf sugar. This pudding is also very good with the apples pared, sliced and mixed with the batter.

Time.—1 hour. **Average Cost,** 1*1d.*

Sufficient for 5 or 6 persons.

1708.—BOILED APPLE PUDDING.

Ingredients.—Crust No. 1683, apples, sugar to taste, 1 small teaspoonful of finely-minced lemon-peel, 2 tablespoonfuls of lemon-juice.

Mode.—Make a dripping-crust by recipe No. 1683, or a suet one by recipe No. 1684, using for a moderate-sized pudding from three-quarters to one pound of flour, with the other ingredients in proportion. Butter a basin;

line it with some of the paste; pare, core and cut the apples into slices, and fill the basin with these; add the sugar, the lemon-peel and juice and cover with crust; pinch the edges together, flour the cloth, place it over the pudding, tie it securely and put it into plenty of fast-boiling water. Let it boil from 1½ to 2½ hours, according to the size; then turn it out of the basin and send to table quickly. Apple puddings may also be boiled in a cloth without a basin; but, when made in this way, must be served without the least delay, as the crust so soon becomes heavy. Apple pudding is a convenient dish to have when the dinner-hour is rather uncertain, as it does not spoil by being boiled an extra hour; care, however, must be taken to keep it well covered with the water all the time and not allow it to stop boiling.

Time.—From 1½ to 2½ hours, according to the size of the pudding and the quality of the apples. **Average Cost,** 10*d.*

Sufficient, made with 1 lb. of flour, for 7 or 8 persons.

Seasonable from August to March; but the apples become flavourless and scarce after February.

1709.—APPLE TART OR PIE.

(*Fr.*—Tourte aux Pommes.)

Ingredients.—Puff-paste No. 1674 or 1675, apples; to every lb. of unpared apples allow 2 oz. of moist sugar, ½ teaspoonful of finely-minced lemon-peel, 1 tablespoonful of lemon-juice.

Mode.—Make half a pound of puff-paste by either of the above-named recipes; place a border of it round the edge of a pie-dish and fill it with apples, pared, cored and cut into slices; sweeten with moist sugar, add the lemon-peel and juice, and 2 or 3 tablespoonfuls of water; cover with crust; cut it evenly round close to the edge of the pie-dish, and bake in a hot oven from half to three-quarters of an hour, or rather longer, should the pie be very large. When it is three-parts done, take it out of the oven put the white of an egg on a plate, and, with the blade of a knife, whisk it to a froth; brush the pie over with this, then sprinkle upon it some sifted sugar and then a few drops of water. Put the pie back into the oven, and finish baking, and be particularly careful that it does not catch or burn, which it is very liable to do after the crust is iced. If made with a plain crust, the icing may be omitted.

Time.—½ hour before the crust is iced; 10 to 15 minutes afterwards. **Average Cost,** 9*d.*

Sufficient.—Allow 2 lbs. of apples for a tart for 6 persons.

Seasonable from August to March; but the apples become flavourless after February.

Note.—Many things are suggested for the flavouring of apple-pie; some say 2 or 3 tablespoonfuls of beer, others the same quantity of sherry, which very much improve the taste; whilst the old-fashioned addition of a few cloves is, by many persons, preferred to anything else; a few slices of quince are an improvement, in our judgment.

QUINCE.

Quinces.—The environs of Corinth originally produced the most beautiful quinces, but the plant was subsequently introduced into Gaul with the most perfect success. The ancients preserved the fruit by placing it, with its branches and leaves into a vessel filled with honey or sweet wine, which was reduced to half the quantity by ebullition. Quinces may be profitably cultivated in this country as a variety with other fruit-trees, and may be planted in espaliers or as standards. A very fine-flavoured marmalade may be prepared from quinces, and a small portion of quince in apple-pie much improves its flavour. The French use quinces for flavouring many sauces. This fruit has the remarkable peculiarity of exhaling an agreeable odour, taken singly; but when in any quantity, or when they are stowed away in a drawer or close room, the pleasant aroma becomes an intolerable stench, although the fruit may be perfectly sound; it is, therefore, desirable that, as but a few quinces are required for keeping, they should be kept in a high and dry loft, and out of the way of the rooms used by the family.

1710.—CREAMED APPLE TART.

Ingredients.—Puff-crust, No. 1674, or 1675, apples; to every lb. of pared and cored apples, allow 2 oz. of moist sugar, ½ teaspoonful of minced lemon-peel, 1 tablespoonful of lemon-juice, ½ pint of boiled custard.

Mode.—Make an apple tart by the preceding recipe, with the exception of omitting the icing. When the tart is baked, cut out the middle of the lid or crust, leaving a border all round the dish. Fill up with a nicely-made boiled custard, grate a little nutmeg over the top, and the pie is ready for table. This tart is usually eaten cold; is rather an old-fashioned dish, but, at the same time, extremely nice.

Time.—½ to ¾ hour. **Average Cost,** 1*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable from August to March.

1711.—APPLE SNOWBALLS.

Ingredients.—2 teacupfuls of rice, apples, moist sugar, cloves.

Mode.—Boil the rice in milk until three-parts done; then strain it off, and pare and core the apples without dividing them. Put a small quantity of sugar and a clove into each apple, put the rice round them and tie each ball separately in a cloth. Boil until the apples are tender; then take them up, remove the cloth, and serve.

Time.—½ hour to boil the rice separately; ½ to 1 hour with the apples. **Average Cost,** 6*d.*

Sufficient for 3 persons.

Seasonable from August to March.

1712.—APPLE CAKE. (*Ger.*—Appel Tort.)

(A German Recipe.)

Ingredients.—10 or 12 apples, sugar to taste, the rind of 1 small lemon, 3 eggs, ¼ pint of cream or milk, ¼ lb. of butter, ¼ lb. of good short crust, No. 1679, 3 oz. of sweet almonds.

Mode.—Pare, core and cut the apples into small pieces; put sufficient moist sugar to sweeten them into a basin; add the lemon-peel, which should be finely minced, and the cream; stir these ingredients well, whisk the eggs and melt the butter; mix altogether; add the sliced apple and let these be well stirred into the mixture. Line a large round plate with the paste, place a narrow rim of the same round the outer edge, and lay the apples thickly in the middle. Blanch the almonds, cut them into long shreds, and strew over the top of the apples, and bake from half to three-quarters of an hour, taking care that the almonds do not get burnt; when done, strew some sifted sugar over the top and serve. This tart may be eaten either hot or cold, and is sufficient to fill 2 large-sized plates.

Time.—½ to ¾ hour. **Average Cost,** 1s. 10*d.*

Sufficient for 2 large-sized tourtes.

Seasonable from August to March.

Apples.—No fruit is so universally popular as the apple. It is grown extensively for cider, but many sorts are cultivated for the table. The apple uncooked, is less digestible than the pear; the degree of digestibility varying according to the firmness of its texture and flavour. Very wholesome and delicious jellies, marmalades and sweetmeats are prepared from it. Entremets of apples are made in great variety. Apples, when peeled, cored and well cooked, are a most grateful food for the dyspeptic.

1713.—ALMA PUDDING.

Ingredients.—½ lb. of fresh butter, ½ lb. of powdered sugar, ½ lb. of flour, ¼ lb. of currants, 4 eggs.

Mode.—Beat the butter to a thick cream, strew in, by degrees, the sugar and mix these both well together; then dredge the flour in gradually, add the currants, and moisten with the eggs, which should be well beaten. When all the ingredients are well stirred and mixed, butter a mould that will hold the mixture exactly, tie it down with a cloth, put the pudding into boiling water and boil for 6 hours; when turned out, strew some powdered sugar over it, and serve.

Time.—6 hours. **Average Cost,** 1s. 4*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1714.—BAKED APRICOT PUDDINGS.

Ingredients.—12 large apricots, ¾ pint of bread-crumbs, 1 pint of milk, 3 oz. of pounded sugar, the yolks of 4 eggs, 1 glass of sherry.

Mode.—Make the milk boiling hot, and pour it on to the bread-crumbs;

when half cold, add the sugar, the well-whisked yolks of the eggs and the sherry. Divide the apricots in half, scald them until they are soft, and break them up with a spoon, adding a few of the kernels, which should be well pounded in a mortar; then mix the fruit and other ingredients together, put a border of paste round the dish, fill with the mixture, and bake the pudding from half to three-quarters of an hour.

Time.—½ to ¾ hour. **Average Cost,** in full season, 1*s.* 10*d.*

Sufficient for 4 or 5 persons.

Seasonable in August, September and October.

1715.—APRICOT TART. (*Fr.*—Tourte aux Abricots.)

Ingredients.—12 or 14 apricots, sugar to taste, puff-paste or short-crust.

Mode.—Break the apricots in half, take out the stones, and put them into a pie-dish, in the centre of which place a very small cup or jar, bottom uppermost; sweeten with good moist sugar, but add no water. Line the edge of the dish with paste, put on the cover, and ornament the pie in any of the usual modes. Bake from half to three-quarters of an hour, according to size; and if puff-paste is used, glaze it about 10 minutes before the pie is done, and put it into the oven again to set the glaze. Short crust merely requires a little sifted sugar sprinkled over it before being sent to table.

Time.—½ to ¾ hour. **Average Cost,** in full season, 1*s.* 6*d.*

Sufficient for 4 or 5 persons.

Seasonable in August, September and October; green ones rather earlier.

Note.—Green apricots make very good tarts, but they should be boiled with a little sugar and water before they are covered with the crust.

Apricots.—The apricot is indigenous to the plains of Armenia, but is now cultivated in almost every climate, temperate or tropical. There are several varieties. The skin of this fruit has a perfumed flavour, highly esteemed. A good apricot, when perfectly ripe, is an excellent fruit. It has been somewhat condemned for its laxative qualities, but this has possibly arisen from the fruit having been eaten unripe, or in too great quantity. Delicate persons should not eat the apricot uncooked, without a liberal allowance of powdered sugar. The apricot makes excellent jam and marmalade, and there are several foreign preparations of it which are considered great luxuries.

1716.—BAKED OR BOILED ARROWROOT PUDDING.

Ingredients.—2 tablespoonfuls of arrowroot, 1½ pint of milk, 1 oz. of butter, the rind of ½ a lemon, 2 heaped tablespoonfuls of moist sugar, a little grated nutmeg.

Mode.—Mix the arrowroot with as much cold milk as will make it into a smooth batter, moderately thick; put the remainder of the milk into a stewpan with the lemon-peel and let it infuse for about half an hour; when it boils, strain it gently to the batter, stirring it all the time to keep

it smooth; then add the butter, beat this well in until thoroughly mixed, and sweeten with moist sugar. Put the mixture into a pie-dish, round which has been placed a border of paste, grate a little nutmeg over the top, and bake the pudding from 1 to 1¼ hour, in a moderate oven, or boil it the same length of time in a well-buttered basin. To enrich this pudding, stir to the other ingredients, just before it is put in the oven, 3 well-whisked eggs and add a tablespoonful of brandy. For a nursery pudding the addition of the latter ingredients will be found quite superfluous, as also the paste round the edge of the dish.

Time.—1 to 1¼ hour, baked or boiled. **Average Cost,** *7d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Arrowroot.—In India, and in the colonies, by the process of rasping, they extract from a vegetable (*Maranta arundinacea*) a sediment nearly resembling Tapioca. The grated pulp is sifted into a quantity of water, from which it is afterwards strained and dried, and the sediment thus produced is called Arrowroot. Its qualities closely resemble those of Tapioca.

1717.—APRICOT SOUFFLÉ. (*Fr.*—Soufflé aux Abricots.)

Ingredients.—5 or 6 eggs, 2 oz. of cornflour, ½ pint of milk, sugar to taste, a tin of apricots.

Mode.—Rub the apricots through a fine sieve, first boiling them if necessary till they are soft. Put the milk on the fire and mix the cornflour with it, stirring till it thickens. Add the fruit and sugar to taste, then the yolks of the eggs, and beat them well. Last of all add the whites, whipped to a froth, and bake or steam the soufflé at once for 20 or 30 minutes. If baked, the oven must be hot; if steamed, the water must not bubble after the soufflé is set in it.

Time.—½ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 6 persons.

Seasonable at any time.

Note.—Any other fruit may be used, but it must not be very juicy. It should be a thick purée when rubbed through the sieve. Any superfluous juice or syrup can be added to the sauce of a steamed pudding; a baked one is usually served dry.

1718.—A BACHELOR'S PUDDING.

Ingredients.—4 oz. of grated bread, 4 oz. of currants, 4 oz. of apples, 2 oz. of sugar, 3 eggs, a few drops of essence of lemon, a little grated nutmeg.

Mode.—Pare, core and mince the apples very finely, sufficient, when minced, to make 4 oz.; add to these the currants, which should be well washed, the grated bread and sugar; whisk the eggs, beat these up with the remaining ingredients, and, when all is thoroughly mixed, put the

pudding into a buttered basin, tie it down with a cloth and boil for 3 hours.

Time.—3 hours. **Average Cost,** 7*d.*

Sufficient for 4 or 5 persons.

Seasonable from August to March.

1719.—BAKED PUDDING.

(*Delicious.*)

Ingredients.—3 penny rolls, 4 oz. of almonds, 2 tablespoonfuls of sugar, 1 teaspoonful of ground cinnamon, peel of 1 lemon, 2 oz. of butter, 1 quart of milk, 8 eggs.

Mode.—The rolls should be fresh and light. Cut them into thin slices and line the bottom of a well-buttered pie-dish with them. Pound the almonds to a paste in a mortar with the sugar, cinnamon and grated lemon-peel. Strew half this mixture over the roll, cover with more slices, then strew the rest of the almond mixture and cover again with roll, putting small lumps of butter on top. Whisk the eggs well, add them to the milk and sweeten to taste, then pour this into the pie-dish and bake 1 hour in a moderate oven. When done, loosen the pudding by passing a knife along the edges, turn it on to a flat dish and send to table with wine sauce poured over it.

Time.—1 hour. **Average Cost,** 1*s.* 8*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1720.—BAKEWELL PUDDING.

(*Very Rich.*)

Ingredients.—¼ lb. of puff-paste, 5 eggs, 6 oz. of sugar, ¼ lb. of butter, 1 oz. of almonds, jam.

Mode.—Cover a dish with thin paste and put over this a layer of any kind of jam, half an inch thick; put the yolks of 5 eggs into a basin with the white of 1, and beat these well; add the sifted sugar, the butter, which should be melted, and the almonds, which should be well pounded; beat all together until well mixed, then pour it into the dish over the jam and bake for 1 hour in a moderate oven.

Time.—1 hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1721.—BAKEWELL PUDDING.

(*Another Mode.*)

Ingredients.—¾ pint of bread-crumbs, 1 pint of milk, 4 eggs, 2 oz. of sugar, 3 oz. of butter, 1 oz. of pounded almonds, jam.

Mode.—Put the bread-crumbs at the bottom of a pie-dish, then over them a layer of jam of any kind that may be preferred; mix the milk and eggs together; add the sugar, butter and pounded almonds; beat all well together; pour it into the dish and bake in a moderate oven for 1 hour.

Time.—1 hour. **Average Cost,** 1*s.* 3*d.* to 1*s.* 6*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1722.—BABA AU RHUM.

Ingredients.—1 lb. of flour, ½ oz. of German yeast, ½ lb. of butter, 7 or 8 eggs, 1 tablespoonful of sugar, ½ lb. of raisins, sultanas and currants, mixed; 2 oz. of candied peel, a pinch of salt. For the sauce, ¼ pint of rum, half a pot of apricot or any other suitable jam; ¼ pint of water, ¼ lb. of sugar.

Mode.—Put one quarter of the flour to rise with the yeast, salt and enough warm water to make a sponge. Mix the other ingredients in a large basin, adding the eggs one by one and beating it thoroughly with the hand until it is full of bubbles. When the sponge has risen (it should be set for 1 to 2 hours) mix that in also and beat again. Butter a flat round tin, or small tins, put in the cake and, when it has risen by the side of the fire to double its size, bake it in a good oven and turn it out. For the sauce, boil the sugar and water to a syrup, add the jam, and strain. Then put in the rum and let it just boil. Serve with the baba.

Average Cost, 2*s.* 6*d.*

Seasonable at any time.

1723.—BARONESS PUDDING.

(*Author's Recipe.*)

Ingredients.—¾ lb. of suet, ¾ lb. of raisins, weighed after being stoned; ¾ lb. of flour, ½ pint of milk, ¼ saltspoonful of salt.

Mode.—Prepare the suet, by carefully freeing it from skin, and chop it finely; stone the raisins and cut them in halves, and mix both these ingredients with the salt and flour; moisten the whole with the above proportion of milk, stir the mixture well and tie the pudding in a floured cloth which has been previously wrung out in boiling water. Put the pudding into a saucepan of boiling water and let it boil, without ceasing, 4½ hours. Serve merely with plain sifted sugar, a little of which may be sprinkled over the pudding.

Time.—4½ hours. **Average Cost,** 1*s.* 3*d.*

Sufficient for 7 or 8 persons.

Seasonable in winter, when fresh fruit is not obtainable.

Note.—This pudding the Editress cannot too highly recommend. The recipe was kindly given to her family by a lady who bore the title here prefixed to it.

and with all who have partaken of it, it is an especial favourite. Nothing is of greater consequence, in the above directions, than attention to the time of boiling, which should never be *less* than that mentioned.

1724.—BARBERRY TART.

Ingredients.—To every lb. of barberries allow ¾ lb. of lump sugar; paste.

Mode.—Pick the barberries from the stalks, and put the fruit into a stone jar; place this jar in boiling water, and let it simmer very slowly until the fruit is soft; then put it into a preserving-pan with the sugar and boil gently for 15 minutes; line a tartlet-pan with paste, bake it, and, when the paste is cold, fill with the barberries and ornament the tart with a few baked leaves of paste, cut out as shown in the engraving.

LEAF IN PUFF-PASTE.

Time.—¼ hour to bake the tart. **Average Cost,** 4*d.* per pint.

Seasonable in autumn.

BARBERRIES.

Barberries (*Berberris Vulgaris*).—A fruit of such great acidity that even birds refuse to eat it. In this respect, it nearly approaches the tamarind. When boiled with sugar, it makes a very agreeable preserve or jelly, according to the different modes of preparing it. Barberries are also used as a dry sweetmeat and in sugar-plums or comfits; are pickled with vinegar and are used for various culinary purposes. They are well calculated to allay heat and thirst in persons afflicted with fevers. The berries arranged on bunches of nice curled parsley make an exceedingly pretty garnish for supper dishes, particularly for white meats, like boiled fowl à la béchamel, the three colours, scarlet, green and white, contrasting so well and producing a very good effect

1725.—BAKED BATTER PUDDING.

Ingredients.—1½ pint of milk, 4 tablespoonfuls of flour, 2 oz. of butter, 4 eggs, a little salt.

Mode.—Mix the flour with a small quantity of cold milk; make the remainder hot and pour it on to the flour, keeping the mixture well stirred; add the butter, eggs and salt; beat the whole well and put the pudding into a buttered pie dish; bake for three-quarters of an hour and serve with sweet sauce, wine sauce or stewed fruit. Baked in small cups, this makes very pretty little puddings and should be eaten with the same accompaniments as above.

Time.—¾ hour. **Average Cost,** 9*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1726.—BAKED BATTER PUDDING.

(With Dried or Fresh Fruit.)

Ingredients.—1½ pint of milk, 4 tablespoonfuls of flour, 3 eggs, 2 oz. of finely-shredded suet, ¼ lb. of currants, a pinch of salt.

Mode.—Mix the milk, flour and eggs to a smooth batter; add a little salt, the suet and the currants, which should be well washed, picked and dried; put the mixture into a buttered pie-dish and bake in a moderate oven for 1¼ hour. When fresh fruits are in season, this pudding is exceedingly nice, with damsons, plums, red currants, gooseberries or apples; when made with these, the pudding must be thickly sprinkled over with sifted sugar. Boiled batter pudding, with fruit is made in the same manner, by putting the fruit into a buttered basin and filling it up with batter made in the above proportion, but omitting the suet. It must be sent quickly to table and covered plentifully with sifted sugar.

Time.—Baked batter pudding, with fruit, 1¼ to 1½ hour; boiled, ditto, 1½ to 1¾ hour; allowing that both are made with the above proportion of butter. Smaller puddings will be done enough in ¾ or 1 hour. **Average Cost,** 10*d.*

Sufficient for 7 or 8 persons.

Seasonable at any time, with dried fruits.

1727.—BOILED BATTER PUDDING.

Ingredients.—3 eggs, 1 oz. of butter, 1 pint of milk, 3 tablespoonfuls of flour, a little salt.

Mode.—Put the flour into a basin, and add sufficient milk to moisten it; carefully rub down all the lumps with a spoon, then pour in the remainder of the milk and stir in the butter, which should be previously melted; keep beating the mixture, add the eggs and a pinch of salt, and, when the batter is quite smooth, put it into a well-buttered basin, tie it down very tightly, and put it into boiling water; move the basin about for a few minutes after it is put into the water, to prevent the flour settling in any part, and boil for an hour and a quarter. This pudding may also be boiled in a floured cloth that has been wetted in hot water; it will then take a few minutes less than when boiled in a basin. Send these puddings very quickly to table, and serve with sweet sauce, wine-sauce, stewed fruit, or jam of any kind; when the latter is used, a little of it may be placed round the dish in small quantities as a garnish.

Time.—1¼ hour in a basin, 1 hour in a cloth. **Average Cost,** 7*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1728.—ORANGE BATTER PUDDING.

Ingredients.—4 eggs, 1 pint of milk, 1½ oz. of loaf sugar, 3 tablespoonfuls of flour.

Mode.—Make the batter with the above ingredients, put it into a well-buttered basin, tie it down with a cloth, and boil for 1 hour. As soon as it is turned out of the basin, put a small jar of orange marmalade all over the top, and send the pudding very quickly to table.

Time.—1 hour. **Average Cost,** with the marmalade, 1*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time; but more suitable for a winter pudding.

1729.—BAKED BREAD PUDDING.

Ingredients.—½ lb. of grated bread, 1 pint of milk, 4 eggs, 4 oz. of butter, 4 oz. of moist sugar, 2 oz. of candied peel, 6 bitter almonds, 1 tablespoonful of brandy.

Mode.—Put the milk into a stewpan, with the bitter almonds; let it infuse for a quarter of an hour; bring it to the boiling point; strain it on to the bread-crumbs, and let these remain till cold; then add the eggs, which should be well whisked, the butter, sugar and brandy, and beat the pudding well, until all the ingredients are thoroughly mixed; line the bottom of a pie-dish with the candied peel, sliced thin, put in the mixture and bake for nearly three-quarters of an hour.

Time.—Nearly ¾ hour. **Average Cost,** 1*s.* 4*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—A few currants may be substituted for the candied peel, and will be found an excellent addition to this pudding; they should be beaten in with the mixture, and not laid at the bottom of the pie-dish.

1730.—BRANDY PUDDING.

Ingredients.—Dried cherries or raisins, 2 French rolls, 2 glasses of brandy, 4 eggs, ¼ lb. of sugar, ¼ of a nutmeg, ½ of a lemon, 1 pint of new milk or cream, ratafias or macaroons.

Mode.—Line a mould with jar raisins or dried cherries; then, with thin slices of roll, fill it with alternate layers of roll, ratafia and fruit, sprinkling in the 2 glasses of brandy. Make a custard of the remaining ingredients, pour it over the cakes and let it stand awhile. Then cover with a floured cloth and boil 1 hour. Serve with sauce round.

Time.—1½ hour. **Average Cost,** 2*s.* 6*d.*

Sufficient for 6 persons.

Seasonable at any time.

1731.—VERY PLAIN BREAD PUDDING.

Ingredients.—Odd pieces of crust or crumb of bread: to every quart allow ½ teaspoonful of salt, 1 teaspoonful of grated nutmeg, 3 oz. of moist sugar, ½ lb. of currants, 1½ oz. of butter.

Mode.—Break the bread into small pieces, and pour on them as much boiling water as will soak them well. Let these stand till the water is cool; then press it out, and mash the bread with a fork until it is quite free from lumps. Measure this pulp, and to every quart stir in salt, nutmeg, sugar and currants in the above proportion; mix all well together and put it into a well-buttered pie-dish. Smooth the surface with the back of a spoon, and place the butter in small pieces over the top, bake in a moderate oven for an hour and a half, and serve very hot. Boiling milk substituted for the boiling water would very much improve this pudding.

Time.—1½ hour. **Average Cost,** 6*d.*, exclusive of the bread.

Sufficient for 6 or 7 persons.

Seasonable at any time.

1732.—BOILED BREAD PUDDING.

Ingredients.—1½ pint of milk, ¾ pint of bread-crumbs, sugar to taste, 4 eggs, 1 oz. of butter, 3 oz. of currants, ¼ teaspoonful of grated nutmeg.

Mode.—Make the milk boiling, and pour it on the bread-crumbs; let these remain till cold; then add the other ingredients, taking care that the eggs are well beaten, and the currants well washed, picked and dried. Beat the pudding well, and put it into a buttered basin; tie it down tightly with a cloth, plunge it into boiling water, and boil for an hour and a quarter; turn it out of the basin and serve with sifted sugar. Any odd pieces or scraps of bread answer for this pudding; but they should be soaked overnight, and, when wanted for use, should have the water well squeezed from them.

Time.—1½ hour. **Average Cost,** 1*s.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

Bread.—Bread contains, in its composition, in the form of vegetable albumen and vegetable fibrine, two of the chief constituents of flesh, and, in its incombustible constituents, the salts which are indispensible for sanguification, of the same quality and in the same proportion as flesh. But flesh contains, besides these, a number of substances which are entirely wanting in vegetable food: and on these peculiar constituents of flesh depends certain effects, by which it is essentially distinguished from other articles of food.

1733.—BROWN-BREAD PUDDING.

Ingredients.—¾ lb. of brown bread-crumbs, ½ lb. of currants, ½ lb. of suet, ¼ lb. of moist sugar, 4 eggs, 2 tablespoonfuls of brandy, 2 tablespoonfuls of cream, grated nutmeg to taste.

Mode.—Grate three-quarters of a lb. of crumbs from a stale brown loaf; add to these the currants and suet, and be particular that the latter is finely chopped. Put in the remaining ingredients; beat the pudding well for a few minutes; put it into a buttered basin or mould; tie it down tightly, and boil for nearly 4 hours. Send sweet sauce to table with it.

Time.—Nearly 4 hours. **Average Cost,** 1*s.* 6*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time; but more suitable for a winter pudding.

1734.—MINIATURE BREAD PUDDINGS.

Ingredients.—1 pint of milk, ½ lb. of bread-crumbs, 4 eggs, 2 oz. of butter, sugar to taste, 2 tablespoonfuls of brandy, 1 teaspoonful of finely-minced lemon-peel.

Mode.—Make the milk boiling, pour it on to the bread-crumbs, and let them soak for about half an hour. Beat the eggs, mix these with the bread-crumbs, add the remaining ingredients, and stir well until all is thoroughly mixed. Butter some small cups; rather more than half fill them with the mixture, and bake in a moderate oven from 20 minutes to half an hour, and serve with sweet sauce. A few currants may be added to these puddings; about 3 oz. will be found sufficient for the above quantity.

Time.—20 minutes to ½ hour. **Average Cost,** 1*s.*

Sufficient for 7 or 8 small puddings.

Seasonable at any time.

1735.—A NICE BREAD PUDDING.

Ingredients.—⅔ teacupful of milk, ½ teacupful of fine bread-crumbs, 1 egg, loaf-sugar, nutmeg.

Mode.—Boil the milk and pour it boiling over the bread-crumbs, and let them cool. Then beat very finely, and add the egg, the yolk and white beaten separately, a little pounded loaf-sugar and grated nutmeg. Butter a large cup, pour in the mixture, tie a buttered paper over it, then tie it in a cloth and boil for 20 minutes or half an hour.

Time.—½ hour. **Average Cost,** 2*d.*

Sufficient for 1 person.

Seasonable at any time.

1736.—BAKED BREAD-AND-BUTTER PUDDING.

Ingredients.—9 thin slices of bread and butter, 1½ pint of milk, 4 eggs, sugar to taste, ¼ lb. of currants, flavouring of vanilla, grated lemon-peel or nutmeg.

Mode.—Cut 9 slices of bread and butter, not very thick, and put them into a pie-dish, with currants between each layer and on the top. Sweeten and flavour the milk, either by infusing a little lemon-peel in it, or by adding a few drops of essence of vanilla; well whisk the eggs, and stir these to the milk. *Strain* this over the bread and butter, and bake in a moderate oven for 1 hour, or rather longer. This pudding may by very much enriched by adding cream, candied peel, or more eggs than stated above. It should not be turned out, but sent to table in the pie-dish, and is better for being made about 2 hours before it is baked.

Time.—1 hour, or rather longer. **Average Cost,** 11*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

Butter.—Butter is indispensable in almost all culinary preparations. Good fresh butter, used in moderation, is easily digested; it is nutritious and fattening, and is far more easily digested than any other of the oleaginous substances sometimes used in its place.

1737.—BROWN PUDDING.

Ingredients.—3 oz. of flour, 1 oz. of chopped suet, 1 egg, 2 oz. of treacle, 1 teaspoonful of carbonate of soda, ½ teaspoonful of tartaric acid, ½ teaspoonful of lemon flavouring.

Mode.—Mix the tartaric acid and soda with the flour; add the suet, finely chopped, beat the egg in a cup, and add the treacle to it, beating it well for a few minutes; then add the lemon-flavouring, and mix all thoroughly. Put the mixture into a basin, but do not fill it or tie the pudding down, as it will rise. Steam for 3 hours; serve with wine sauce.

Time.—3 hours. **Average Cost,** 4*d.*

Seasonable in winter.

1738.—BEIGNETS SOUFFLÉS.

Ingredients.—½ pint of water, 2 oz. of butter, 1 dessertspoonful of white sugar, 3 or 4 eggs, fat to fry, lemon-peel or vanilla to flavour, about ¼ lb. of flour.

Mode.—Boil the butter and water, and stir in enough flour to make the mixture stiff enough to leave the sides of the saucepan, then add the yolks of the eggs and beat it well. When cold, stir in the whites of the eggs whipped to a stiff froth, and fry in spoonfuls in very hot fat or oil. Serve immediately, with sifted sugar. A slit can be cut in each and a piece of jelly inserted. Cheese is sometimes put in. Of course, in that case, cayenne pepper must be substituted for the sugar.

Average Cost, 9*d.*

Sufficient for 4 persons.

Seasonable at any time.

1739.—ECLAIRS.

Ingredients.—The same as No. 1738.

Mode.—Mix exactly as No. 1738; rather stiff. Bake the mixture (instead of frying it) on sheets in strips 3 or 4 inches long, or in round pieces. The oven must not be very hot. When cold, glaze them with chocolate or other icing; slit each cake, and put in a spoonful of cream or custard, flavoured to taste.

1740.—CABINET, OR CHANCELLOR'S, PUDDING.

Ingredients.—1½ oz. of candied peel, 4 oz. of currants, 4 dozen sultanas, a few slices of Savoy cake, sponge cake, a French roll, 4 eggs, 1 pint of milk, grated lemon rind, ¼ nutmeg, 3 tablespoonfuls of sugar.

Mode.—Melt some butter to a paste, and with it well grease the mould or basin in which the pudding is to be boiled, taking care that it is buttered in every part. Cut the peel into thin slices, and place these in a fanciful device at the bottom of the mould, and fill in the spaces between with currants and sultanas; then add a few slices of sponge-cake or French roll; drop a few drops of melted butter on these, and between each layer sprinkle a few currants. Proceed in this manner till the mould is nearly full; then flavour the milk with nutmeg and grated lemon-rind; add the sugar, and stir to this the eggs, which should be well beaten. Beat this mixture for a few minutes; then strain it into the mould, which should be quite full; tie a piece of buttered paper over it, and let it stand for 2 hours; then tie it down with a cloth, put it into boiling water, and let it boil slowly for 1 hour. In taking it up, let it stand for a minute or two before the cloth is removed; then quickly turn it out of the mould or basin, and serve with sweet sauce, separately. The flavouring of this pudding may be varied, by substituting for the lemon-rind essence of vanilla or bitter almonds; and it may be made much richer by using cream; but this is not at all necessary. This pudding is very delicious when iced.

CABINET PUDDING.

Time.—1 hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1741.—A PLAIN CABINET OR BOILED BREAD-AND-BUTTER PUDDING.

Ingredients.—2 oz. of raisins, a few thin slices of bread-and-butter, 3 eggs, 1 pint of milk, sugar to taste, ¼ nutmeg.

Mode.—Butter a pudding-basin, and line the inside with a layer of

raisins that have been previously stoned; then nearly fill the basin with slices of bread and butter with the crust cut off, and, in another basin, beat the eggs; add to them the milk, sugar and grated nutmeg; mix all well together and pour the whole on to the bread and butter; let it stand half an hour, then tie a floured cloth over it; boil for 1 hour and serve with sweet sauce. Care must be taken that the basin is quite full before the cloth is tied over.

Time.—1 hour. **Average Cost,** 9*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1742.—CANARY PUDDING.

Ingredients.—The weight of 3 eggs in sugar and butter, the weight of 2 eggs in flour, the rind of 1 small lemon, 3 eggs.

Mode.—Melt the butter to a liquid state, but do not allow it to oil; stir to this the sugar and finely-minced lemon peel and gradually dredge in the flour, keeping the mixture well stirred; whisk the eggs; add these to the pudding; beat all the ingredients until thoroughly blended, and put them into a buttered mould or basin; boil for 2 hours and serve with sweet sauce.

Time.—2 hours. **Average Cost,** 9*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1743.—BAKED OR BOILED CARROT PUDDING.

Ingredients.—½ lb. of bread-crumbs, 4 oz. of suet, ¼ lb. of stoned raisins, ¾ lb. of carrot, ¼ lb. of currants, 3 oz. of sugar, 3 eggs, milk, ¼ nutmeg.

Mode.—Boil the carrots until tender enough to mash to a pulp: add the remaining ingredients and moisten with sufficient milk to make the pudding of the consistency of thick batter. If to be boiled, put the mixture into a buttered basin, tie it down with a cloth and boil for 2½ hours; if to be baked, put it into a pie-dish and bake for nearly an hour; turn it out of the dish, strew sifted sugar over it and serve.

Time.—2½ hours to boil; 1 hour to bake. **Average Cost,** 1*s.* 2*d.*

Sufficient for 5 or 6 persons.

Seasonable from September to March.

Carrots, says Liebig, contain the same kind of sugar as the juice of the sugar-cane.

1744.—CARAMEL PUDDING. (*Fr.*—Crême Renversée)

Ingredients.—6 oz. of sugar, 1 gill of water, 1¼ pint of new milk, 6 yolks and 4 whites of eggs, sugar to taste.

Mode.—Boil the sugar and water together until it is dark brown, then warm a buttered mould or basin and coat it over with this caramel. The best plan is to put in the caramel and keep turning it round and round till it is set. Put in the other ingredients, which must be thoroughly mixed and then strained, cover and steam it very gently for one hour. The water round must not bubble. When it is quite cold turn it out carefully.

Average Cost, 9*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1745.—ROYAL COBURG PUDDINGS.

Ingredients.—1 pint of new milk, 6 oz. of flour, 6 oz. of sugar, 6 oz. of butter, 6 oz. of currants, 6 eggs, brandy and grated nutmeg to taste.

Mode.—Mix the flour to a smooth batter with the milk, add the remaining ingredients *gradually* and when well mixed, put it into four basins or moulds, half full; bake for three-quarters of an hour, turn the puddings out on a dish and serve with wine sauce.

Time.—¾ hour. **Average Cost,** 1*s.* 9*d.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

1746.—CORN-FLOUR PUDDINGS.

Ingredients.—2 tablespoonfuls of corn-flour, 1½ pint of milk, 1 tablespoonful of moist sugar, 1 egg.

Mode.—Mix the corn-flour into a smooth paste with a little cold milk; boil the rest of the milk and pour it *boiling* on the paste; stir in the sugar and egg and pour into a pie-dish; bake for 20 minutes.

Time.—20 minutes to bake. **Average Cost,** 5*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1747.—CHERRY TART. (*Fr.*—Flan de Cérises.)

Ingredients.—1½ lb. of cherries, 2 small tablespoonfuls of moist sugar, ½ lb. of short-crust, No. 1679 or 1680.

Mode.—Pick the stalks from the cherries, put them, with the sugar, into a *deep* pie-dish just capable of holding them, with a small cup placed upside down in the midst of them. Make a short-crust with half a pound of flour, by either of the recipes Nos. 1679 or 1680; lay a border round the edge of the dish, put on the cover and ornament the edges; bake in a brisk oven from half an hour to 40 minutes; strew finely-sifted sugar over

and serve hot or cold, although the latter is the more usual mode. It is more economical to make two or three tarts at one time, as the trimmings from one tart answer for lining the edges of the dish for another and so much paste is not required as when they are made singly. Unless for family use, never make fruit-pies in very *large* dishes; select them, however, as *deep* as possible.

CHERRY.

Time.—½ hour to 40 minutes. **Average Cost,** in full season, 10*d.*

Sufficient for 5 or 6 persons.

Seasonable in June, July and August.

Note.—A few currants added to the cherries will be found to impart a nice piquant taste to them.

Cherries.—According to Lucullus, the cherry-tree was known in Asia in the year of Rome 680. Seventy different species of cherries, wild and cultivated, exist, which are distinguishable from each other by the difference of their form, size and colour. The French distil from cherries a liqueur named *kirsch-wasser* (*eau de cérises*); the Italians prepare, from a cherry called marusca, the liqueur named *maraşquin*, sweeter and more agreeable than the former. The most wholesome cherries have a tender and delicate skin; those with a hard skin should be very carefully masticated. Sweetmeats, syrups, tarts, entremets, &c., of cherries are universally approved.

1748.—CHOCOLATE PUDDING.

Ingredients.—5 oz. of bread-crumbs, 1 oz. of pounded almonds, ¼ lb. of chocolate, ¾ pint of milk, or milk and cream mixed, 3 oz. of sugar, vanille flavouring, 3 eggs.

Mode.—Boil the milk with the chocolate and sugar and pour it on the bread. Add the yolks of the eggs and the flavouring and beat well. Then butter a mould thoroughly. Beat the whites of the eggs to a froth and also the cream, if any is used. Steam it for an hour, or until it is firm, and serve with custard or cream sauce flavoured with vanilla.

Time.—1 hour. **Average Cost,** 10*d.*

Sufficient for 4 persons.

Seasonable at any time.

Note.—Chocolate powder or good cocoa can replace the chocolate. If the pudding must be made in a hurry, the whites and yolks of the eggs can be put in together.

1749.—COCOA-NUT PIE.

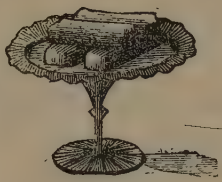
Ingredients.—1 lb. of grated nut, 1 quart of milk, 1 glass of white wine, 8 eggs, 4 heaped dessertspoonfuls of sugar, 2 tablespoonfuls of butter, 1 biscuit, puff-paste, ½ a nutmeg.

Mode.—Carefully free the nut from the brown outer skin and put it in a saucepan to boil *very* slowly for 8 minutes. Pound the sugar finely and beat it to a froth with the eggs, melt and pour in the butter, add the wine,

FRITTERS.

TARTLETS.

CHEESE STRAWS.



JAM ROLLS.

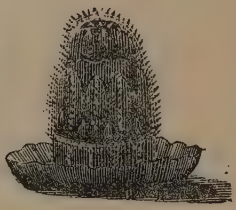
APPLE TURNOVERS.

APRICOT TART.

CHERRY TART.

SULTANA PUDDING.

CABINET OR PLUM PUDDING.



TIPSY CAKE.

ALMOND TARTLETS.

APPLE SNOW.

SWEET OMELETTE.

SAUSAGE ROLLS.

APPLE DUMPLINGS.

and when the milk and nut are quite cool add these ingredients, beating thoroughly. Grate the half of a small nutmeg, pound the biscuit and add to the above. Line deep plates with puff-paste and put a rim of the same, fill them with the above mixture and bake at once for 10 minutes, or till the paste is done.

Time.—Altogether 20 minutes. **Average Cost,** 1*s.* 6*d.* without the puff-paste.

Sufficient for 2 pies.

Seasonable in autumn.

1750.—CODLING TART.

Ingredients.—6 or 8 codlings, 3 oz. of pounded lump sugar, short-crust, No. 1680.

Mode.—The fruit must be scalded and then the skin removed; put them uncut into a tart dish with a little of the water they were scalded in, and bake. Sprinkle over them pounded lump sugar. Let them get quite cold, then put an edging of good paste round the dish, brush the crust with white of egg, and having sprinkled sugar over the top, send to table with a nice plain custard.

Time.—1 hour. **Average Cost,** 10*d.*

Sufficient for 4 persons.

Seasonable at any time.

1751.—COLD PUDDING.

Ingredients.—4 eggs, 1 pint of milk, sugar to taste, a little grated lemon-rind, 2 oz. of raisins, 4 tablespoonfuls of marmalade, a few slices of sponge-cake.

Mode.—Sweeten the milk with lump sugar, add a little grated lemon-rind and stir to this the eggs, which should be well whisked: line a buttered mould with the raisins, stoned and cut in half; spread the slices of cake with the marmalade and place them in the mould; then pour in the custard, tie the pudding down with paper and a cloth, and boil gently for 1 hour; when cold, turn it out and serve.

Time.—1 hour. **Average Cost,** 1*s.* 2*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1752.—COLLEGE PUDDINGS.

Ingredients.—1 pint of bread-crumbs, 6 oz. of finely-chopped suet, ¼ lb. of currants, a few thin slices of candied peel, 3 oz. of sugar, ¼ nutmeg, 3 eggs, 4 tablespoonfuls of brandy.

Mode.—Put the bread-crumbs into a basin; add the suet, currants, candied peel, sugar and nutmeg, grated, and stir these ingredients until

they are thoroughly mixed. Beat up the eggs, moisten the pudding with these and put in the brandy; beat well for a few minutes, then form the mixture into round balls or egg-shaped pieces; fry these in hot butter or lard, letting them stew in it until thoroughly done, and turn them two or three times till of a fine light brown: drain them on a piece of blotting-paper before the fire, dish and serve with wine sauce.

Time.—15 to 20 minutes. **Average Cost,** 1*s.* 3*d.*

Sufficient for 7 or 8 puddings.

Seasonable at any time.

1753.—CRACKER PIE.

Ingredients.—1 soda biscuit, rind and juice of 1 lemon, 1 teacupful of fine white sugar, short-crust, No. 1679.

Mode.—Break the biscuit into small pieces, pour a teacupful of boiling water on it and leave it, close covered, to swell. Then grate on it the yellow rind of the lemon, add the strained juice and the sugar, and beat it well. Then proceed exactly as in making an apple pie, pouring in the above mixture in place of fruit. Sift pounded sugar on the top when the pie is baked.

Time.—¾ hour. **Average Cost,** 3*d.* without the paste.

Sufficient for 5 or 6 persons.

Seasonable at any time.

1754.—COMARQUES PUDDING.

(*Excellent.*)

Ingredients.—5 eggs, 3 tablespoonfuls of flour, 2 tablespoonfuls of powdered sugar, rind of 1 lemon, ½ pint of cream, different kinds of preserve.

Mode.—Beat the whites and yolks of the eggs separately and put them into different basins; stir the flour, sugar and lemon-peel into the yolks; whip the cream very thick and put it on a sieve to harden; then add it, with the white of the eggs, to the other ingredients and pour the mixture into little deep saucers just before putting into the oven. Bake about half an hour. When they are taken out, a very thin layer of different kinds of preserve should be put upon each and they should be piled one above another. A little whipped cream placed here and there on the pudding as a garnish would be found to improve the appearance of this dish.

Time.—About ½ hour **Average Cost,** 1*s.* 9*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1755.—CURRANT DUMPLINGS.

Ingredients.—1 lb. of flour, 6 oz. of suet, ½ lb. of currants, rather more than ½ pint of water.

Mode.—Chop the suet finely, mix it with the flour and add the currants, which should be nicely washed, picked and dried; mix the whole to a limp paste with the water (if wanted very nice use milk); divide it into 7 or 8 dumplings; tie them in cloths and boil for 1¼ hour. They may be boiled without a cloth: they should then be made into round balls and dropped into boiling water and should be moved about at first, to prevent them from sticking to the bottom of the saucepan. Serve with a cut lemon, cold butter and sifted sugar.

Time.—In a cloth, 1¼ hour; without, ¾ hour. **Average Cost,** 6*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

ZANTE CURRANTS.

Zante Currants.—The dried fruit which goes by the name of currants in grocers' shops is not a currant really, but a small kind of grape, chiefly cultivated in the Morea and the Ionian Islands, Corfu, Zante, &c. Those of Zante are cultivated in an immense plain, under the shelter of mountains on the shore of the island, where the sun has great power and brings them to maturity. When gathered and dried by the sun and air, on mats, they are conveyed to magazines, heaped together, and left to cake until ready for shipping. They are then dug out by iron crowbars, trodden into casks, and exported. The fertile vale of "Zante the Woody" produces about 9,000,000 lbs. of currants annually. In cakes and puddings this delicious little grape is most extensively used; in fact, we could not make a *plum* pudding without the currants.

1756.—BOILED CURRANT PUDDING.

(*Plain and Economical.*)

Ingredients.—1 lb. of flour, ½ lb. of suet, ½ lb. of currants, milk.

Mode.—Wash the currants, dry them thoroughly and pick away any stalks or grit; chop the suet finely; mix all the ingredients together and moisten with sufficient milk to make the pudding into a stiff batter; tie it up in a floured cloth, put it into boiling water and boil for 3½ hours; serve with a cut lemon, cold butter and sifted sugar.

Time.—3½ hours. **Average Cost,** 10*d.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

1757.—BLACK OR RED CURRANT PUDDING.

Ingredients.—1 quart of red or black currants, measured with the stalks; ¼ lb. of moist sugar, suet crust, No. 1684, or butter crust, No. 1682.

Mode.—Make, with ¾ lb. of flour, either a suet crust or butter crust (the former is usually made); butter a basin and line it with part of the crust: put in the currants, which should be stripped from the stalks, and sprinkle the sugar over them; put the cover of the pudding on, make the edges very secure, that the juice does not escape; tie it down with a floured cloth, put it into boiling water and boil from 2½ to 3 hours. Boiled without a basin, allow half an hour less. We have allowed rather a large

proportion of sugar, but we find fruit-puddings are so much more juicy and palatable when *well sweetened* before they are boiled, besides being more economical. A few raspberries added to red-currant pudding are a very nice addition: about half a pint would be sufficient for the above quantity of fruit. Fruit-puddings are very delicious if, when they are turned out of the basin the crust is browned with a salamander, or put into a very hot oven for a few minutes to colour it: this makes it crisp on the surface.

Time.—2½ to 3 hours; without a basin, 2 to 2½ hours.
Average Cost, in full season, 8*d*.
Sufficient for 6 or 7 persons.
Seasonable in June, July and August.

CURRANTS.

Currants.—The utility of currants, red, black or white, has long been established in domestic economy. The juice of the red species, if boiled with an equal weight of loaf sugar, forms an agreeable substance called *currant jelly*, much employed in sauces, and very valuable in the cure of sore throats and colds. The French mix it with sugar and water, and thus form an agreeable beverage. The juice of currants is a valuable remedy in obstructions of the bowels; and, in febrile complaints, it is useful on account of its readily quenching thirst, and for its cooling effect on the stomach. White and flesh-coloured currants have, with the exception of the fulness of flavour, in every respect the same qualities as the red species. Both white and red currants are pleasant additions to the dessert, but the black variety is mostly used for culinary and medicinal purposes, especially in the form of jelly for quinseys. The leaves of the black currant make pleasant tea.

1758.—RED CURRANT AND RASPBERRY TART.

Ingredients.—1½ pint of picked currants, ½ pint of raspberries, 3 heaped tablespoonfuls of moist sugar, ½ lb. of short-crust, No. 1680.

Mode.—Strip the currants from the stalks and put them into a deep pie-dish, with a small cup placed in the midst, bottom upwards; add the raspberries and sugar; place a border of paste round the edge of the dish, cover with crust, ornament the edges and bake from half to three-quarters of an hour; strew some sifted sugar over before being sent to table. This tart is more generally served cold than hot.

Time.—½ to ¾ hour. **Average Cost,** 1*s*. 4*d*.
Sufficient for 5 or 6 persons.
Seasonable in June, July and August.

RASPBERRY.

Raspberries.—There are two sorts of raspberries, the red and the white. Both the scent and flavour of this fruit are very refreshing, and the berry itself is exceedingly wholesome and invaluable to people of a nervous or bilious temperament. We are not aware, however, of its being cultivated with the same amount of care which is bestowed upon some other of the berry tribe, although it is far from improbable that a more careful cultivation would not be repaid by a considerable improvement in the size and flavour of the berry; neither, as an eating fruit, is it so universally esteemed as the strawberry, with whose lusciousness and peculiarly agreeable flavour it can bear no comparison. In Scotland, it is found in large quantities, growing wild, and is eagerly sought after in the woods by children. Its juice is rich and abundant, and, to many, extremely agreeable.

1759.—CUSTARD PIE.

Ingredients.—1 quart of new milk, 12 peach leaves, or rind of 1 lemon, 1 tablespoonful of flour, 3 eggs, sugar to taste, puff-paste.

Mode.—Put the milk and flavouring into a saucepan on the fire, and let it infuse till it tastes strongly, then strain, return to the pan and draw it to the side of the fire, where it may still boil gently. Mix the flour to a smooth paste with a little cold milk, then stir it into the saucepan, stir for 1 minute, then remove from the fire and let it cool, after which add the sugar and well-beaten eggs. Line deep dishes with puff-paste, pour in the mixture and bake for 20 minutes in a quick oven.

Time.—½ to ¾ hour. **Average Cost,** 8*d.*, without the paste.

Sufficient for 2 pies.

Seasonable at any time.

1760.—BAKED CUSTARD PUDDING.

Ingredients.—1½ pint of milk, the rind of ¼ lemon, ¼ lb. of moist sugar, 4 eggs.

Mode.—Put the milk into a saucepan with the sugar and lemon rind, and let this infuse for about half an hour, or until the milk is well flavoured; whisk the eggs, yolks and whites; pour the milk to them, stirring all the while; then have ready a pie-dish, lined at the edge with paste ready baked; strain the custard into the dish, grate a little nutmeg over the top and bake in a *very slow* oven for about half an hour, or rather longer. The flavour of this pudding may be varied by substituting bitter almonds for the lemon-rind; and it may be very much enriched by using half cream and half milk, and doubling the quantity of eggs.

Time.—½ to ¾ hour. **Average Cost,** 9*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—This pudding is usually served cold with fruit tarts.

1761.—BOILED CUSTARD PUDDING.

Ingredients.—1 pint of milk, 1 tablespoonful of flour, 4 eggs, flavouring to taste.

Mode.—Flavour the milk by infusing in it a little lemon-rind or cinnamon; whisk the eggs, stir the flour gradually to these, and pour over them the milk, and stir the mixture well. Butter a basin that will exactly hold it; put in the custard, and tie a floured cloth over; plunge it into boiling water, and turn it about for a few minutes, to prevent the flour from settling in one part. Boil it slowly for half an hour; turn it out of the

basin and serve. The pudding may be garnished with red-currant jelly, and sweet sauce may be sent to table with it.

Time.—½ hour. **Average Cost,** 7*d.*
Sufficient for 5 or 6 persons.
Seasonable at any time.

1762.—CUSTARD PUDDING.

Ingredients.—3 tablespoonfuls of maizena, 1 quart of milk, 1 cupful of sugar, 3 eggs, sherry, jam.

Mode.—Heat the milk to near boiling, add the maizena, previously dissolved in a part of the milk, then add the eggs, well beaten, with the sugar; let it boil for 5 minutes, stirring briskly; flavour according to taste. Put a layer of cake, soaked in sherry, at the bottom of a pie-dish, or deep glass dish, then a layer of strawberry jam, then pour the custard over, and set it by to cool. It makes a delicious dish.

Time.—¼ hour. **Average Cost,** 1*s.*
Sufficient for 4 or 5 persons.
Seasonable at any time.

1763.—DAMSON TART.

Ingredients.—1½ pint of damsons, ½ lb. of moist sugar, ½ lb. of short or puff-crust, No. 1680, 1675.

Mode.—Put the damsons, with the sugar between them, into a deep pie-dish, in the midst of which place a small cup or jar turned upside down; pile the fruit high in the middle, line the edges of the dish with short or puff-crust, whichever may be preferred; put on the cover, ornament the edges, and bake from half to three-quarters of an hour in a good oven. If puff-crust is used, about 10 minutes before the pie is done, take it out of the oven, brush it over with the white of an egg beaten to a froth with the blade of a knife; strew some sifted sugar over, and a few drops of water, and put the tart back to finish baking; with short crust, a little plain sifted sugar sprinkled over, is all that will be required.

DAMSONS.

Time.—½ to ¾ hour. **Average Cost,** 10*d.*
Sufficient for 5 or 6 persons.
Seasonable in September and October.

Damsons.—Whether for jam, jelly, pie, pudding, water, ice, wine, dried fruit or preserved, the damson, or *Damascene* (for it was originally brought from Damascus, whence its name), is invaluable. It combines sugary and acid qualities in happy proportions, when full ripe. It is a fruit easily cultivated; and, if budded nine inches from the ground to vigorous stocks, will grow several feet high in the first year, and make fine standards in the year following. Amongst the list of the best sorts of baking plums, the damson stands first, not only on account of the abundance of its juice, but also on account of its soon ripening. Because of the roughness of its flavour, it requires a large quantity of sugar.

1764.—DAMSON PUDDING.

Ingredients.—1½ pint of damsons, ¼ lb. of moist sugar, ¾ lb. of suet or butter crust.

Mode.—Make a suet crust with three-quarters of a pound of flour by recipe No. 1684, line a buttered pudding-basin with a portion of it; fill the basin with the damsons, sweeten them, and put on the lid; pinch the edges of the crust together, that the juice does not escape; tie over a floured cloth, put the pudding into boiling water, and boil from 2½ to 3 hours.

Time.—2½ to 3 hours. **Average Cost,** 8*d.*

Sufficient for 6 or 7 persons.

Seasonable in September and October.

1765.—DELHI PUDDING.

Ingredients.—4 large apples, a little grated nutmeg, 1 teaspoonful of minced lemon-peel, 2 large tablespoonfuls of sugar, 6 oz. of currants, ¾ lb. of suet-crust, No. 1684.

Mode.—Pare, core and cut the apples into slices; put them into a saucepan, with the nutmeg, lemon-peel and sugar; stir them over the fire until soft; then have ready the above proportion of crust, roll it out thin, spread the apples over the paste, sprinkle over the currants, roll the pudding up, closing the ends properly, tie it in a floured cloth, and boil for 2 hours.

Time.—2 hours. **Average Cost,** 10*d.*

Sufficient for 5 or 6 persons.

Seasonable from August to March.

1766.—EMPRESS PUDDING.

Ingredients.—½ lb. of rice, 2 oz. of butter, 3 eggs, jam, sufficient milk to soften the rice.

Mode.—Boil the rice in the milk until very soft; then add the butter, boil it for a few minutes after the latter ingredient is put in, and set it by to cool. Well beat the eggs, stir these in, and line a dish with puff-paste; put over this a layer of rice, then a thin layer of any kind of jam, then another layer of rice, and proceed in this manner until the dish is full, and bake in a moderate oven for three-quarters of an hour. This pudding may be eaten hot or cold: if the latter, it will be much improved by having a boiled custard poured over it.

Time.—¾ hour. **Average Cost,** 1*s.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

1767.—EXETER PUDDING.

(*Very Rich.*)

Ingredients.—10 oz. of bread-crumbs, 4 oz. of sago, 7 oz. of finely-chopped suet, 6 oz. of moist sugar, the rind of ½ a lemon, ¼ pint of rum, 7 eggs, 4 tablespoonfuls of cream, 4 small sponge-cakes, 2 oz. of ratafias, ½ lb. of jam.

Mode.—Put the bread-crumbs into a basin with the sago, suet, sugar, minced lemon-peel, rum and 4 eggs; stir these ingredients well together, then add three more eggs and the cream, and let the mixture be well beaten. Then butter a mould, strew in a few bread-crumbs, and cover the bottom with a layer of ratafias; then put in a layer of the mixture, then a layer of sliced sponge-cake spread thickly with any kind of jam; then add some ratafias, then some of the mixture and sponge-cake, and so on until the mould is full, taking care that a layer of the mixture is on the top of the pudding. Bake in a good oven from three-quarters to one hour, and serve with the following sauce:—Put 3 tablespoonfuls of black-currant jelly into a stewpan, add 2 glasses of sherry, and, when warm, turn the pudding out of the mould, pour the sauce over it, and serve hot.

Time.—From 1 to 1¼ hour. **Average Cost,** 2*s.* 6*d.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

1768.—FIG PUDDING.

Ingredients.—2 lbs. of figs, 1 lb. of suet, ½ lb. of flour, ½ lb. of bread-crumbs, 2 eggs, milk.

Mode.—Cut the figs into small pieces, grate the bread finely, and chop the suet very small; mix these well together, add the flour, the eggs, which should be well beaten, and sufficient milk to form the whole into a stiff paste; butter a mould or basin, press the pudding into it very closely, tie it down with a cloth, and boil for three hours, or rather longer, turn it out of the mould, and serve with melted butter, wine-sauce, or cream.

Time.—3 hours, or longer. **Average Cost,** 2*s.*

Sufficient for 7 or 8 persons.

Seasonable.—Suitable for a winter pudding.

1769.—FIG PUDDING.

(*Staffordshire Recipe.*)

Ingredients.—1 lb. of figs, 6 oz. of suet, ¾ lb. of flour, milk.

Mode.—Chop the suet finely, mix with it the flour, and make these into a smooth paste with milk; roll it out to the thickness of about half an inch, cut the figs in small pieces, and strew them over the paste; roll it up,

make the ends secure, tie the pudding in a cloth, and boil it from 1½ to 2 hours.

Time.—1½ to 2 hours. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1770.—FIG PUDDING.

(*Another Mode.*)

Ingredients.—½ lb. of figs, ½ lb. of suet, ½ lb. of bread-crumbs, treacle, sugar.

Mode.—Chop the suet and figs finely, then mix with the bread-crumbs, add a little sugar and enough treacle to make a paste. Butter a mould, pour in the mixture, and boil it an hour and a half.

Time.—1½ hour. **Average Cost,** 10*d.*

Sufficient for 3 or 4 persons.

Seasonable in winter.

1771.—FLOATING PUDDING.

Ingredients.—1 quart of milk, 5 tablespoonfuls of corn-flour, 3 eggs, ¼ lb. of sugar, 1 teaspoonful of vanilla flavouring.

Mode.—Nearly boil the milk, and meantime make a smooth batter of the corn-flour, well-whisked eggs, and a pinch of salt, adding the flavouring, and stir into the milk until it thickens. Have a dish ready with half the sugar strewed over the bottom, pour in the hot pudding, strew the remainder of the sugar over it, cover close, and set in a cool place. When cold, the pudding will be found floating in a sweet syrup.

Time.—10 to 15 minutes. **Average Cost,** 9*d.*

Sufficient for 3 or 4 persons.

Seasonable in summer.

1772.—FOLKESTONE PUDDING-PIES.

Ingredients.—1 pint of milk, 3 oz. of ground rice, 3 oz. of butter, ¼ lb. of sugar, flavouring of lemon-peel or bay-leaf, 6 eggs, puff-paste, currants.

Mode.—Infuse 2 laurel or bay leaves, or the rind of half a lemon, in the milk, and when it is well flavoured, strain it, and add the rice; boil these for a quarter of an hour, stirring all the time; then take them off the fire, stir in the butter, sugar and eggs, and let these latter be well beaten before they are added to the other ingredients; when nearly cold, line some patty-pans with puff-paste, fill with the custard, strew over each a few currants, and bake from 20 to 25 minutes in a moderate oven.

Time.—20 to 25 minutes. **Average Cost,** 1*s.* 6*d.*

Sufficient to fill a dozen patty-pans.

Seasonable at any time.

1773.—DUCHESSE CAKE. (*Fr.*—Gateau â la Duchesse.)

Mode.—Take any good sponge or Madeira cake, and cut it into rounds or ovals of the size required, and about ¾ inch thick. If the cake has been baked on purpose for gateaux, it will already be of the required thickness, but any cake can be split and used. Spread each piece with apricot jam, and lay them one over the other, carefully trimming the edges with a sharp knife. Mix together over a slow fire, 1 glass of Maraschino or other liqueur, and 6 oz. of finely-sifted sugar with cochineal to colour, and spread this over the gateau. Ornament it with pipings of sugar icing or with dried fruits, chopped pistachio nuts, tiny lumps of sugar-coloured or white, or cut out of the trimmings small oblong, oval, finger, or crescent-shaped cakes, ice them with different icing, and stick them round the larger gateau. This is but one mode of making a sweet that has endless variations. For instance, chocolate icing or plain sugar icing may be used, or the cake may be spread thinly with apricot jam or marmalade over top and sides, and sprinkled with chopped almonds or pistachios; or of all except the bottom two rounds of cake the centre can be stamped with a cutter, and the hole thus left can be filled with whipped cream.

1774.—CHOCOLATE ICING.

Ingredients.—½ lb. of sugar, 3 oz. of chocolate, grated or in powder, vanilla flavouring if there is already none in the chocolate, a small teacupful of water.

Mode.—Melt it over a slow fire, spread the cake or cakes, and dry them in the oven.

1775.—FRUIT TURNOVERS.

(*Suitable for Picnics.*)

Ingredients.—Puff-paste, No. 1675, any kind of fruit, sugar to taste.

Mode.—Make some puff-paste by recipe No. 1675; roll it out to the thickness of about a quarter of an inch, and cut it out in pieces of a circular form; pile the fruit on half of the paste, sprinkle over some sugar, wet the edges and turn the paste over. Press the edges together, ornament them, and brush the turnovers over with the white of an egg; sprinkle over sifted sugar, and bake on tins, in a brisk oven, for about 20 minutes. Instead of putting the fruit in raw, it may be boiled down with a little sugar first, and then enclosed in the crust; or jam of any kind may be substituted for fresh fruit.

Time.—20 minutes.

Sufficient.—½ lb. of puff-paste will make a dozen turnovers.

Seasonable at any time.

1776.—GERMAN PUDDING.

(*Fr.*—Crême au Caramel.)

Ingredients.—2 teaspoonfuls of flour 1 teaspoonful of arrowroot, 1 pint of milk, 2 oz. of butter, sugar to taste, the rind of half a lemon, 4 eggs, 3 tablespoonfuls of brandy.

Mode.—Boil the milk with the lemon-rind until well-flavoured; then strain it, and mix it with the flour, arrowroot, butter, and sugar. Boil these ingredients for a few minutes, keeping them well stirred; then take them off the fire and mix with them the eggs, yolks and whites beaten separately, and added separately. Boil some sugar to candy; line a mould with this, put in the brandy, then the mixture; tie down with a cloth, and boil for rather more than 1 hour. When turned out, the brandy and sugar make a nice sauce.

Time.—Rather more than 1 hour. **Average Cost,** 1*s.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1777.—DAMPFNUDELN, OR GERMAN PUDDINGS.

Ingredients.—1 lb. of flour, ¼ lb. of butter, 5 eggs, 2 small tablespoonfuls of yeast, 2 tablespoonfuls of finely-pounded sugar, milk, a very little salt.

Mode.—Put the flour into a basin, make a hole in the centre, into which put the yeast, and rather more than a quarter of a pint of warm milk; make this into a batter with the middle of the flour, and let the sponge rise in a warm temperature. When sufficiently risen, mix the eggs, butter, sugar, and salt with a little more warm milk, and knead the whole well together with the hands, beating the dough until it is perfectly smooth, and it drops from the fingers. Then cover the basin with a cloth, put it in a warm place, and when the dough has nicely risen, knead it into small balls; butter the bottom of a deep sauté-pan, strew over some pounded sugar, and let the dampfnudeln be laid in, but do not let them touch one another; then pour over sufficient milk to cover them, put on the lid, and let them rise to twice their original size by the side of the fire. Now place them in the oven for a few minutes, to acquire a nice brown colour, and serve them on a napkin, with custard sauce, flavoured with vanilla or a *compôte* of any fruit that may be preferred.

Time.—½ to ¾ hour for the sponge to rise; 10 to 15 minutes for the puddings to rise; 10 minutes to bake them in a brisk oven. **Average Cost,** 1*s.*

Sufficient for 10 or 12 puddings.

Seasonable at any time.

1778.—GINGER PUDDING.

Ingredients.—½ lb. of flour, ¼ lb. of suet, ¼ lb. of moist sugar, 2 large teaspoonfuls of grated ginger.

Mode.—Shred the suet very fine, mix it with the flour, sugar, and ginger; stir all well together; butter a basin, and put the mixture in *dry*; tie a cloth over, and boil for 3 hours.

Time.—3 hours. **Average Cost,** 5*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1779.—GINGERBREAD PUDDING.

Ingredients.—½ lb. of gingerbread, ½ lb. of flour, 1 oz. of treacle, 1 oz. of sugar, 2 oz. of almonds, blanched and pounded, one egg, ½ pint of milk.

Mode.—Crumble the gingerbread, which is best stale, into a basin, and mix with the flour, stir in the treacle, sugar, and almonds, beat the egg and milk together for five minutes, add and mix thoroughly, and boil 2½ hours.

Time.—2½ hours to boil. **Average Cost,** 7*d.*

Sufficient for 4 persons.

Seasonable in winter.

1780.—GOLDEN PUDDING.

Ingredients.—¼ lb. of bread-crumbs, ¼ lb. of suet, ¼ lb. of marmalade, ¼ lb. of sugar, 4 eggs.

Mode.—Put the bread crumbs into a basin; mix them with the suet, which should be finely minced, the marmalade, and the sugar; stir all these ingredients well together, beat the eggs to a froth, moisten the pudding with these, and when well mixed, put it into a mould or buttered basin; tie down with a floured cloth, and boil for two hours. When turned out, strew a little fine-sifted sugar over the top, and serve.

Time.—2 hours. **Average Cost,** 9*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—The mould may be ornamented with stoned raisins, arranged in any fanciful pattern, before the mixture is poured in, which would add very much to the appearance of the pudding. For a plainer pudding, double the quantity of the bread-crumbs, and if the eggs do not moisten it sufficiently, use a little milk.

1781.—BAKED GOOSEBERRY PUDDING.

Ingredients.—1½ pint of gooseberries, 3 eggs, 1½ oz. of butter, ½ pint of bread-crumbs, sugar to taste.

Mode.—Put the gooseberries into a jar, previously cutting off the tops and tails; place this jar in boiling water, and let it boil until the goose-

berries are soft enough to pulp; then beat them through a coarse sieve, and to every pint of pulp add 3 well-whisked eggs, 1½ oz. butter, half a pint of bread-crumbs, and sugar to taste; beat the mixture well, put a border of puff-paste round the edge of a pie-dish, put in the pudding, bake for about 40 minutes, strew sifted sugar over, and serve.

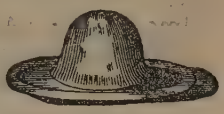
Time.—About 40 minutes. **Average Cost,** 10*d.*

Sufficient for 4 or 5 persons.

Seasonable from May to July.

1782.—BOILED GOOSEBERRY PUDDING.

Ingredients.—¾ lb. of suet crust, No. 1684, 1½ pint of green gooseberries, ½ lb. of moist sugar.



BOILED FRUIT PUDDING.

Mode.—Line a pudding-basin with suet crust, No. 1684, roll out to about half an inch in thickness, and, with a pair of scissors, cut off the tops and tails of the gooseberries; fill the basin with the fruit, put in the sugar, and cover with crust. Pinch the edges of the pudding together, tie over it a floured cloth, put it into boiling water, and boil from 2½ to 3 hours; turn it out of the basin, and serve with a jug of cream.

Time.—2½ to 3 hours. **Average Cost,** 8*d.*

Sufficient for 6 or 7 persons.

Seasonable from May to July.

1783.—GOOSEBERRY TART.

Ingredients.—1½ pint of gooseberries, ½ lb. short-crust, No. 1680, ¼ lb. of moist sugar.

Mode.—With a pair of scissors cut off the tops and tails of the gooseberries; put them into a deep pie-dish, pile the fruit high in the centre, and put in the sugar; line the edge of the dish with short-crust, put on the cover, and ornament the edges of the tart; bake in a good oven for about three-quarters of an hour, and before being sent to table, strew over it some fine-sifted sugar. A jug of cream, or a dish of boiled or baked custards, should always accompany this dish.

GOOSEBERRY.

Time.—¾ hour. **Average Cost,** 10*d.*

Sufficient for 5 or 6 persons.

Seasonable from May to July.

Gooseberries.—The red and the white are the two principal varieties of gooseberries. The red are rather the more acid; but, when covered with white sugar, are most wholesome, because the sugar neutralizes their acidity. Red gooseberries make an excellent jelly, which is light and refreshing, but not very nourishing. It is good for bilious and plethoric persons, and to invalids generally who need light and digestible food. It is a fruit from which many dishes might be made. All sorts of gooseberries are agreeable when stewed, and, in this country especially, there is no fruit so universally in favour. In Scotland there is scarcely a cottage-garden without its gooseberry bushes. Several of the species are cultivated with the nicest care.

1784.—RED GROATS PUDDING.

(A Favourite German Dish.)

Ingredients.—Ripe currants or raspberries, 1 pint of red wine, ¼ lb. of groats, sugar to taste.

Mode.—Press the fruit in a sieve, then strain the juice, and add to each pint the same quantity of red wine. Sweeten the mixture well, then put it to boil in a clean saucepan. As soon as it boils, dredge or sprinkle in the groats (crushed wheat or barley will do equally well); stir well till the mixture thickens, then pour it into a wet mould; let it remain till perfectly cold, then turn on to a glass dish, and serve either with or without fruit sauce.

Time.—¾ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable in June, July and August.

1785.—HALF-PAY PUDDING.

Ingredients.—¼ lb. of suet, ¼ lb. of currants, ¼ lb. of raisins, ¼ lb. of flour, ¼ lb. of bread-crumbs, 2 tablespoonfuls of treacle, ½ pint of milk.

Mode.—Chop the suet finely; mix it with the currants, which should be nicely washed and dried, the raisins, which should be stoned, the flour, bread-crumbs and treacle; moisten with the milk, beat up the ingredients until all are thoroughly mixed, put them into a buttered basin, and boil the pudding for 3½ hours.

Time.—3½ hours. **Average Cost,** 8*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1786.—HERODOTUS PUDDING.

Ingredients.—½ lb. of bread-crumbs, ½ lb. of good figs, 6 oz. of suet, 6 oz. of moist sugar, ½ saltspoonful of salt, 3 eggs, nutmeg to taste.

Mode.—Mince the suet and figs very finely; add the remaining ingredients, taking care that the eggs are well whisked; beat the mixture for a few minutes, put it into a buttered mould, tie it down with a floured cloth, and boil the pudding for 5 hours. Serve with wine sauce.

Time.—5 hours. **Average Cost,** 11*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1787.—HUNTER'S PUDDING.

Ingredients.—1 lb. of raisins, 1 lb. of currants, 1 lb. of suet, 1 lb. of bread-crumbs, ½ lb. of moist sugar, 8 eggs, 1 tablespoonful of flour, ¼ lb. of mixed candied peel, 1 glass of brandy, 10 drops of essence of lemon, 10 drops of essence of almonds, ½ nutmeg, 2 blades of mace, 6 cloves.

Mode.—Stone and shred the raisins rather small, chop the suet finely, and rub the bread until all lumps are well broken; pound the spice to powder, cut the candied peel into thin shreds, and mix all these ingredients well together, adding the sugar. Beat the eggs to a strong froth, and as they are beaten, drop into them the essence of lemon and essence of almonds; stir these to the dry ingredients, mix well, and add the brandy. Tie the pudding firmly in a cloth, and boil it for 6 hours at the least: 7 or 8 hours would be still better for it. Serve with boiled custard, or red-currant jelly, or brandy sauce.

Time.—6 to 8 hours. **Average Cost,** 3*s.*

Sufficient for 9 or 10 persons.

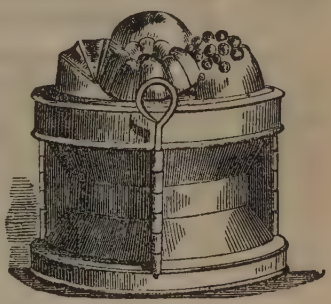
Seasonable in winter.

1788.—ICED PUDDING. (*Fr.*—Pouding glacé, *dit* Nesselrode.)

(*Parisian Recipe.*)

Ingredients.—½ lb. of sweet almonds, 2 oz. of bitter ones, ¾ lb. of sugar, 8 eggs, 1½ pint of milk.

Mode.—Blanch and dry the almonds thoroughly in a cloth, then pound them in a mortar until reduced to a smooth paste; add to these the well-beaten eggs, the sugar and milk; stir these ingredients over the fire until they thicken, but do not allow them to boil; then strain and put the mixture into the freezing-pot; surround it with ice, and freeze it as directed in recipe No. 1789. When quite frozen, fill an iced-pudding mould, put on the lid, and keep the pudding in ice until required for table; then turn it out on the dish, and garnish it with a *compôte* of any fruit that may be preferred, pouring a little over the top of the pudding. This pudding may be flavoured with vanilla, Curaçoa or Maraschino.



ICED-PUDDING MOULD.

Time.—½ hour to freeze the mixture.

Seasonable.—Served all the year round.

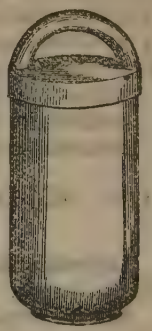
1789.—ICED APPLE PUDDING.

(*French Recipe, after Careme.*)

Ingredients.—2 dozen apples, a small pot of apricot jam, ½ lb. of sugar, 1 Seville orange, ¼ pint of preserved cherries, ¼ lb. of raisins, 1 oz. of citron, 2 oz. of almonds, 1 gill of Curaçoa, 1 gill of Maraschino, 1 pint of cream.

Mode.—Peel, core and cut the apples into quarters, and simmer them over the fire until soft; then mix with them the apricot-jam and the sugar, on which the rind of the orange should be previously rubbed; work all these ingredients through a sieve, and put them into the freezing-pot. Stone the raisins, and simmer them in a little syrup for a few minutes; add these, with the sliced citron, the almonds cut in dice, and the cherries drained from their syrup, to the ingredients in the freezing-pot; put in the Curaçoa and Maraschino, and freeze again; add as much whipped cream as will be required, freeze again, and fill the mould. Put the lid on, and plunge the mould into the ice-pot; cover it with a wet cloth and pounded ice and saltpetre, where it should remain until wanted for table. Turn the pudding out of the mould on to a clean and neatly folded napkin, and serve as sauce a little iced whipped cream, in a sauce-tureen or glass dish.

ICE-PESTLE.



FREEZING-PAIL.

Time.—½ hour to freeze the mixture.

Seasonable from August to March.

Method of Working the Freezing Apparatus.—Put into the outer pail some pounded ice, upon which strew some saltpetre; then fix the pewter freezing-pot upon this, and surround it entirely with ice and saltpetre. Wipe the cover and edges of the pot, pour in the preparation, and close the lid; a quarter of an hour after, begin turning the freezing-pan from right to left, and when the mixture begins to be firm round the sides of the pot, stir it about with the slice or spattle, that the preparation may be equally congealed. Close the lid again, keep working from right to left, and, from time to time, remove the mixture from the sides, that it may be smooth; and when perfectly frozen, it is ready to put in the mould; the mould should then be placed in the ice again, where it should remain until wanted for table.

1790.—ROLY-POLY JAM PUDDING.

Ingredients.—¾ lb. of suet-crust, No. 1684, ¾ lb. of any kind of jam.

Mode.—Make a nice light suet-crust by recipe No. 1684, and roll it out to the thickness of about half an inch. Spread the jam equally over it, leaving a small margin of paste without any, where the pudding joins. Roll it up, fasten the ends securely, and tie it in a floured cloth; put the pudding into boiling water, and boil for two hours. Mincemeat or marmalade may be substituted for the jam, and makes excellent puddings.

Time.—2 hours. **Average Cost,** 9*d.*

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for winter puddings, when fresh fruit is not obtainable.

1791.—LEMON CHEESE-CAKE THAT WILL KEEP.

Ingredients.—6 lemons, 6 eggs, 1 lb. of lump sugar, 6 oz. of butter.

Mode.—Grate 4 lemons, add the juice of 6, the yolks of 6 eggs and whites of 2; mix thoroughly, and put all in a jug; place the jug in a saucepan of boiling water; stir one way, until the mixture is a nice thick paste. When quite cold, cover closely; it will keep good for a fortnight.

Time.—20 minutes. **Average Cost,** 1*s.* 9*d.*

Sufficient for 24 cheese-cakes.

Seasonable at any time.

1792.—FRENCH HONEY.

Ingredients.—Take 1 pound of loaf sugar, the yolks of 6 eggs, and the whites of 4, the juice of 4 lemons, the grated rind of 2 lemons, and 3 oz. of butter.

Mode.—Stir this mixture over a slow fire till it becomes thick like honey. It will keep good a year in a cool place, and is very nice for tarts.

Time.—½ hour. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

1793.—KAISER PUDDING.

Ingredients.—¼ lb. of almonds, 1 orange, 6 eggs, 1 pint of cream, grated lemon peel, sliced candied peel, sugar to taste.

Mode.—Pound the almonds in a mortar, squeezing the orange-juice on them during the process. Beat the egg yolks, and stir in gently the lemon rind and the cream; last add the well-whisked whites of eggs. Butter or oil a mould, stick thin slices of candied peel and blanched almonds over it, pour in the above mixture, and steam it for 1½ hour.

Time.—1½ hour. **Average Cost,** 2*s.*6*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1794.—LEMON TARTLETS.

Ingredients.—¼ lb. of butter, ¼ lb. of powdered loaf-sugar, the yolks of 3 eggs, well beaten, 1 lemon.

Mode.—Squeeze the juice of a lemon and grate the rind. First mix the sugar with the butter, then the yolks of the eggs, then the lemon rind and juice; mix it well together. Let it stand for a day or two; it is then ready for use. Line some patty-tins with pastry, and put a little in each, bake in a quick oven; keep turning them, as they so soon burn.

Time.—2 days. **Average Cost,** 8*d.*

Sufficient for 12 tarts.

Seasonable at any time.

1795.—LEMON CHEESE-CAKES.

Ingredients.—¼ lb. of butter, 1 lb. of loaf sugar, 6 eggs, the rind of 2 lemons and the juice of 3.

Mode.—Put all the ingredients into a stewpan, carefully grating the lemon-rind and straining the juice. Keep stirring the mixture over the fire until the sugar is dissolved, and it begins to thicken: when of the consistency of honey, it is done; then put it into small jars, and keep in a dry place. This mixture will remain good 3 or 4 months. When made into cheese-cakes, add a few pounded almonds, or candied peel, or grated sweet biscuit; line some patty-tins with good puff-paste, rather more than half fill them with the mixture, and bake for about a quarter of an hour in a good brisk oven.

Time.—¼ hour. **Average Cost,** 1*s.* 4*d.*

Sufficient for 24 cheese-cakes.

Seasonable at any time.

1796.—LEMON MINCEMEAT.

Ingredients.—2 large lemons, 6 large apples, ½ lb. of suet, 1 lb. of currants, ½ lb. of sugar, 2 oz. of candied lemon-peel, 1 oz. of citron, mixed spice to taste.

Mode.—Pare the lemons, squeeze them, and boil the peel until tender enough to mash. Add to the mashed lemon-peel the apples, which should be pared, cored and minced; the chopped suet, currants, sugar, sliced peel and spice. Strain the lemon-juice to these ingredients, stir the mixture well, and put it in a jar with a closely-fitting lid. Stir occasionally, and in a week or 10 days the mincemeat will be ready for use.

Average Cost, 1*s.* 7*d.*

Sufficient for 18 large or 24 small pies.

Seasonable.—Make this about the beginning of December.

1797.—LEMON DUMPLINGS.

Ingredients.—½ lb. of grated bread, ¼ lb. of chopped suet, ¼ lb. of moist sugar, 2 eggs, 1 large lemon.

LEMON DUMPLINGS.

Mode.—Mix the bread, suet and moist sugar well together, adding the lemon-peel, which should be very finely minced. Moisten with the eggs and strained lemon-juice; stir well, and put the mixture into small buttered cups. Tie them down and boil for three-quarters of an hour. Turn them out on a dish, strew sifted sugar over them, and serve with wine sauce.

Time.—¾ hour. **Average Cost,** 7*d.*

Sufficient for 6 dumplings.

Seasonable at any time.

1798.—LEMON PIE.

Ingredients.—The juice and grated rind of 1 lemon, 1 cup of sugar, yolks of 2 eggs, 2 tablespoonfuls of flour, milk to fill pie-plate. If milk is not handy, water with a small lump of butter in it is a good substitute.

Mode.—Line a medium-sized plate or dish with nice pastry, pour in the custard, bake until done. Beat the whites of the two eggs to a stiff froth, sweeten with four tablespoonfuls of powdered sugar, spread smoothly over the pie when baked, and brown lightly in the oven.

Time.—¼ hour. **Average Cost,** 5*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1799.—BAKED LEMON PUDDING.

Ingredients.—The yolks of 4 eggs, 4 oz. of pounded sugar, 1 lemon, ¼ lb. of butter, puff-crust.

Mode.—Beat the eggs to a froth; mix with them the sugar and warmed butter; stir these ingredients well together, putting in the grated rind and strained juice of the lemon-peel. Line a shallow dish with puff-paste; put in the mixture, and bake in a moderate oven for 40 minutes; turn the pudding out of the dish, strew over it sifted sugar, and serve.

Time.—40 minutes. **Average Cost,** 10*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1800.—LEMON PUDDING.

(*Another Mode.*)

Ingredients.—10 oz. of bread-crumbs, 2 pints of milk, 2 oz. of butter, 1 lemon, ¼ lb. of pounded sugar, 4 eggs, 1 tablespoonful of brandy.

Mode.—Bring the milk to the boiling point, stir in the butter and pour these hot over the bread-crumbs; add the sugar and very finely minced lemon-peel; beat the eggs, and stir these in with the brandy to the other ingredients; put a paste round the dish, and bake for three-quarters of an hour.

Time.—¾ hour. **Average Cost,** 1*s.* 2*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

LEMON.

Lemon.—The lemon is a variety of the citron. The juice of this fruit makes one of our most popular and refreshing beverages—lemonade, which is gently stimulating and cooling, and soon quenches the thirst. It may be freely partaken by bilious and sanguine temperaments; but persons with irritable stomachs should avoid it, on account of its acid qualities. The fresh rind of the lemon is a gentle tonic, and when dried and grated, is used in flavouring a variety of culinary preparations. Lemons appear in company with the orange in most orange-growing countries. They were only known to the Romans at a very late period, and at first were used only to keep the moths from their garments: their acidity was unpleasant to them. In the time of Pliny, the lemon was hardly known otherwise than as an excellent counter-poison.

1801.—LEMON PUDDING.

(Another Mode. Very Rich.)

Ingredients.—The rind and juice of 2 large lemons, ½ lb. of loaf sugar, ¼ pint of cream, the yolks of 8 eggs 2 oz. of almonds, ½ lb. of butter, melted.

Mode.—Mix the pounded sugar with the cream, and add the yolks of eggs and the butter, which should be previously warmed. Blanch and pound the almonds, and put these, with the grated rind and strained juice of the lemons, to the other ingredients. Stir all well together; line a dish with puff-paste, put in the mixture, and bake for 1 hour.

Time.—1 hour. **Average Cost,** 2*s.* 2*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

1802.—BOILED LEMON PUDDING.

Ingredients.—½ lb. of chopped suet, ¾ lb. of bread-crumbs, 2 small lemons, 6 oz. of moist sugar, ¼ lb. of flour, 2 eggs, milk.

Mode.—Mix the suet, bread-crumbs, sugar and flour well together, adding the lemon-peel, which should be very finely minced, and the juice, which should be strained. When these ingredients are well mixed, moisten with the eggs and sufficient milk to make the pudding of the consistency of thick batter; put it into a well-buttered mould, and boil for 3½ hours; turn it out, strew sifted sugar over, and serve with wine sauce, or not, at pleasure.

Time.—3½ hours. **Average Cost,** 1*s.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

Note.—This pudding may also be baked, and will be found very good; it will take about 2 hours.

1803.—PLAIN LEMON PUDDING.

Ingredients.—¾ lb. of flour, 6 oz. of lard or dripping, the juice of a large lemon, one teaspoonful of flour, sugar.

Mode.—Make the above proportions of flour and lard into a smooth paste, and roll it out to the thickness of about half an inch. Squeeze the lemon-juice, strain it into a cup, stir the flour into it, and as much sugar; spread it over the paste, roll it up, secure the ends, and tie the pudding in a floured cloth. Boil for 2 hours.

Time.—2 hours. **Average Cost,** 7*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1804.—LENT POTATOES.

Ingredients.—3 oz. of sweet, 3 bitter almonds, both blanched and pounded, 8 oz. of butter, a little orange-flower water, 4 eggs, well-beaten; ½ glass of raisin wine, sugar to taste, 3 Savoy biscuits, grated.

Mode.—Mix all the above ingredients together and beat them till quite smooth. Make balls the size of a chestnut, using a little flour, and fry them in a pan full of lard or oil. Serve with sweet sauce.

Average Cost, 1*s.* 8*d.*

Sufficient for 6 persons.

Seasonable at any time.

1805.—LENTIL PUDDING.

Ingredients.—3 oz. of lentil flour, 1 oz. of cornflour, a pint of milk, 3 eggs, a pinch of salt.

Mode.—Pour the milk, boiling, gradually on to the flour, stirring it; when cool add the eggs, well beaten; mix well, boil an hour in a buttered plain mould. Serve with sweet sauce.

Time.—1 hour. **Average Cost,** 6*d.*

Sufficient for 2 or 3 persons.

Seasonable at any time.

1806.—MAIZENA PUDDING.

Ingredients.—2 tablespoonfuls of Maizena, 1 tablespoonful of moist sugar, 1 egg, 1½ pint of milk.

Mode.—Mix the Maizena into a smooth paste with a little cold milk, place the rest of the milk in a clean saucepan, and let it boil, then pour it boiling on the paste, stir in the sugar and egg, pour in a deep dish, and bake for 15 or 20 minutes.

Time.—25 minutes. **Average Cost,** 4½*d.*

Sufficient for 3 persons.

Seasonable at any time.

1807.—MANCHESTER PUDDING.

(To Eat Cold.)

Ingredients.—3 oz. of grated bread, ½ pint of milk, a strip of lemon-peel, 4 eggs, 2 oz. of butter, sugar to taste, puff-paste, jam, 3 tablespoonfuls of brandy.

Mode.—Flavour the milk with lemon-peel, by infusing it in the milk for half an hour; then strain it on the bread-crumbs, and boil it for 2 or 3 minutes; add the eggs, leaving out the whites of 2, the butter, sugar, and brandy; stir all these ingredients well together; cover a pie-dish with puff-

paste, and at the bottom put a thick layer of any kind of jam; pour the above mixture, cold, on the jam, and bake the pudding for an hour. Serve cold, with a little sifted sugar sprinkled over.

Time.—1 hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1808.—SWEET MACARONI PUDDING.

Ingredients.—2½ oz. of macaroni, 2 pints of milk, the rind of ½ a lemon, 3 eggs, sugar and grated nutmeg to taste, 2 tablespoonfuls of brandy.

Mode.—Put the macaroni, with a pint of the milk, into a saucepan with the lemon-peel, and let it simmer gently until the macaroni is tender; then put it into a pie-dish without the peel; mix the other pint of milk with the eggs; stir these well together, adding the sugar and brandy, and pour the mixture over the macaroni. Grate a little nutmeg over the top, and bake in a moderate oven for half an hour. To make this pudding look nice, a paste should be laid round the edge of the dish, and, for variety, a layer of preserve or marmalade may be placed on the macaroni; in this case omit the brandy.

MACARONI.

Time.—¾ hour to simmer the macaroni, ½ hour to bake the pudding. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Macaroni is composed of wheaten flour, worked up with water into a paste, to which, by a peculiar process, a tubular or pipe form is given, in order that it may cook more readily in hot water. That of smaller diameter than macaroni (which is about the thickness of a goose-quill) is called *vermicelli*; and when smaller still, *fidelini*. The finest is made from the flour of the hard-grained Black Sea wheat. Macaroni is the principal article of food in many parts of Italy, particularly Naples, where the best is manufactured, and from whence, also, it is exported in considerable quantities. In this country macaroni and vermicelli are frequently used in soups. Our picture shows what is generally sold as **Genoa** macaroni, the Naples being in long, straight tubes; but there are many different varieties.

1809.—MACARONI PUDDING.

(*An Excellent Way of Making.*)

Ingredients.—¼ lb. of macaroni, 1 pint of sherry, 2 lemons, ½ pint of milk, 6 eggs, ½ lb. of Sultana raisins, ½ lb. of loaf sugar, pounded; ½ oz. of allspice.

Mode.—Boil the macaroni in the wine and lemon-juice with the thin lemon-rind until tender; then add the milk and the eggs, well beaten; pour into a dish, and add the other ingredients, cover with puff-paste, and bake 20 minutes. Apple sauce is the nicest to serve with this dish.

Time.—¾ to 1 hour. **Average Cost,** 2*s.* 6*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1810.—MACARONI PUDDING.

(*Simple Method.*)

Ingredients.—¼ lb. of macaroni, 1½ pint of milk, 3 eggs, 2 tablespoonfuls of brown sugar.

Mode.—Boil the macaroni till tender in a pint of milk; then put it into a buttered pie-dish, put in the sugar, the remainder of the milk and the eggs, beaten very thoroughly; bake for half an hour.

Time.—1 hour. **Average Cost,** 7*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1811.—MANNA KROUP PUDDING.

Ingredients.—3 tablespoonfuls of manna kroup, 12 bitter almonds, 1 pint of milk, sugar to taste, 3 eggs.

Mode.—Blanch and pound the almonds in a mortar; mix them with the manna kroup; pour over these a pint of boiling milk, and let them steep for about a quarter of an hour; when nearly cold, add the sugar and the well-beaten eggs; mix all well together; put the pudding into a buttered dish and bake for half an hour.

Time.—½ hour. **Average Cost,** 9*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1812.—MANSFIELD PUDDING.

Ingredients.—The crumb of 2 rolls, 1 pint of milk, sugar to taste, 4 eggs, 2 tablespoonfuls of brandy, 6 oz. of chopped suet, flour, currants and nutmeg.

Mode.—Mix these ingredients well together, moisten with the eggs, brandy and cream; beat the mixture for 2 or 3 minutes, put it into a buttered dish or mould, and bake in a moderate oven for 1¼ hour. Turn it out, strew sifted sugar over, and serve.

Time.—1¼ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

1813.—MARLBOROUGH PUDDING.

Ingredients.—¼ lb. of butter, ¼ lb. of powdered lump sugar, 4 eggs, puff-paste, a layer of any kind of jam.

Mode.—Beat the butter to a cream, stir in the powdered sugar, whisk the eggs, and add these to the other ingredients. When these are well

mixed, line a dish with puff-paste, spread over a layer of any kind of jam that may be preferred, pour in the mixture, and bake the pudding for rather more than half an hour.

Time.—Rather more than ½ hour. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1814.—MARMALADE AND VERMICELLI PUDDING.

Ingredients.—1 breakfastcupful of vermicelli, 2 tablespoonfuls of marmalade, ¼ lb. of raisins, sugar to taste, 3 eggs, milk.

Mode.—Pour some boiling milk on the vermicelli, and let it remain covered for 10 minutes; then beat it with the marmalade, stoned raisins, sugar and beaten eggs; stir all well together, put the mixture into a buttered mould, boil for 1½ hour, and serve with custard sauce.

Time.—1½ hour. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1815.—MARROW DUMPLINGS.

(To Serve with Roast Meat, in Soups, with Salad, &c.)
(German Recipe.)

Ingredients.—1 oz. of beef marrow, 1 oz. of butter, 2 eggs, 2 penny rolls, 1 teaspoonful of minced onions, 1 teaspoonful of minced parsley, salt and grated nutmeg to taste.

Mode.—Beat the marrow and butter together to a cream; well whisk the eggs, and add these to the other ingredients. When they are well stirred, put in the rolls, which should previously be well soaked in boiling milk, strained, and beaten up with a fork; add the remaining ingredients, omitting the minced onions where the flavour is disliked, and form the mixture into small round dumplings; drop these into boiling broth, and let them simmer for about 20 minutes or half an hour. They may be served in soup, with roast meat, or with salad, as in Germany, where they are more frequently sent to table than in this country. They are very good.

Time.—20 minutes to ½ hour. **Average Cost,** 6*d.*

Sufficient for 7 or 8 dumplings.

Seasonable at any time.

1816.—BAKED OR BOILED MARROW PUDDING.

Ingredients.—½ pint of bread-crumbs, 1½ pint of milk, 6 oz. of marrow, 4 eggs, ½ lb. of raisins or currants, or 2 oz. of each; sugar and grated nutmeg to taste.

Mode.—Make the milk boiling, pour it hot on to the bread-crumbs, and let these remain covered for about half an hour; shred the marrow, beat up the eggs, and mix these with the bread-crumbs; add the remaining ingredients, beat the mixture well, and either put it into a buttered mould and boil it for 2½ hours, or put it into a pie-dish lined with puff-paste, and bake for rather more than three-quarters of an hour; before sending it to table, sift a little pounded sugar over, after being turned out of the mould or basin.

Time.—2½ hours to boil; ¾ hour to bake. **Average Cost,** 1*s.* 2*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1817.—MILITARY PUDDINGS.

Ingredients.—½ lb. of suet, ½ lb. of bread-crumbs, ½ lb. of moist sugar, the rind and juice of 1 large lemon.

Mode.—Chop the suet finely, mix it with the bread-crumbs and sugar, and mince the lemon-rind and strain the juice; stir these into the other ingredients, mix well, and put the mixture into small buttered cups, and bake for rather more than half an hour; turn them out on the dish, and serve with lemon sauce. The above ingredients may be made into small balls, and boiled for about half an hour; they should then be served with the same sauce as when baked.

Time.—Rather more than ½ hour. **Average Cost,** 9*d.*

Sufficient to fill 6 or 7 moderate-sized cups.

Seasonable at any time.

1818.—MINCEMEAT.

Ingredients.—2 lbs. of raisins, 3 lbs. of currants, 1½ lb. of lean beef, 3 lbs. of beef suet, 2 lbs. of moist sugar, 2 oz. of citron, 2 oz. of candied lemon-peel, 2 oz. of candied orange-peel, 1 small nutmeg, 2 lbs. of apples, the rind of 2 lemons, the juice of 1, ½ pint of brandy.

Mode.—Stone and *cut* the raisins once or twice across, but do not chop them; wash dry and pick the currants free from stalks and grit, and mince the beef and suet, taking care that the latter is chopped very fine; slice the citron and candied peel, grate the nutmeg, and pare, core, and mince the apples; mince the lemon-peel, strain the juice, and when all the ingredients are thus prepared, mix them well together, adding the brandy when the other things are well blended; press the whole into a jar, carefully exclude the air, and the mincemeat will be ready for use in a fortnight.

Average Cost, for this quantity, 8*s.*

Seasonable.—Make this about the beginning of December.

1819.—AMERICAN RECIPE FOR MINCEMEAT.

Ingredients.—2 lbs. of fresh beef tongue (boiled), 1 lb. of beef suet, 1 lb. of candied citron, 2 lbs. each of stoned raisins, sugar and washed and dried currants, 4 lemons (using grated rind only), ½ oz. of ground allspice, 1 oz. of nutmegs, ½ oz. each of ground cinnamon, salt, and ground cloves, 1 tablespoonful of black pepper, 3 pints of brandy, 1 pint of sherry, 3 lbs. of chopped apples, 1 pint of sweet cider.

Mode.—Mix well the tongue, chopped till as fine as powder, suet, raisins, currants and citron. All these must be chopped very fine, separately, and then mixed thoroughly. Add all the other ingredients except the cider and apples. Put up in covered jars for three days before using. Add the apples and cider when making pies.

Average Cost, for this quantity, 13*s.*

Seasonable.—Make it in November.

1820.—EXCELLENT MINCEMEAT.

Ingredients.—3 large lemons, 3 large apples, 1 lb. of stoned raisins, ½ lb. of currants, 1 lb. of suet, 2 lbs. of moist sugar, 1 oz. of sliced candied citron, 1 oz. of sliced candied orange-peel, and the same quantity of lemon-peel, 1 teacupful of brandy, 2 tablespoonfuls of orange marmalade.

Mode.—Grate the rinds of the lemons; squeeze out the juice, strain it, and boil the remainder of the lemons until tender enough to pulp or chop very finely. Then add to this pulp the apples, which should be baked, and their skins and cores removed; put in the remaining ingredients one by one, and as they are added, mix everything very thoroughly together. Put the mincemeat into a stone jar with a closely fitting lid, and in a fortnight it will be ready for use. Unless it is liked very bitter, all or a part of the pith of the lemon should be omitted.

Average Cost, 1*s.* per lb.

Seasonable.—This should be made the first or second week in December.

1821.—MINCE PIES.

Ingredients.—Good puff-paste, No. 1674, mincemeat, No. 1820.

Mode.—Make some good puff-paste by recipe No. 1674, roll it out to the thickness of about a quarter of an inch, and line some good-sized patty-pans with it; fill them with mincemeat, cover with the paste, and cut it off all round close to the edge of the tin. Put the pies into a brisk oven to draw the paste up, and bake for 25 minutes, or longer, should the pies be very large; brush them over with the white of an egg beaten with the blade of a knife

MINCE PIES.

to a stiff froth; sprinkle over pounded sugar, and put them into the oven for a minute or two, to dry the egg; dish the pies on a white d'oyley, and serve hot. They may be merely sprinkled with powdered sugar instead of being glazed, when that mode is preferred. To re-warm them, put the pies on the patty-pans, and let them remain in the oven for 10 minutes or a quarter of an hour, and they will be almost as good as if freshly made.

Time.—25 to 30 minutes; 10 minutes to re-warm them. **Average Cost,** 4*d.* each.

Sufficient.—½ lb. of paste for 4 pies.

Seasonable at Christmas time.

1822.—MONDAY'S PUDDING.

Ingredients.—The remains of cold plum-pudding, brandy, custard made with 4 eggs to every pint of milk.

Mode.—Cut the remains of *good* cold plum-pudding into finger-pieces, soak them in a little brandy, and lay them cross-barred in a mould until full. Make a custard with the above proportion of milk and eggs, flavouring it with nutmeg or lemon-rind; fill up the mould with it; tie it down with a cloth, and boil or steam it for an hour. Serve with a little of the custard poured over, to which has been added a tablespoonful of brandy.

Time.—1 hour. **Average Cost,** exclusive of the pudding, 6*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1823.—MUFFIN PUDDING.

Ingredients.—2 muffins, 1½ pint of milk, 2 eggs, rind of 1 lemon, sugar to taste.

Mode.—Pour the milk over the muffins, and leave to soak until quite soft. Beat the eggs, add the lemon-rind and sugar to taste, then mix thoroughly with the muffins and milk. Butter a pie-dish thickly, pour in the mixture, and bake 1 hour in a quick oven.

Time.—1 hour. **Average Cost,** 8*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1824.—NESSELRODE PUDDING.

(A fashionable iced pudding—Carême's Recipe.)

Ingredients.—40 chestnuts, 1 lb. of sugar, flavouring of vanilla, 1 pint of cream, the yolks of 12 eggs, 1 glass of Maraschino, 1 ounce of citron, 2 oz. of preserved cherries, 2 oz. of stoned raisins, ½ pint of whipped cream, 3 eggs.

Mode.—Blanch the chestnuts in boiling water, remove the husks, and pound them in a mortar until perfectly smooth, adding a few spoonfuls of syrup. Then rub them through a fine sieve, and mix them in a basin with a pint of syrup made from 1 lb. of sugar, clarified and flavoured with vanilla, 1 pint of cream, and the yolks of 12 eggs. Set this mixture over a slow fire, stirring it *without ceasing*, and just as it begins to boil, take it off and pass it through a tammy. When it is cold, put it into a freezing-pot, adding the Maraschino, and make the mixture set; then add the sliced citron, the cherries, and stoned raisins (these two latter should be soaked the day previously in Maraschino and sugar pounded with vanilla); to the whole thus mingled, add a plateful of whipped cream mixed with the whites of 3 eggs, beaten to a froth with a little syrup. When the pudding is perfectly frozen, put it into a pineapple-shaped mould: close the lid, place it again in the freezing-pan, covered over with pounded ice and saltpetre, and let it remain until required for table; then turn the pudding out, and serve.

Time.—½ hour to freeze the mixture. **Average Cost,** 5*s.*

Seasonable from October to February.

1825.—NEWMARKET PUDDING.

Ingredients.—1 oz. of ground bitter almonds, 3 oz. of sweet almonds, 10 penny sponge cakes, 3 oz. of citron and lemon-peel cut very fine, 3 oz. of currants, 3 oz. of muscatel raisins, 5 eggs, 6 oz. of sugar, 1 pint of milk, 1 pot of red currant jelly.

Mode.—Beat well together the eggs, sugar, and milk. Break up and mix all the other ingredients (save the jelly), and fill a pudding mould which has already been buttered and thickly lined with currants. Pour the custard in, screw paper over, and steam for 1 hour. Melt the pot of jelly, with this mask the pudding, and serve hot.

Time.—1½ hours. **Average Cost,** 2*s.* 8*d.*

Seasonable at any time.

1826.—BAKED ORANGE PUDDING.

Ingredients.—6 oz. of stale sponge-cake or bruised ratafias, 6 oranges, 1 pint of milk, 6 eggs, ½ lb. of sugar.

Mode.—Bruise the sponge-cake or ratafias into fine crumbs, and pour upon them the milk, which should be boiling. Rub the rinds of 2 of the oranges on sugar, and add this, with the juice of the remainder, to the other ingredients. Beat up the eggs, stir them in, sweeten to taste, and put the mixture into a pie-dish previously lined with puff-paste. Bake for rather more than half an hour; turn it out of the dish, strew sifted sugar over, and serve.

Time.—Rather more than ½ hour. **Average Cost,** 1*s.* 6*d.*
Sufficient for 3 or 4 persons.
Seasonable from November to May.

1827.—OMNIBUS PUDDING.

Ingredients.—6 oz. of fine flour, 6 oz. of shred suet, 6 oz. of stoned raisins, 4 oz. of golden syrup, ½ pint of milk.

Mode.—Thoroughly incorporate the above ingredients, butter a basin, pour in the mixture, tie a floured cloth over it, and boil for 3½ hours. Serve with brandy sauce.

Time.—3½ hours. **Average Cost,** 8*d.*
Sufficient for 3 or 4 persons.
Seasonable in winter.

1828.—SEVILLE ORANGE PUDDING.

Ingredients.—4 Seville oranges, 6 oz. of fresh butter, 12 almonds, ½ lb. of sifted sugar, the juice of 1 lemon, 8 eggs.

Mode.—Boil the oranges and chop them finely, taking out all the pips. Put the butter, the almonds, blanched and chopped, and the sugar, into a saucepan, to which add the orange pulp and the lemon-juice. Put it on a hot place to warm, mixing all together until the butter is thoroughly melted. Turn the mixture out, let it get cold, then add the eggs, which should be well whipped. Put all into a baking-dish, bordered with puff-paste, and bake from half hour to 40 minutes, according to the heat of the oven.

Time.—½ hour to 40 minutes. **Average Cost,** 1*s.* 9*d.*
Sufficient for 6 persons.
Seasonable from November to May.

1829.—ORANGE TARTS.

Ingredients.—Oranges, sugar, puff-paste.

Mode.—Pare some oranges very thin, soak them in water for three days, changing the water frequently. Boil them until soft. When cold, cut a thick slice from the top and bottom, and the rest in thin slices; line tart dishes with puff paste, and fill them with layers of sugar and orange alternately.

Seasonable from November to May.

1830.—PARADISE PUDDING.

Ingredients.—3 eggs, 3 apples, ¼ lb. of bread-crumbs, 3 oz. of sugar, 3 oz. of currants, salt and grated nutmeg to taste, the rind of ½ lemon, ½ a wineglassful of brandy.

Mode.—Pare, core, and mince the apples into small pieces, and mix them with the other dry ingredients; beat up the eggs, moisten the mix-

ture with these, and beat it well; stir in the brandy, and put the pudding into a buttered mould; tie it down with a cloth, boil for 1½ hour, and serve with sweet sauce.

Time.—1½ hour. **Average Cost,** 1*s.*

Sufficient for 4 or 5 persons.

Seasonable from September to February.

1831.—PARADISE PUDDING.

(Another Mode.)

Ingredients.—6 eggs, 6 apples, 6 oz. of bread-crumbs, 6 oz. of sugar, 1 glass of brandy, peel of ½ a lemon cut thin, ½ teaspoonful of salt, 1 grating of nutmeg.

Mode.—Peel and mince the apples, and mix with the sugar and bread-crumbs, lemon-peel, salt, and nutmeg; beat the eggs, and add them; stir in the brandy. Boil in a well-buttered mould for three hours, and serve with wine sauce.

Time.—3 hours. **Average Cost,** 1*s.* 9*d.*

Sufficient for 7 or 8 persons. **Seasonable** in winter.

1832.—BAKED PLUM PUDDING.

Ingredients.—2 lbs. of flour, 1 lb. of currants, 1 lb. of raisins, 1 lb. of suet, 2 eggs, 1 pint of milk, a few slices of candied peel.

Mode.—Chop the suet finely; mix with it the flour, currants, stoned raisins, and candied peel; moisten with the well-beaten eggs, and add sufficient milk to make the pudding of the consistency of very thick batter. Put it into a buttered dish, and bake in a good oven from 2¼ to 2½ hours; turn it out, strew sifted sugar over, and serve. For a very plain pudding, use only half the quantity of fruit, omit the eggs, and substitute milk or water for them. The above ingredients make a large family pudding; for a small one, half the quantity would be found ample; but it must be baked quite 1½ hour.

RAISIN-GRAPE.

Time.—Large pudding, 2¼ to 2½ hours; half the size, 1½ hour. **Average Cost,** 2*s.* 6*d.*

Sufficient for 9 or 10 persons.

Seasonable in winter.

Raisin-Grape.—All the kinds of raisins have much the same virtues; they are nutritive and balsamic, but they are very subject to fermentation with juices of any kind; and hence, when eaten immoderately, they often bring on colics. There are many varieties of grapes used for raisins; the fruit of Valencia is that mostly dried for culinary purposes, while most of the table kinds are grown in Malaga, and called Muscatels. The finest of all table raisins come from Provence or Italy; the most esteemed of all are those of Roquevaire; they are very large and very sweet. This sort is rarely eaten by any but the most wealthy. The dried Malaga, or Muscatel raisins, which come to this country packed in small boxes, and nicely preserved in bunches, are variable in their quality, but most of a rich flavour, when new, juicy, and of a deep purple hue

1833.—AN EXCELLENT PLUM PUDDING MADE WITHOUT EGGS.

Ingredients.—½ lb. of flour, 6 oz. of raisins, 6 oz. of currants, ¼ lb. of chopped suet, ¼ lb. of brown sugar, ¼ lb. mashed carrot, ¼ lb. of mashed potatoes, 1 tablespoonful of treacle, 1 oz. of candied lemon peel, 1 oz. of candied citron.

Mode.—Mix the flour, currants, suet, and sugar well together; have ready the above proportions of mashed carrot and potato, which stir into the other ingredients; add the treacle and lemon-peel; but put no liquid in the mixture, or it will be spoiled. Tie it loosely in a cloth, or, if put in a basin, do not quite fill it, as the pudding should have room to swell, and boil it for 4 hours. Serve with brandy sauce. This pudding is better for being mixed over-night.

Time.—4 hours. **Average Cost,** 1*s.*

Sufficient for 6 or 7 persons. **Seasonable** in winter.

1834.—AN UNRIVALLED PLUM PUDDING.

Ingredients.—1½ lb. of muscatel raisins, 1¾ lb. of currants, 1 lb. of sultana raisins, 2 lbs. of the finest moist sugar, 2 lbs. of bread-crumbs, 16 eggs, 2 lbs. of finely-chopped suet, 6 oz. of mixed candied peel, the rind of 2 lemons, 1 oz. of ground nutmeg, 1 oz. of ground cinnamon, ½ oz. of pounded bitter almonds, ¼ pint of brandy.

Mode.—Stone and cut up the raisins, but do not chop them; wash and dry the currants, and cut the candied peel into thin slices. Mix all the dry ingredients well together, and moisten with the eggs, which should be well-beaten and strained, to the pudding; stir in the brandy and, when all is thoroughly mixed, well butter and flour a stout new pudding cloth; put in the pudding, tie it down very tightly and closely; boil from 6 to 8 hours, and serve with brandy sauce. A few sweet almonds, blanched and cut in strips, and stuck on the pudding, ornament it prettily. This quantity may be divided and boiled in buttered moulds. For small families this is the most desirable way, as the above will be found to make a pudding of rather large dimensions.

Time.—6 to 8 hours. **Average Cost,** 7*s.* 6*d.*

Sufficient for 12 or 14 persons.

Seasonable in winter.

Note.—The muscatel raisins can be purchased at a cheap rate loose (not in bunches): they are then scarcely higher in price than the ordinary raisins, and impart a much richer flavour to the pudding.

SULTANA GRAPE.

Sultana Grape.—We have elsewhere stated that the small black grape grown in Corinth and the Ionian Isles is, when dried, the common currant of the grocers' shops; the white or yellow grape, grown in the same places, is somewhat larger

than the black variety. It has been called Sultana from its delicate qualities and unique growth; the finest are those of Smyrna. They have not sufficient flavour and sugary properties to serve alone for puddings and cakes, but they are peculiarly valuable for mixing, that is to say, for introducing in company with the richer sorts of Valencias or Muscatels. In white puddings, or cakes, too, where the whiteness must be preserved, the Sultana raisin should be used. But the greatest value of this fruit in the *cuisine* is that of its saving labour; for it has no stones. It requires, however, careful picking over to remove stalks, &c. Half Muscatels and half Sultanas is an admirable mixture for general purposes.

1835.—PLUM PUDDING.

(*John Bull's Own.*)

Ingredients.—1 lb. of suet, 1 lb. of moist sugar, 1 lb. of currants, 1 lb. of raisins, 1 lb. of sultana raisins, 1 lb. of mixed candied peel, ½ lb. of bread-crumbs, ½ lb. of flour, 1 teaspoonful of salt, 1 of mixed spice, 8 eggs, ¼ pint of brandy.

Mode.—Finely chop the suet, stone the raisins, remove stalks, &c., from the sultanas, thoroughly wash and dry the currants, chop the peel, and sift the bread-crumbs; mix all in the following order. Flour, salt, spice, sugar, raisins, peel, bread-crumbs, sultanas, and currants. Beat the eggs and strain them for 10 minutes; add the brandy to them and pour over the mass; stir for 25 minutes until the ingredients are thoroughly mixed; butter a mould, and fill it; scald a clean cloth and flour it; tie the pudding down, and boil 13 hours.

Time.—13 hours. **Average Cost,** 5*s.*

Sufficient for 8 persons.

Seasonable on Christmas Day and in winter.

Note.—In buying mixed spice, avoid the packets in which it is usually sold. Any good grocer will grind spices freshly, if desired. The spice in packets is usually gritty.

1836.—A PLAIN CHRISTMAS PUDDING FOR CHILDREN.

Ingredients.—1 lb. of flour, 1 lb. of bread-crumbs, ¾ lb. of stoned raisins, ¾ lb. of currants, ¾ lb. of suet, 3 or 4 eggs, milk, 2 oz. of candied peel, 1 teaspoonful of powdered allspice, ½ saltspoonful of salt.

Mode.—Let the suet be finely chopped, the raisins stoned, and the currants well washed, picked, and dried. Mix these with the other dry ingredients, and stir all well together; beat and strain the eggs to the pudding, stir these in, and add just sufficient milk to make it mix properly. Tie it up in a well-floured cloth, put it into boiling water, and boil for at least five hours; serve with a sprig of holly placed in the middle of the pudding, and a little pounded sugar sprinkled over it.

Time.—5 hours. **Average Cost,** 2*s.*

Sufficient for 9 or 10 children.

Seasonable at Christmas.

Raisins.—Raisins are grapes, prepared by suffering them to remain on the vine until they are perfectly ripe, and then drying them in the sun or by the heat of an oven. The sun-dried grapes are sweet, the oven-dried of an acid flavour. The common way of drying grapes for raisins is to tie two or three bunches of them together whilst yet on the vine, and dip them into a hot lixivium of wood-ashes mixed with a little of the oil of olives; this disposes them to shrink and wrinkle, after which they are left on the vine three or four days, separated, on sticks in a horizontal situation, and then dried in the sun at leisure, after being cut from the tree.

1837.—CHRISTMAS PLUM-PUDDING.

(*Very Good.*)

Ingredients.—1½ lb. of raisins, ½ lb. of currants, ½ lb. of mixed peel, ¾ lb. of bread-crumbs, ¾ lb. of suet, 8 eggs, 1 wineglassful of brandy.

Mode.—Stone and cut the raisins in halves, but do not chop them; wash, pick, and dry the currants, and mince the suet finely; cut the candied peel into thin slices, and grate down the bread into fine crumbs. When all these dry ingredients are prepared, mix them well together; then moisten the mixture with the eggs, which should be well beaten, and the brandy; stir well, that everything may be very thoroughly blended, and *press* the pudding into a buttered mould; tie it down tightly with a floured cloth, and boil for 5 or 6 hours. It may be boiled in a cloth without a mould, and will require the same time allowed for cooking. As Christmas puddings are usually made a few days before they are required for table, when the pudding is taken out of the pot, hang it up immediately, and put a plate or saucer underneath to catch the water that may drain from it. The day it is to be eaten, plunge it into boiling water, and keep it boiling for at least two hours; then turn it out of the mould, and serve with brandy-sauce. On Christmas Day a sprig of holly is usually placed in the middle of the pudding, and about a wineglassful of brandy poured round it, which, at the moment of serving, is lighted, and the pudding thus brought to table encircled in flame.

CHRISTMAS PLUM-PUDDING IN MOULD.

Time.—5 or 6 hours the first time of boiling; 2 hours the day it is to be served. **Average Cost,** 3*s.* 3*d.*

Sufficient for a quart mould for 7 or 8 persons.

Seasonable on the 25th of December, and on various festive occasions till March.

Note.—Five or six of these puddings should be made at one time, as they will keep good for many weeks, and in cases where unexpected guests arrive, will be found an acceptable, and, as it only requires warming through, a quickly-prepared dish. Moulds of every shape and size are manufactured for these puddings, and thus a pleasant variety can be made.

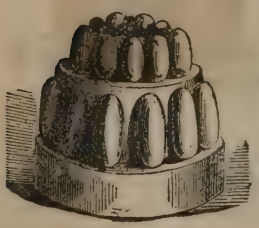
Brandy is the alcoholic or spirituous portion of wine, separated from the aqueous part, the colouring matter, &c., by distillation. The word is of German origin, and in its German form,

brantwein, signifies burnt wine, or wine that has undergone the action of fire; brandies, so called, however, have been made from potatoes, carrots, beetroot, pears, and other vegetable substances; but they are all inferior to true brandy. Brandy is prepared in most wine countries, but that of France is the most esteemed. It is procured not only by distilling the wine itself, but also by fermenting and distilling the *marc*, or residue of the pressings of the grape. It is procured indifferently from red or white wine, and different wines yield very different proportions of it, the strongest, of course, giving the largest quantity. Brandy obtained from *marc* has a more acrid taste than that from wine. The celebrated brandy from Cognac, a town in the department of Charente, and that brought from Andraye seem to owe their excellence to being made from white wine. Like other spirit, brandy is colourless when recently distilled; by mere keeping, however, owing, probably, to some change in the soluble matter contained in it, it acquires a slight colour, which is much increased by keeping in casks, and is made of the required intensity by the addition of burnt sugar or other colouring matter. What is called *British brandy* is not, in fact, brandy, which is the name, as we have said, of a spirit distilled from *wine;* but it is a spirit made chiefly from malt spirit, with the addition of mineral acids and various flavouring ingredients, the exact composition being kept secret. It is distilled somewhat extensively in this country; real brandy scarcely at all. The brandies imported into England are chiefly from Bordeaux, Rochelle and Cognac.

1838.—A POUND PLUM-PUDDING.

Ingredients.—1 lb. of suet, 1 lb. of currants, 1 lb. of stoned raisins, 8 eggs, ½ grated nutmeg, 2 oz. of sliced candied peel, 1 teaspoonful of ground ginger, ½ lb. of bread-crumbs, ½ lb. of flour, ½ pint of milk.

Mode.—Chop the suet finely; mix with it the dry ingredients; stir these well together, and add the well-beaten eggs and milk to moisten with; beat up the mixture well, and should the above proportion of milk not be found sufficient to make it of the proper consistency, a little more should be added; press the pudding into a mould, tie it in a floured cloth, and boil for 5 hours, or rather longer, and serve with brandy sauce.



BAKED PUDDING OR CAKE-MOULD.

Time.—5 hours, or longer. **Average Cost,** 3*s.*
Sufficient for 7 or 8 persons.
Seasonable in winter.

Note.—The above pudding may be baked instead of boiled; it should be put into a buttered mould or tin, and baked for about 2 hours; a smaller one would take about 1¼ hour.

Citron.—The fruit of the citron-tree (*Citrus medica*) is acidulous, antiseptic, and antiscorbutic; it excites the appetite, and stops vomiting, and, like lemon-juice, has been greatly extolled in chronic rheumatism, gout, and scurvy. Mixed with cordials, it is used as an antidote to the *machineel poison*. The candied peel is prepared in the same manner as orange or lemon peel; that is to say, the peel is boiled in water until quite soft, and then suspended in concentrated syrup (in the cold), after which it is either dried in a current of warm air, or in a stove, at a heat not exceeding 120° Fahrenheit. The syrup must be kept fully saturated with sugar by reboiling it once or twice during the process. It may be dusted with powdered lump sugar, if necessary. The citron is supposed to be the Median, Assyrian, or Persian apple of the Greeks. It is described by Risso as having a majestic appearance, its shining leaves and rosy flowers being succeeded by fruit whose beauty and size astonish the observer, whilst their odour gratifies his senses. In China there is an enormous variety, but the citron is cultivated in all orange-growing countries.

1839.—PLUM-PUDDING OF FRESH FRUIT.

Ingredients.—¾ lb. of suet crust, No. 1684, 1½ pint of Orleans or any other kind of plum, ½ lb. of moist sugar.

Mode.—Line a pudding-basin with suet-crust rolled out to the thickness of about half an inch; fill the basin with the fruit, put in the sugar, and cover with crust; fold the edges over, and pinch them together, to prevent the juice from escaping; tie over a floured cloth, put the pudding into boiling water, and boil from 2 to 2½ hours; turn it out of the basin, and serve quickly.

PLUMS.

Time.—2 to 2½ hours. **Average Cost,** 10*d.*

Sufficient for 6 or 7 persons.

Seasonable, with various kinds of plums, from the beginning of August to the beginning of October.

Plums.—Almost all the varieties of the cultivated plum are agreeable and refreshing; it is not a nourishing fruit, and if indulged in to excess, when unripe, is almost certain to cause diarrhœa and cholera. Weak and delicate persons had better abstain from plums altogether. The modes of preparing plums are as numerous as the varieties of the fruit. The objections raised against raw plums do not apply to the cooked fruit, which even the invalid may eat in moderation.

1840.—PLUM TART.

Ingredients.—¾ lb. of good short-crust, No. 1680, 1½ pint of plums, ¼ lb. of moist sugar.

Mode.—Line the edge of a deep tart-dish with crust made by recipe No. 1680; fill the dish with plums, and place a small cup or jar, upside down, in the midst of them; put in the sugar, cover the pie with crust, ornament the edges, and bake in a good oven from half to three-quarters of an hour; when puff-crust is preferred to short-crust, use that made by recipe No. 1675, and glaze the top by brushing it over with the white of an egg beaten to a stiff froth with a knife; sprinkle over a little sifted sugar, and put the pie in the oven to set the glaze.

PLUM TART.

Time.—½ to ¾ hour. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable, with various kinds of plums, from the beginning of August to the beginning of October.

1841.—POTATO PUDDING.

Ingredients.—½ lb. of mashed potatoes, 2 oz. of butter, 2 eggs, ¼ pint of milk, 3 tablespoonfuls of sherry, ¼ saltspoonful of salt, the juice and rind of 1 small lemon. 2 oz. of sugar.

Mode.—Boil sufficient potatoes to make half a lb. when mashed; add to these the butter, eggs, milk, sherry, lemon-juice, and sugar; mince the lemon-peel very finely, and beat all the ingredients well together; put the

pudding into a buttered pie-dish, and bake for rather more than half an hour. To enrich it, add a few pounded almonds, and increase the quantity of eggs and butter.

Time.—½ hour, or rather longer. **Average Cost,** 8*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1842.—PRUNE TARTS.

Ingredients.—½ lb. of prunes, 1 teaspoonful of cranberry juice, sugar to taste.

Mode.—Scald the prunes, remove the stones and take out the kernels; put the fruit and kernels into the cranberry juice, and add the sugar; simmer for 10 minutes, when cold make into tarts. Any stone fruit can be done in the same way.

Time.—10 minutes. **Average Cost,** 6*d.*

Seasonable at any time.

1843.—PUMPKIN PIES.

Ingredients.—To every quart of pumpkin, strained, allow 6 eggs, ¼ lb. of butter, ½ pint of sweet milk, ¾ lb. of white sugar, 1 tablespoonful of French brandy, 1 gill of madeira or sherry.

Mode.—Cut the pumpkin into large pieces; peel these, and put them into cold water over a very slow fire; simmer, without boiling, until every piece is tender; then strain through a colander, and afterwards through coarse muslin, squeezing out every drop of water. To every quart of the pumpkin add the ingredients given above, beating the eggs till thick and light, and stirring the butter and sugar to a cream. When well mixed, bake in a puff paste.

Time.—1½ hour. **Average Cost,** 2*s.* per quart.

Seasonable in September and October.

1844.—QUAKING PUDDING.

Ingredients.—1 quart of cream, 4 eggs, 1½ tablespoonful of flour, nutmeg and sugar.

Mode.—Scald the cream, when nearly cold add to the other ingredients; tie it close in a basin with a cloth over, and boil half an hour. Turn out with care. Serve hot with wine sauce.

Time.—¾ of an hour. **Average Cost,** 3*s.*

Sufficient for 6 persons.

Seasonable at any time.

1845.—QUEEN MAB PUDDING.

Ingredients.—1 pint of milk, 6 or 8 bitter almonds, or ½ pod of vanilla, the rind of a lemon, ¾ oz. of gelatine, 4½ oz. of lump sugar, ½ pint of cream, 6 eggs, 1½ oz. of candied citron, 2 oz. of dried cherries.

Mode.—Throw into a pint of new milk the rind of a lemon, and 6 or 8 bitter almonds, blanched and bruised, or substitute for these half a pod of vanilla cut small; heat it slowly by the side of the fire, and keep it at the point of boiling until it is strongly flavoured; then add a small pinch of salt, and three-quarters of an ounce of fine isinglass, or a full ounce if the weather should be extremely warm. When this is dissolved, strain the milk through muslin, and put it into a clean saucepan, with 4½ oz. of sugar in lumps, and half a pint of rich cream; give the whole one boil, and then stir it briskly and by degrees to the well-beaten yolks of 6 fresh eggs; next thicken the mixture, as a custard, over a gentle fire, but do not hazard its curdling. When it is of a tolerable consistency, pour it out, and continue the stirring until it is half cold; then mix with it 1½ oz. of candied citron, cut in small pieces, and 2 oz. of dried cherries, and pour it into a mould rubbed with a little oil. Turn out, and serve cold. This pudding is delicious iced. Preserved ginger or preserved pine-apple may be used instead of the cherries, or they may be mixed.

Time.—1½ hour. **Average Cost,** 2*s.*

Sufficient for 6 persons.

Seasonable at any time.

1846.—QUEER TIMES PUDDING.

Ingredients.—½ pint of golden syrup, ½ pint of water, 2 teaspoonfuls of carbonate of soda, 2 teaspoonfuls of salt, flour.

Mode.—Mix the syrup, &c., together, and add sufficient flour to make a rather stiff batter; tie it in a cloth, but loosely, that it may have room to swell; boil steadily for three hours. Eat either with or without sauce.

Time.—3 hours. **Average Cost,** 3*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1847.—QUICKLY-MADE PUDDINGS.

Ingredients.—¼ lb. of butter, ½ lb. of sifted sugar, ¼ lb. of flour, 1 pint of milk, 5 eggs, a little grated lemon-rind.

Mode.—Make the milk hot, stir in the butter, and let it cool before the other ingredients are added to it; then stir in the sugar, flour, and eggs, which should be well whisked, and omit the whites of 2; flavour with a little grated lemon-rind, and beat the mixture well. Butter some small

cups, rather more than half fill them; bake from 20 minutes to half an hour, according to the size of the puddings, and serve with fruit, custard, or wine sauce, a little of which may be poured over them.

Time.—20 minutes to ½ hour. **Average Cost,** 1*s.* 2*d.*

Sufficient for 6 puddings.

Seasonable at any time.

1848.—BAKED RAISIN PUDDING.

(Plain and Economical.)

Ingredients.—1 lb. of flour, ¾ lb. of stoned raisins, ½ lb. of suet, a pinch of salt, 1 oz. of sugar, a little grated nutmeg, milk.

Mode.—Chop the suet finely; stone the raisins and cut them in halves; mix these with the suet, add the salt, sugar, and grated nutmeg, and moisten the whole with sufficient milk to make it of the consistency of thick batter. Put the pudding into a buttered pie-dish, and bake for 1½ hour, or rather longer. Turn it out of the dish, strew sifted sugar over, and serve. This is a very plain recipe, and suitable where there is a family of children. It, of course, can be much improved by the addition of candied-peel, currants, and rather a large proportion of suet: a few eggs would also make the pudding richer.

Time.—1½ hour. **Average Cost,** 9*d.*

Sufficient for 7 or 8 persons.

Seasonable in winter.

Introduction of Sugar.—Sugar was first known as a drug, and used by the apothecaries, and with them was a most important article. At its first appearance, some said it was heating: others, that it injured the chest; others, that it disposed persons to apoplexy: the truth, however, soon conquered these fancies, and the use of sugar has increased every day, and there is no household in the civilized world which can do without it.

1849.—BOILED RAISIN PUDDING.

(Plain and Economical.)

Ingredients.—1 lb. of flour, ½ lb. of stoned raisins, ½ lb. of chopped suet, ½ saltspoonful of salt, milk.

Mode.—After having stoned the raisins and chopped the suet finely, mix them with the flour, add the salt, and when these dry ingredients are thoroughly mixed, moisten the pudding with sufficient milk to make it into rather a stiff paste. Tie it up in a floured cloth, put it into boiling water, and boil for 4 hours; serve with sifted sugar. This pudding may also be made in a long shape, the same as a rolled jam-pudding, and will then not require so long boiling; 2½ hours would then be quite sufficient.

Time.—Made round, 4 hours; in a long shape, 2½ hours. **Average Cost,** 10*d.*

Sufficient for 8 or 9 persons.

Seasonable in winter.

1850.—BOILED RHUBARB PUDDING.

Ingredients.—4 or five sticks of fine rhubarb, ¼ lb. of moist sugar, ¾ lb. of suet-crust, No. 1684.

Mode.—Make a suet-crust with three-quarters of a pound of flour, by recipe No. 1684, and line a buttered basin with it. Wash and wipe the rhubarb, and, if old, string it—that is to say, pare off the outside skin. Cut it into inch lengths, fill the basin with it, put in the sugar, and cover with crust. Pinch the edges of the pudding together, tie over it a floured cloth, put it into boiling water, and boil from 2 to 2½ hours. Turn it out of the basin, and serve with a jug of cream and sifted sugar.

Time.—2 to 2½ hours. **Average Cost,** 7*d.*

Sufficient for 6 or 7 persons.

Seasonable in spring.

1851.—RHUBARB TART.

Ingredients.—½ lb. of puff-paste, No. 1675, about 5 sticks of large rhubarb, ¼ lb. of moist sugar.

Mode.—Make a puff-crust by recipe No. 1675; line the edges of a deep pie-dish with it, and wash, wipe, and cut the rhubarb into pieces about 1 inch long. Should it be old and tough, string it—that is to say, pare off the outside skin. Pile the fruit high in the dish, as it shrinks very much in the cooking; put in the sugar, cover with crust, ornament the edges, and bake the tart in a well-heated oven from half to three-quarters of an hour. If wanted very nice, brush it over with the white of an egg beaten to a stiff froth, then sprinkle on it some sifted sugar, and put it in the oven just to set the glaze: this should be done when the tart is nearly baked. A small quantity of lemon-juice, and a little of the peel minced, are by many persons considered an improvement to the flavour of rhubarb tart.

Time.—½ to ¾ hour. **Average Cost,** 9*d.*

Sufficient for 4 or 5 persons.

Seasonable in spring.

RHUBARB.

Rhubarb.—This is one of the most useful of all garden productions that are put into pies and puddings. It was comparatively little known till within the last twenty or thirty years, but it is now cultivated in almost every British garden. The part used is the footstalk of the leaves, which, peeled and cut into small pieces, are put into tarts, either mixed with apples or alone. When quite young, they are much bett r not peeled.

Rhubarb comes in season when apples are going out. The common rhubarb is a native of Asia: the scarlet variety has the finest flavour. Turkey rhubarb, the well-known medicinal drug, is the root of a very elegant plant (*Rheum palmatum*), coming to greatest perfection in Tartary. For culinary purposes, all kinds of rhubarb are the better for being blanched.

1852.—RAISED PIE OF POULTRY OR GAME.
(*Fr.*—Pâté froid de Gibier—de Volaille.)

Ingredients.—To every lb. of flour allow ½ lb. of butter, ½ pint of water, the yolks of 2 eggs, ½ teaspoonful of salt (these are for the crust), 1 large fowl or pheasant, a few slices of veal cutlet, a few slices of dressed ham, forcemeat, seasoning of nutmeg, allspice, pepper and salt, gravy.

Mode.—Make a stiff short-crust with the above proportion of butter, flour, water, and eggs, and work it up very smoothly; butter a raised-pie mould, as shown in No. 1670, and line it with the paste. Previously to making the crust, bone the fowl, or whatever bird is intended to be used, lay it, breast downwards, upon a cloth, and season the inside well with pounded mace, allspice, pepper, and salt; then spread over it a layer of forcemeat, then a layer of seasoned veal, and then one of ham, and then another layer of forcemeat, and roll the fowl over, making the skin meet at the back. Line the pie with forcemeat, put in the fowl, and fill up the cavities with slices of seasoned veal and ham and forcemeat; wet the edges of the pie, put on the cover, pinch the edges together with the paste-pincers, and decorate it with leaves; brush it over with beaten yolk of egg, and bake in a moderate oven for 4 hours. In the meantime, make a good strong gravy from the bones, pour it through a funnel into the hole at the top; cover this hole with a small leaf, and the pie, when cold, will be ready for use. Let it be remembered that the gravy must be considerably reduced before it is poured into the pie, as, when cold, it should form a firm jelly, and not be the least degree in a liquid state. The recipe is suitable for all kinds of poultry or game, using one or more birds, according to the size of the pie intended to be made; but the birds must always be boned. Truffles, mushrooms, &c., added to this pie, make it much nicer; and, to enrich it, lard the fleshy parts of the poultry or game with thin strips of bacon. This method of forming raised pies in a mould is generally called a *timbale*, and has the advantage of being more easily made than one where the paste is raised by the hands; the crust, besides, being eatable.

RAISED PIE.

Time.—Large pie, 4 hours. **Average Cost,** 5*s.* 6*d.*

Seasonable, with poultry, all the year; with game, from September to March.

1853.—RAISED PIE OF VEAL AND HAM.
(*Fr.*—Pâté de Veau et Jambon.)

Ingredients.—3 or 4 lbs. of veal cutlets, a few slices of bacon or ham, seasoning of pepper, salt, nutmeg, and allspice, forcemeat No. 629, 2 lbs. of hot-water paste, No. 1686, ½ pint of good strong gravy.

Mode.—To raise the crust for a pie with the hands is a very difficult task, and can only be accomplished by skilled and experienced cooks. The process should be seen to be satisfactorily learnt, and plenty of practice given to the making of raised pies, as by that means only will success be ensured. Make a hot-water paste by recipe No. 1686, and from the mass raise the pie with the hands; if this cannot be accomplished, cut out pieces for the top and bottom, and a long piece for the sides; fasten the bottom and side-piece together by means of egg, and pinch the edges well together; then line the pie very carefully with forcemeat, then put in a layer of veal, and a plentiful seasoning of salt, pepper, nutmeg, and allspice, as, let it be remembered, these pies taste very insipid unless highly seasoned. Over the seasoning place a layer of sliced bacon or cooked ham, and then a layer of forcemeat, veal seasoning, and bacon, and so on until the meat rises to about an inch above the paste; taking care to finish with a layer of forcemeat, to fill all the cavities of the pie, and to lay in the meat firmly and compactly. Brush the top edge of the pie with beaten egg, put on the cover, press the edges, and pinch them round with paste-pincers. Make a hole in the middle of the lid, and ornament the pie with leaves, which should be stuck on with the white of an egg; then brush it all over with the beaten yolk of an egg, and bake the pie in an oven with a soaking heat from 3 to 4 hours. To ascertain when it is done, run a sharp-pointed knife or skewer through the hole at the top into the middle of the pie, and if the meat feels tender, it is sufficiently baked. Have ready about half a pint of very strong gravy, pour it through a funnel into the hole at the top, stop up the hole with a small leaf of baked paste, and put the pie away until wanted for use. Should it acquire too much colour in the baking, cover it with white paper, as the crust should not in the least degree be burnt. Mushrooms, truffles, and many other ingredients, may be added to enrich the flavour of these pies, and the very fleshy part of the meat may be larded. These pies are more frequently served cold than hot, and form excellent dishes for cold suppers or breakfasts. The cover of the pie is sometimes carefully removed, leaving the perfect edges, and the top decorated with square pieces of very bright aspic jelly; this has an exceedingly pretty effect.

Time.—About 4 hours. **Average Cost,** 6*s.*

Sufficient for a very large pie. **Seasonable** from March to October.

1854.—BAKED RICE PUDDING.

Ingredients.—1 small teacupful of rice, 4 eggs, 1 pint of milk, 2 oz. of fresh butter, 2 oz. of beef marrow, ¼ lb. of currants, 2 tablespoonfuls of brandy nutmeg, ¼ lb. of sugar, the rind of ½ lemon.

Mode.—Put the lemon-rind and milk into a stewpan, and let it infuse till the milk is well-flavoured with the lemon; in the meantime, boil the rice in water until tender, with a very small quantity of salt, and, when done, let it be thoroughly drained. Beat the eggs, stir to them the milk, which should be strained, the butter, marrow, currants, and remaining ingredients; add the rice, and mix all well together. Line the edges of the dish with puff-paste, put in the pudding, and bake for about three-quarters of an hour in a slow oven. Slices of candied peel may be added at pleasure, or Sultana raisins may be substituted for the currants.

Time.—¾ hour. **Average Cost,** 1*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable.—Suitable for a winter pudding, when fresh fruits are not obtainable.

Rice, with proper management in cooking it, forms a very valuable and cheap addition to our farinacious food, and in years of scarcity has been found eminently useful in lessening the consumption of flour. When boiled, it should be so managed that the grains, though soft, should be as little broken and as dry as possible. The water in which it is dressed should only simmer, and not boil hard. Very little water should be used, as the grains absorb a great deal, and, consequently, swell much; and if they take up too much at first, it is difficult to get rid of it. Baking it in puddings is the best mode of preparing it.

1855.—BAKED RICE PUDDING.

(*Plain and Economical; a nice Pudding for Children.*)

Ingredients.—1 teacupful of rice, 2 tablespoonfuls of moist sugar, 1 quart of milk, ½ oz. of butter or 2 small tablespoonfuls of chopped suet, ½ teaspoonful of grated nutmeg.

Mode.—Wash the rice, put it into a pie-dish with the sugar, pour in the milk, and stir these ingredients well together; then add the butter cut up into very small pieces, or, instead of this, the above proportion of finely-minced suet; grate a little nutmeg over the top, and bake the pudding in a *moderate* oven, from 1½ to 2 hours. As the rice is not previously cooked, care must be taken that the pudding be very slowly baked, to give plenty of time for the rice to swell, and for it to be thoroughly done.

Time.—1½ to 2 hours. **Average Cost,** 7*d.*

Sufficient for 5 or 6 children.

Seasonable at any time.

1856.—RICE PUDDING.

Ingredients.—Take 12 teacupfuls of milk, 1 of rice, 1½ of sugar, a teaspoonful of butter, a little salt, flavour with vanilla.

Mode.—Soak the rice well; add the milk, sugar, butter, and flavouring. Stir altogether, and bake slowly 3 to 4 hours.

Time.—3 or 4 hours. **Average Cost,** 9*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1857.—TO BOIL RICE A L'INDIENNE.

Ingredients.—1 lb. of rice, water.

Mode.—Thoroughly wash the rice in three separate waters, then place it in a very large saucepan nearly full of water, let it boil gently until it is quite tender, which may be tried by pressing a grain between the thumb and finger. Pour the water off from the rice, and shake it over the fire in a smaller saucepan until it is quite dry. Turn it into a hot basin, and cover with a plate; place before the fire, let it stand 5 minutes, then turn it out into a hot dish ready for the table.

Time.—30 minutes to boil. **Average Cost,** 3½*d.*

Sufficient for 8 persons.

Seasonable at any time.

1858.—PLAIN BOILED RICE PUDDING.

Ingredients.—½ lb. of rice.

Mode.—Wash the rice, tie it in a pudding-cloth, allowing room for the rice to swell, and put it into a saucepan of cold water; boil it gently for 2 hours, and if, after a time, the cloth seems tied too loosely, take the rice up and tighten the cloth. Serve with sweet melted butter, or cold butter and sugar, or stewed fruit, jam or marmalade; any of which accompaniments are suitable for plain boiled rice.

Time.—2 hours after the water boils. **Average Cost,** 2*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1859.—BOILED RICE PUDDING.

Ingredients.—¼ lb. of rice, 1½ pint of new milk, 2 oz. of new butter, 4 eggs, ½ saltspoonful of salt, 4 large tablespoonfuls of moist sugar, flavouring to taste.

Mode.—Stew the rice very gently in the above proportion of new milk, and when it is tender, pour it into a basin; stir in the butter, and let it stand to cool; then beat the eggs, add these to the rice with the sugar, salt, and any flavouring that may be approved, such as nutmeg, powdered cinnamon, grated lemon-peel, essence of bitter almonds, or vanilla. When

all is well stirred, put the pudding into a buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for 1¼ hour.

Time.—1¼ hour. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1860.—BOILED RICE PUDDING.

(*With Dried or Fresh Fruit; a nice dish for the Nursery.*)

Ingredients.—½ lb. of rice, 1 pint of any kind of fresh fruit that may be preferred, or ½ lb. of raisins or currants.

Mode.—Wash the rice, tie it in a cloth, allowing room for it to swell, and put it into a saucepan of cold water; let it boil for an hour, then take it up, untie the cloth, stir in the fruit, and tie it up again tolerably tight, and put it in the water for the remainder of the time. Boil for another hour, or rather longer, and serve with sweet sauce, if made with dried fruit, and with plain sifted sugar and a little cream or milk, if made with fresh fruit.

Time.—1 hour to boil the rice without the fruit; 1 hour, or longer, afterwards.

Sufficient for 6 or 7 children.

Seasonable at any time.

Note.—This pudding is very good made with apples: they should be pared, cored, and cut into thin slices.

1861.—BOILED RICE FOR CURRIES, &c.

Ingredients.—¾ lb. of rice, water, salt.

Mode.—Pick, wash, and soak the rice in plenty of cold water; then have ready a saucepan of boiling water, drop the rice into it, and keep it boiling quickly, with the lid raised, until it is tender, but not soft. Take it up, drain it, and put it on a dish before the fire to dry: do not handle it much with a spoon, but shake it about a little with two forks, that it may be equally dried, and strew over a little salt. It is now ready to serve, and may be heaped lightly on a dish by itself, or be laid round the dish as a border, with a curry or fricassée in the centre. Some cooks smooth the rice with the back of a spoon, and then brush it over with the yolk of an egg, and set it in the oven to colour; but the rice well boiled, white, dry, and with every grain distinct, is by far the more preferable mode of dressing it. During the process of boiling, the rice should be attentively watched, that it be not overdone, as, if this is the case, it will have a mashed and soft appearance.

Time.—15 to 25 minutes, according to the quality of the rice. **Average Cost,** 3*d.*

Sufficient for a large dish of curry.
Seasonable at any time.

Rice, in the native rough state, with the husk on, is called *paddy*, both in India and America, and it will keep better, and for a much longer time, in this state, than after the husk has been removed; besides which, prepared rice is apt to become dirty from rubbing about in the voyage on board ship, and in the warehouses. It is sometimes brought to England in the shape of paddy, and the husk detached here.

1862.—TO BOIL RICE FOR CURRIES, &c.

(*Soyer's Recipe.*)

Ingredients.—1 lb. of the best Carolina rice, 2 quarts of water, 1½ oz. of butter, a little salt.

Mode.—Wash the rice well in two waters; make two quarts of water boiling, and throw the rice into it; boil it until three-parts done, then drain it on a sieve. Butter the bottom and the sides of a stewpan, put in the rice, place the lid on tightly, and set it by the side of the fire until the rice is perfectly tender, occasionally shaking the pan to prevent its sticking. Prepared thus, every grain should be separate and white. Either dish it separately, or place it round the curry as a border.

Time.—15 to 25 minutes. **Average Cost,** 6*d*.
Sufficient for 2 moderate-sized curries.
Seasonable at any time.

1863.—BUTTERED RICE.

Ingredients.—¼ lb of rice, 1½ pint of milk, 2 oz. of butter, sugar to taste, grated nutmeg or pounded cinnamon.

Mode.—Wash and pick the rice, drain and put it into a saucepan with the milk; let it swell gradually, and, when tender, pour off the milk; stir in the butter, sugar, and nutmeg or cinnamon, and, when the butter is thoroughly melted, and the whole is quite hot, serve. After the milk is poured off, be particular that the rice does not burn: to prevent this, do not cease stirring it.

Time.—About ¾ hour to swell the rice. **Average Cost,** 7*d*.
Sufficient for 4 or 5 persons.
Seasonable at any time.

Rice was held in great esteem by the ancients; they considered it as a very beneficial food for the chest; therefore it was recommended in cases of consumption, and to persons subject to spitting of blood.

1864.—SAVOURY CASSEROLE OF RICE.
(Or Rice Border for Ragoûts, Fricassées, &c.)

Ingredients.—1½ lb. of rice, 3 pints of weak stock or broth, 2 slices of fat ham, 1 teaspoonful of salt.

Mode.—A casserole of rice, when made in a mould, is not such a diffi-

cult operation as when it is moulded by the hand. It is an elegant and inexpensive entrée, as the remains of cold fish, flesh, or fowl may be served as ragoûts, fricassées, &c., enclosed in the casserole. It requires great nicety in its preparation, the principal thing to attend to being the boiling of the rice, as if this is not sufficiently cooked, the casserole, when moulded, will have a rough appearance which would entirely spoil it. After having washed the rice in two or three waters, drain it well, and put it into a stewpan with the stock, ham and salt; cover the pan closely, and let the rice gradually swell over a slow fire, occasionally stirring, to prevent its sticking. When it is quite soft, strain it, pick out the pieces of ham, and with the back of a large wooden spoon, mash the rice to a perfectly smooth paste. Then well grease a mould (moulds are purposely made for rice borders), and turn it upside down for a minute or two, to drain away the fat, should there be too much; put some rice all round the bottom and sides of it; place a piece of soft bread in the middle, and cover it with rice; press it in equally with the spoon, and let it cool. Then dip the mould into hot water, turn the casserole carefully on to a dish, mark where the lid is to be formed on the top, by making an incision with the point of a knife about an inch from the edge all round, and put it into a *very hot* oven. Brush it over with a little clarified butter, and bake about half an hour, or rather longer; then carefully remove the lid, which will be formed by the incision having been made all round, and remove the bread, in small pieces, with the point of a penknife, being careful not to injure the casserole. Fill the centre with the ragoût or fricassée, which should be made thick; put on the cover, glaze it, place it in the oven to set the glaze, and serve as hot as possible. The casserole should not be emptied too much, as it is liable to crack from the weight of whatever is put in; and in baking it, let the oven be very hot, or the casserole will probably break.

CASSEROLE OF RICE.

Time.—About ¾ hour to swell the rice. **Average Cost,** 1*s.* 10*d.*

Sufficient for 2 moderate-sized casseroles.

Seasonable at any time.

1865.—SWEET CASSEROLE OF RICE.

(*Fr.*—Casserole au Riz.)

Ingredients.—1½ lb. of rice, 3 pints of milk, sugar to taste, flavouring of bitter almonds, 3 oz. of butter, the yolks of 3 eggs.

Mode.—This is made in precisely the same manner as a savoury casserole, only substituting the milk and sugar for the stock and salt. Put the milk into a stewpan, with sufficient essence of bitter almonds to flavour it well; then add the rice, which should be washed, picked and

drained, and let it swell gradually in the milk over a slow fire. When it is tender, stir in the sugar, butter, and yolks of eggs; butter a mould, press in the rice, and proceed in exactly the same manner as in recipe No. 1684. When the casserole is ready, fill it with a compôte of any fruit that may be preferred, or with melted apricot jam, and serve.

Time.—From ¾ to 1 hour to swell the rice, ½ to ¾ hour to bake the casserole. **Average Cost**, exclusive of the compôte or jam, 1*s.* 6*d.*

Sufficient for 2 casseroles.

Seasonable at any time.

1866.—RICE MILK.

Ingredients.—¼ lb. of rice, 3 pints of milk, 2 oz. of sugar.

Mode.—Boil the rice by recipe No. 1857; when quite dry, place in a large pie-dish, boil the milk and sugar together, and pour hot on the rice.

Time.—25 minutes. **Average Cost,** 7*d.*

Sufficient for 6 children.

Seasonable at any time.

Note.—Children are extremely fond of this simple, wholesome dish.

1867.—FRENCH RICE PUDDING. (*Fr.*—Gateau de Riz.)

Ingredients.—To every ¼ lb. of rice allow 1 quart of milk, the rind of 1 lemon, ½ teaspoonful of salt, sugar to taste, 4 oz. of butter, 6 eggs, bread-crumbs.

Mode.—Put the milk into a stewpan with the lemon-rind, and let it infuse for half an hour, or until the former is well flavoured; then take out the peel; have ready the rice, washed, picked and drained; put it into the milk, and let it gradually swell over a very slow fire. Stir in the butter, salt, and sugar, and when properly sweetened, add the yolks of the eggs, and then the whites, both of which should be well beaten, and added separately to the rice. Butter a mould, strew in some fine bread-crumbs, and let them be spread equally over it; then carefully pour in the rice, and bake the pudding in a *slow* oven for 1 hour; turn it out of the mould, and garnish the dish with preserved cherries, or any bright-coloured jelly or jam. This pudding is exceedingly nice flavoured with essence of vanilla.

Time.—¾ to 1 hour for the rice to rise well; to be baked 1 hour in a slow oven. **Average Cost,** 1*s.* 4*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1868.—BAKED OR BOILED GROUND RICE PUDDING.

Ingredients.—2 pints of milk, 6 tablespoonfuls of ground rice, sugar to taste, 4 eggs, flavouring of lemon-rind, nutmeg, bitter almonds or bay-leaf.

Mode.—Put 1½ pint of the milk into a stewpan, with any of the above flavourings, and bring it to the boiling-point, and, with the other half-pint of milk, mix the ground rice to a smooth batter; strain the boiling milk to this, and stir over the fire until the mixture is tolerably thick; then pour it into a basin, leave it uncovered, and when nearly or quite cold, sweeten it to taste, and add the eggs, which should be previously well beaten, with a little salt. Put the pudding into a well-buttered basin, tie it down with a cloth, plunge it into boiling water, and boil for 1½ hour. For a baked pudding, proceed in precisely the same manner, only using half the above proportion of ground rice, with the same quantity of all the other ingredients; an hour will bake the pudding in a moderate oven. Stewed fruit, or preserves, or marmalade, may be served with either the boiled or baked pudding, and will be found an improvement.

Time.—1½ hour to boil, 1 hour to bake. **Average Cost,** 10*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1869.—ICED RICE PUDDING. (*Fr.*—Riz à l'Impératrice.)

Ingredients.—6 oz. of rice, 1 quart of milk, ½ lb. of sugar, the yolks of 6 eggs, 1 small teaspoonful of essence of vanilla.

Mode.—Put the rice into a stewpan, with the milk and sugar, and let these simmer over a gentle fire until the rice is sufficiently soft to break up into a smooth mass, and should the milk dry away too much a little more may be added. Stir the rice occasionally, to prevent its burning; then beat it to a smooth mixture; add the yolks of the eggs, which should be well whisked, and the vanilla (should this flavouring not be liked, essence of bitter almonds may be substituted for it); put this rice custard into the freezing-pot, and proceed as directed in recipe No. 1789. When wanted for table, turn the pudding out of the mould, and pour over the top, and round it, a *compôte* of oranges, or any other fruit that may be preferred, taking care that the flavouring in the pudding harmonises well with the fruit that is served with it.

Time.—½ hour to freeze the mixture. **Average Cost,** 1*s.* 8*d.*; exclusive of the *compôte*, 1*s.* 2*d.*

Seasonable.—Served all the year round.

1870.—MINIATURE RICE PUDDINGS.

Ingredients.—¼ lb. of rice, 1½ pint of milk, 2 oz. of fresh butter, 4 eggs, sugar to taste; flavouring of lemon-peel, bitter almonds, or vanilla; a few strips of candied peel.

Mode.—Let the rice swell in 1 pint of the milk over a slow fire, putting with it a strip of lemon-peel; stir to it the butter and the other half-pint of

milk, and let the mixture cool; then add the well-beaten eggs, and a few drops of essence of almonds or essence of vanilla, whichever may be preferred; butter well some small cups or moulds, line them with a few pieces of candied peel sliced very thin, fill them three-parts full, and bake for about 40 minutes; turn them out of the cups on to a white d'oyley, and serve with sweet sauce. The flavouring and candied peel might be omitted, and stewed fruit or preserve served instead, with these puddings.

Time.—40 minutes. **Average Cost,** 1*s.*

Sufficient for 6 puddings.

Seasonable at any time.

1871.—RUM PUDDING.

Ingredients.—1 pint of milk, 1 pint of cream, 6 *oz.* of lump sugar, yolks of 10 eggs, 2 lemons, 1 *oz.* of gelatine, 1 gill of best rum.

Mode.—Soak the gelatine in the milk for 5 minutes, then stir it in a saucepan over the fire till it is dissolved; rub the sugar on the lemons to get off all the yellow rind, and put with the gelatine. Beat the yolks of the eggs, and stir them into the cream (if too expensive, take another pint of milk in its place); add this to the contents of the saucepan, and stir with an iron wire over the fire till it is almost boiling hot; then remove it from the fire, stir till nearly cold, and put in the rum. Oil a large mould, or two small ones, with the finest Florence oil; dip them in cold water and pour in the pudding. Let it be perfectly cold before turning it out. Before sending to table squeeze the juice of a lemon over it.

Time.—About ¾ hour. **Average Cost,** with cream, 3*s.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

1872.—SAGO PUDDING.

Ingredients.—1½ pint of milk, 3 tablespoonfuls of sago, the rind of ½ a lemon, 3 *oz.* of sugar, 4 eggs, 1½ *oz.* of butter, grated nutmeg, puff-paste.

Mode.—Put the milk and lemon-rind into a stewpan, place it by the side of the fire, and let it remain until the milk is well flavoured with the lemon; then strain it, mix with it the sago and sugar, and simmer gently for about 15 minutes. Let the mixture cool a little, and stir to it the eggs, which should be well beaten, and the butter. Line the edges of a pie-dish with puff-paste, pour in the pudding, grate a little nutmeg over the top, and bake from ¾ to 1 hour.

Time.—¾ to 1 hour, or longer if the oven is very slow. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Note.—The above pudding may be boiled instead of baked; but then allow 2

extra tablespoonfuls of sago, and boil the pudding in a buttered basin from 1¼ to 1½ hour.

Sago.—Sago is the pith of a species of palm *(Cycas circinalis)*. Its form is that of a small round grain. There are two sorts of sago: the white and the yellow; but their properties are the same. Sago absorbs the liquid in which it is cooked, becomes transparent and soft, and retains its original shape. Its alimentary properties are the same as those of tapioca and arrow-root.

1873.—SAGO SAUCE FOR SWEET PUDDINGS.

Ingredients.—1 tablespoonful of sago, ⅓ pint of water, ¼ pint of port or sherry, the rind and juice of 1 small lemon, sugar to taste; when the flavour is liked, a little pounded cinnamon.

Mode.—Wash the sago in two or three waters; then put it into a saucepan, with the water and lemon-peel; let it simmer gently by the side of the fire for 10 minutes; then take out the lemon-peel, add the remaining ingredients, give one boil, and serve. Be particular to strain the lemon-juice before adding it to the sauce. This, on trial, will be found a delicious accompaniment to various boiled puddings, such as those made of bread, raisins, rice, &c.

Time.—10 minutes. **Average Cost,** *6d.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

1874.—SAUCER PUDDINGS.

Ingredients.—2 tablespoonfuls of flour, 2 tablespoonfuls of powdered sugar, 3 eggs, a teacupful of milk, butter, preserve of any kind.

Mode.—Mix the flour and sugar, beat the eggs, add them to the milk, and beat up with the flour and sugar. Well butter 3 saucers, half fill them, and bake in a quick oven about 20 minutes. Remove them from the saucers when cool enough, cut in half, and spread a thin layer of preserve on each half; close them again, and serve.

Time.—20 minutes to bake. **Average Cost,** *7d.* for this quantity.

Sufficient for 3 persons.

Seasonable at any time.

1875.—SAVARIN.

Ingredients.—1 lb. of fine flour, ½ oz. of German yeast, 1 pint of milk, ¾ lb. of butter, 5 eggs, ½ oz. of sugar, ¼ oz. of salt, 2 oz. of candied orange peel, 1 tablespoonful of chopped almonds.

Mode.—Put the flour in a bowl and make a hole in the centre, put the yeast into a quarter of a gill of lukewarm milk, then pour it into the hole in the flour and stand the bowl in a warm place. When the sponge has risen to twice its first size, pour in a gill of warm milk and 2 eggs. Work and mix the ingredients with a spoon, then add another egg. Beat the

butter, salt and sugar with a fork and the remainder of the milk warmed, add to the contents of the bowl, and continue working the mixture, dropping in an egg until all are used. Cut the peel into small dice and mix with the paste. Butter a fluted cylinder mould, strew the chopped almonds over it and half fill it with the paste. Let it stand until it has risen to the top of the mould, bake it and turn it out. Serve it with syrup poured over it, flavoured (preferably) with anisette.

Time.—1 hour. **Average Cost,** 1*s.* 8*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

1876.—BAKED SEMOLINA PUDDING.

Ingredients.—3 oz. of semolina, 1½ pint of milk, ¼ lb. of sugar, 12 bitter almonds, 3 oz. of butter, 4 eggs.

Mode.—Flavour the milk with the bitter almonds by infusing them in it by the side of the fire for about half an hour; then strain it, and mix with it the semolina, sugar, and butter. Stir these ingredients over the fire for a few minutes; then take them off, and gradually mix in the eggs, which should be well beaten. Butter a pie-dish, line the edges with puff-paste, put in the pudding, and bake in rather a slow oven from 40 to 50 minutes. Serve with custard sauce or stewed fruit, a little of which may be poured over the pudding.

Time.—40 to 50 minutes. **Average Cost,** 1*s.* 2*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Semolina.—After vermicelli, Semolina is the most useful ingredient that can be used for thickening soups, meat or vegetable, of rich or simple quality. Semolina is softening, light, wholesome, easy of digestion, and adapted to the infant, the aged, and the invalid. That of a clear yellow colour, well dried and newly made, is the fittest for use.

1877.—SHROPSHIRE PUDDING.

Ingredients.—½ lb. of suet, ½ lb. of bread-crumbs, 1 lemon, juice and rind, 1 grating of nutmeg, ½ lb. of sugar, 5 eggs.

Mode.—Mix all these ingredients thoroughly, beating the eggs, adding them last; butter a mould, place the mixture in it, tie down, and boil 4 hours.

Time.—4 hours. **Average Cost,** 1*s.* 2*d.*

Sufficient for 7 persons.

Seasonable at any time.

1878.—SPARROWS.

Ingredients.—1 pint of milk or cold water, ½ lb. of flour, salt, 2 oz. of butter, teacupful of bread-crumbs.

Mode.—Make a thick batter with the flour and milk (or water) and salt. Drop small portions, like buttons, into boiling water, and boil them five minutes. They are done when they float on the top. Strain them, and put them into a dish. Melt the butter in a stewpan, put in the bread-crumbs, and fry them crisp; then pour over the "sparrows," and serve at once, hot and light.

Time.—10 minutes. **Average Cost,** with milk, 5*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1879.—TAPIOCA PUDDING.

Ingredients.—3 oz. of tapioca, 1 quart of milk, 2 oz. of butter, ¼ lb. of sugar, 4 eggs, flavouring of vanilla, grated lemon-rind, or bitter almonds, puff-paste.

Mode.—Wash the tapioca and let it stew gently in the milk by the side of the fire for a quarter of an hour, occasionally stirring it; then let it cool a little; mix with it the butter, sugar and eggs, which should be well beaten, and flavour with either of the above ingredients, putting in about 12 drops of the essence of almonds or vanilla, whichever is preferred. Butter a pie-dish, and line the edges with puff-paste; put in the pudding, and bake in a moderate oven for an hour. If the pudding is to be boiled, add a little more tapioca, and boil it in a buttered basin 1½ hour.

Time.—1 hour to bake, 1½ hour to boil. **Average Cost,** 1*s.* 2*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Tapioca.—Tapioca is recommended to the convalescent, as being easy of digestion. It may be used in soup or broth, or mixed with milk or water and butter. It is excellent food for either the healthy or sick, for the reason that it is so quickly digested without fatigue to the stomach.

1880.—TAPIOCA PUDDING WITH APPLES.

Ingredients.—1 cupful of tapioca, 2 lb. of cooking apples sugar, 1 lemon.

Mode.—Soak the tapioca in cold water for 12 hours, then pour a pint of boiling water on it and cook it slowly for 20 minutes. Pare and core the apples, and cover the bottom of a pudding-dish with them; fill the cavities with sugar, and flavour with lemon. Pour the tapioca over the apples, and bake in a slow oven one hour. Serve hot, or cold, with sugar. Sago may be used in the same way.

Time.—1 hour and 20 minutes. **Average Cost,** 8*d.*

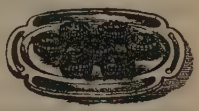
Sufficient for 3 or 4 persons.

Seasonable at any time.

1881.—TARTLETS.

Ingredients.—Trimmings of puff-paste, any jam or marmalade that may be preferred.

Mode.—Roll out the paste to the thickness of about half an inch; butter some round patty-pans, line them with it, and cut off the superfluous paste close to the edge of the pan. Put a small piece of bread into each tartlet (this is to keep them in shape), and bake in a brisk oven for about 10 minutes or rather longer. When they are done, and are of a nice colour, take the pieces of bread out, carefully, and replace them by a spoonful of jam or marmalade. Dish them high on a white d'oyley, piled high in the centre, and serve.



DISH OF TARTLETS.

Time.—10 to 15 minutes. **Average Cost,** 1*d.* each.

Sufficient.—1 lb. of paste will make 2 dishes of tartlets.

Seasonable at any time.

1882.—TRANSPARENT PUDDING.

Ingredients.—8 eggs, ½ lb. of powdered sugar, ½ lb. of butter, grated nutmeg, puff-paste.

Mode.—Beat the eggs well, and mix with the other ingredients in a stewpan. Line a dish with paste, pour in the pudding, and bake in a moderate oven. Candied-peel may be added.

Average Cost, 1*s.* 8*d.*

Sufficient for 6 persons.

Seasonable at any time.

1883.—ROLLED TREACLE PUDDING.

Ingredients.—1 lb. of suet-crust, No. 1684, ¼ lb. of treacle, ½ teaspoonful of grated ginger.

Mode.—Make, with 1 lb. of flour, a suet-crust by recipe No. 1684; roll it out to the thickness of half an inch, and spread the treacle equally over it, leaving a small margin where the paste joins; close the ends securely, tie the pudding in a floured cloth, plunge it into boiling water, and boil for two hours. We have inserted this pudding, being economical, and a favourite one with children; it is, of course, only suitable for a nursery, or very plain family dinner. Made with a lard instead of suet crust, it would be very nice baked, and would be sufficiently done in from 1½ to 2 hours.

Time.—Boiled pudding, 2 hours; baked pudding, 1½ to 2 hours. **Average Cost,** 7*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1884.—MEAT OR SAUSAGE ROLLS.

Ingredients.—1 lb. of puff-paste, No. 1675, sausage-meat, and the yolk of 1 egg.

Mode.—1 lb. of puff-paste by recipe No. 1675; roll it out to the thickness of about half an inch, or rather less, and divide it into 8, 10, or 12 squares, according to the size the rolls are intended to be. Place some sausage-meat on one-half of each square, wet the edges of the paste, and fold it over the meat; slightly press the edges together, and trim them neatly with a knife. Brush the rolls over with the yolk of an egg, and bake them in a well-heated oven for about half an hour, or longer should they be very large. The remains of cold chicken and ham, minced and seasoned, as also cold veal or beef, make very good rolls.

Time.—½ hour, or longer if the rolls are large. **Average Cost,** 1*s.* 6*d.*

Sufficient.—1 lb. of paste for 10 or 12 rolls.

Seasonable, with sausage-meat, from September to March or April.

1885.—SOMERSETSHIRE PUDDINGS.

Ingredients.—3 eggs, their weight in flour, pounded sugar and butter, flavouring of grated lemon-rind, bitter almonds, or essence of vanilla.

Mode.—Carefully weigh the various ingredients, by placing on one side of the scales the eggs, and on the other the flour; then the sugar, and then the butter. Warm the butter, and with the hands beat it to a cream; gradually dredge in the flour and pounded sugar, and keep stirring and beating the mixture without ceasing until it is perfectly smooth. Then add the eggs, which should be well whisked, and either of the above flavourings that may be preferred; butter some small cups, rather more than half fill them, and bake in a brisk oven for about half an hour. Turn them out, dish them on a napkin, and serve custard or wine-sauce with them. A pretty little supper dish may be made of these puddings, cold, by cutting out a portion of the inside with the point of a knife, and putting into the cavity a little whipped cream or delicate preserve, such as apricot, greengage, or very bright marmalade. The paste for these puddings requires a great deal of mixing, as the more it is beaten the better will the puddings be. When served cold, they are usually called *gâteaux à la Madeleine.*

Time.—½ hour. **Average Cost,** 10*d.*

Sufficient for 6 or 7 puddings.

Seasonable at any time.

1886.—SUET PUDDING.

(To Serve with Roast Meat.)

Ingredients.—1 lb. of flour, 6 oz. of finely-chopped suet, ½ saltspoonful of salt, ½ saltspoonful of pepper, ½ pint of milk or water.

Mode.—Chop the suet very finely, after freeing it from skin, and mix it well with the flour; add the salt and pepper (this latter ingredient may be omitted if the flavour is not liked), and make the whole into a smooth paste with the above proportion of milk or water. Tie the pudding in a floured cloth, or put it into a buttered basin and boil from 2½ to 3 hours. To enrich it, substitute 3 beaten eggs for some of the milk or water and increase the proportion of suet.

Time.—2½ to 3 hours. **Average Cost,** 5*d.*

Sufficient for 6 persons.

Seasonable at any time.

Note.—When there is a joint roasting or baking, this pudding may be boiled in a long shape, and then cut into slices a few minutes before dinner is served; these slices should be laid in a dripping-pan for a minute or two, and then browned before the fire. Most children like this accompaniment to roast meat. Where there is a large family of children, and the means of keeping them are limited, it is a most economical plan to serve up the pudding before the meat; as, in this case, the consumption of the latter article will be much smaller than it otherwise would be.

1887.—PUDDING À LA VÉNÉTIENNE.

Ingredients.—¼ pint of any clear jelly, fresh fruit, sponge-cake, ratifia, 1 glass of sherry, 1 glass of brandy, ½ glass of noyeau, dried candied fruits, 1 pint of milk, 8 yolks of eggs, 6 oz. of sugar, 2 oz. of gelatine, 1 glass of Maraschino.

Mode.—Ornament the top of a jelly mould with the clear jelly, setting in any fresh fruit that is in season, such as cherries, grapes, strawberries, &c. When cold and firm, fill the mould lightly with alternate layers of dried candied fruit in small pieces and sponge-cake, ratafia and macaroons soaked in sherry, brandy and noyeau. Make a custard with 1 pint of milk, 8 yolks of eggs, 6 oz. of sugar, and when cold add gelatine and 1 glass of Maraschino. Set it on ice until wanted; when quite cold turn it out.

1888.—A NICE SUET PUDDING.

Ingredients.—Take 1 teacupful of suet, 1 of milk, 1 of golden syrup, 1 of raisins, a teaspoonful of soda, flour enough to stiffen to a thick batter.

Mode.—Mix the above ingredients well together, and boil or steam 4 hours.

Time.—4 hours. **Average Cost,** 3*d.*

Sufficient for 2 or 3 persons.

Seasonable at any time.

1889.—VEAL SUET PUDDING.

Ingredients.—½ lb. of veal suet, 1 quart of rich milk, ½ lb. of bread-crumbs, ½ lb. of currants, 3 eggs, sugar to taste.

Mode.—Chop the suet and put it in a saucepan with the milk to get hot, but not boil, then pour it on the bread-crumbs and sugar, add the currants, washed and dried, beat the eggs well and add them. Put it into a floured cloth, or a buttered dish, and bake or boil 1 hour.

Time.—1 hour. **Average Cost,** 1*s.* 4*d.*

Sufficient for 4 or 5 persons.

Seasonable from March to October.

1890.—SUFFOLK OR HARD DUMPLINGS.

Ingredients.—1 lb. of flour, ½ pint of water, ½ saltspoonful of salt.

Mode.—Mix the flour and water together to a smooth paste, previously adding a small quantity of salt. Form this into small round dumplings; drop them into boiling water, and boil from half to three-quarters of an hour. They may be served with roast or boiled meat; in the latter case they may be cooked with the meat, but should be dropped into the water when it is quite boiling.

Time.—½ to ¾ hour.

Sufficient for 10 or 12 dumplings.

Seasonable at any time.

1891.—VERMICELLI PUDDING.

Ingredients.—4 oz. of vermicelli, 1½ pint of milk, ½ pint of cream, 3 oz. of butter, 3 oz. of sugar, 4 eggs.

Mode.—Boil the vermicelli in the milk until it is tender; then stir in the remaining ingredients, omitting the cream if not obtainable. Flavour the mixture with grated lemon-rind, essence of bitter almonds, or vanilla; butter a pie-dish; line the edges with puff-paste, put in the pudding, and bake in a moderate oven for about three-quarters of an hour.

Time.—¾ hour. **Average Cost,** 1*s.* 7*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

Vermicelli.—The finest vermicelli comes from Marseilles, Nimes, and Montpellier. It is a nourishing food, and owes its name to its peculiar thread-like form. Vermicelli means, little worms.

1892.—VICARAGE PUDDING.

Ingredients.—¼ lb. of flour, ¼ lb. of chopped suet, ¼ lb. of currants, ¼ lb. of raisins, 1 tablespoonful of moist sugar, ½ teaspoonful of ground ginger, ½ saltspoonful of salt.

Mode.—Put all the ingredients into a basin, having previously stoned the raisins and washed, picked, and dried the currants; mix well with a clean knife; dip the pudding-cloth into boiling water, wring it out, and put in the mixture. Have ready a saucepan of boiling water, plunge in

the pudding and boil for 3 hours. Turn it out on the dish, and serve with sifted sugar.

Time.—3 hours. **Average Cost,** 7*d.*
Sufficient for 5 or 6 persons.
Seasonable.—Suitable for a winter pudding.

1893.—VICTORIA PUDDING.

Ingredients.—½ pod of vanilla, ½ pint of cream, 1 pint of milk, 3 oz. of fine sifted sugar, yolks of 8 eggs.

Mode.—Boil the vanilla in the milk, strain it through muslin into the cream, place it over the fire, stirring all the time; add the sugar when the mixture boils, pour it over the yolks of the eggs, having previously whisked them thoroughly. Stir till nearly cold; then pour into a buttered basin, and boil gently for 1 hour. Let the pudding stand for 5 minutes before turning it out. Serve with melted red currant jelly round it

Time.—1¼ hour. **Average Cost,** 1*s.* 10*d.*
Sufficient for 5 persons.
Seasonable at any time.

1894.—VOL-AU-VENT.

Ingredients.—¾ to 1 lb. of puff-paste, No. 1677, fricasséed chickens, rabbits, ragoûts, or the remains of cold fish, flaked and warmed in thick white sauce.

Mode.—Make from ¾ to 1 lb. of puff-paste, by recipe No. 1677, taking care that it is very evenly rolled out each time, to insure its rising properly; and if the paste is not extremely light, and put into a good hot oven, this cannot be accomplished, and the *vol-au-vent* will look very badly. Roll out the paste to the thickness of about 1½ inch, and, with a fluted cutter, dipped in boiling water, stamp it out to the desired shape, either round or oval, and, with the point of a small knife, or better, a cutter of the same shape, but two sizes smaller, make a slight incision in the paste all round the top, about an inch from the edge, which, when baked, forms the lid. Put the *vol-au-vent* into a good brisk oven, and keep the door shut for a few minutes after it is put in. Particular attention should be paid to the heating of the oven, for the paste *cannot* rise without a tolerable degree of heat. When of a nice colour, without being scorched, withdraw it from the oven, instantly remove the cover where it was marked, and detach all the soft crumb from the centre; in doing this be careful not to break the edges of the *vol-au-vent;* but should they look thin in places, stop them with small flakes of the inside paste, stuck on with the white of

VOL-AU-VENT.

an egg. This precaution is necessary to prevent the fricassée, or ragoût, from bursting the case, and so spoiling the appearance of the dish. Fill the *vol-au-vent* with a rich mince, or fricassée, or ragoût, or the remains of cold fish, flaked and warmed in a good white sauce, and do not make them very liquid, for fear of the gravy bursting the crust; replace the lid, and serve. To improve the appearance of the crust, brush it over with the yolk of an egg *after* it has risen properly.

SMALL VOL-AU-VENTS.

Time.—¾ hour to bake the *vol-au-vent*. **Average Cost,** exclusive of interior, *1s. 6d.*

Seasonable at any time.

Note.—Small *vol-au-vents* may be made like those shown in the engraving, and filled with minced veal, chicken, &c. They should be made of the same paste as the larger ones, and stamped out with a small fluted cutter.

1895.—SWEET VOL-AU-VENT OF PLUMS, APPLES, OR ANY OTHER FRESH FRUIT.

Ingredients.—¾ lb. of puff-paste, No. 1677, about 1 pint of fruit compôte.

Mode.—Make ½ lb. of puff-paste by recipe No. 1677, taking care to bake it in a good brisk oven, to draw it up nicely and make it look light. Have ready sufficient stewed fruit, the syrup of which must be boiled down until very thick; fill the *vol-au-vent* with this, and pile it high in the centre; powder a little sugar over it, and put it back in the oven to glaze, or use a salamander for the purpose: the *vol-au-vent* is then ready to serve. They may be made with any fruit that is in season, such as rhubarb, oranges, gooseberries, currants, cherries, apples, &c.; but care must be taken not to have the syrup too thin, for fear of its breaking through the crust.

Time.—½ hour to 40 minutes to bake the *vol-au-vent*.

Average Cost, *2s.*

Sufficient for 1 entremets.

1896.—VOL-AU-VENT OF FRESH STRAWBERRIES WITH WHIPPED CREAM.

Ingredients.—¾ lb. of puff-paste, No. 1677, 1 pint of freshly-gathered strawberries, sugar to taste, a plateful of whipped cream.

Mode.—Make a *vol-au-vent* case by recipe No. 1894, only not quite so large nor so high as for a savoury one. When nearly done, brush the paste over with the white of an egg, then sprinkle on it some pounded sugar, and put it back in the oven to set the glaze. Remove the interior,

or soft crumb, and at the moment of serving, fill it with the strawberries, which should be picked, and broken up with sufficient sugar to sweeten them nicely. Place a few spoonfuls of whipped cream on the top, and serve.

Time.—½ hour to 40 minutes to bake the *vol-au-vent.* **Average Cost,** 2*s.* 3*d.*

Sufficient for 1 *vol-au-vent.*

Seasonable in June and July.

Strawberry.—Among the Greeks, the name of the strawberry indicated its tenuity, this fruit forming hardly a mouthful. With the Latins, the name reminded one of the delicious perfume of this plant. Both nations were equally fond of it, and applied the same care to its cultivation. Virgil appears to place it in the same rank with flowers; and Ovid gives it a tender epithet, which delicate palates would not disavow. Neither does this luxurious poet forget the wild strawberry, which disappears beneath its modest foliage, but whose presence the scented air reveals.

1897.—WASHINGTON PUDDING.

Ingredients.—6 oz. of butter, 3 eggs, ½ lb. of sifted flour, 2 tablespoonfuls of raspberry jam, 1 teaspoonful of bicarbonate of soda.

Mode.—Stir the butter and sugar to a cream, add the eggs well-beaten. Mix the soda with the flour, add to the mixture, stir in the jam. Beat all well together; boil in a mould for 3 hours.

Time.—3 hours. **Average Cost,** 9*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1898.—WEST INDIAN PUDDING.

Ingredients.—1 pint of cream, ¼ lb. of loaf sugar, ½ lb. of Savoy or sponge cakes, 8 eggs, 3 oz. of preserved green ginger.

Mode.—Crumble down the cakes, put them into a basin, and pour over them the cream, which should be previously sweetened and brought to the boiling-point; cover the basin, well beat the eggs, and when the cream is soaked up, stir them in. Butter a mould, arrange the ginger round it, pour in the pudding carefully, and tie it down with a cloth; steam or boil it slowly for 1½ hour, and serve with the syrup from the ginger, which should be warmed and poured over the pudding.

Time.—1½ hour. **Average Cost,** 2*s.* 8*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1899.—YEAST OR NORFOLK DUMPLINGS.

Ingredients.—½ quartern of dough, boiling water.

Mode.—Make a very light dough as for bread, using to mix it, milk, instead of water; divide it into 7 or 8 dumplings: plunge them into boiling water, and boil them for twenty minutes. Serve the instant they are

taken up, as they spoil directly by falling and becoming heavy; and in eating them do not touch them with a knife, but tear them apart with two forks. They may be eaten with meat gravy, or cold butter and sugar; if not convenient to make the dough at home, a little from the baker's answers as well, only it must be placed for a few minutes near the fire, in a basin with a cloth over it, to let it rise again before it is made into dumplings.

Time.—20 minutes. **Average Cost,** 3*d.*
Sufficient for 5 or 6 persons.
Seasonable at any time.

1900.—YORKSHIRE PUDDING.

(To Serve with Hot Roast Beef.)

Ingredients.—1½ pint of milk, 6 *large* tablespoonfuls of flour, 3 eggs, 1 saltspoonful of salt.

Mode.—Put the flour into a basin with the salt, and stir gradually to this enough milk to make it into a stiff batter. When this is perfectly smooth, and all the lumps are well rubbed down, add the remainder of the milk, and the eggs, which should be well beaten. Beat the mixture for a few minutes, and pour it into a shallow tin which has been previously well rubbed with beef dripping. Put the pudding into the oven, and bake it for an hour; then, for another half-hour, place it under the meat, to catch a little of the gravy that flows from it. Cut the pudding into small square pieces, put them on a hot dish, and serve. If the meat is baked, the pudding may at once be placed under it, resting the former on a small three-cornered stand.

YORKSHIRE PUDDING.

Time.—1½ hour. **Average Cost,** 7*d.*
Sufficient for 5 or 6 persons.
Seasonable at any time.

SMALL DISHES OF PASTRY FOR ENTREMETS, SUPPER DISHES, &c.

1901.—ALMOMD CAKE.

Ingredients.—6 oz. of sweet almonds, ¼ lb. of sifted sugar, the rind of ½ a lemon, the white of 1 egg, puff-paste.

Mode.—Blanch the almonds, and chop them fine; rub the sugar on the lemon rind, and pound it in a mortar; mix this with the almonds and the white of the egg. Roll some puff-paste out; cut it in any shape that

may be preferred, such as diamonds, rings, ovals, &c., and spread the above mixture over the paste. Bake the bouchées in an oven, not too hot, and serve cold.

Time.—¼ hour, or rather more. **Average Cost,** 1*s.*

Sufficient for ½ lb. of puff-paste.

Seasonable at any time.

1902.—ALMOND PASTE TARTLETS.
(*Fr.*—Tartelettes d'Amandes.)

Ingredients.—Almond paste, No. 1692; jam, or sweetmeat.

Mode.—Spread your paste on your board, cut it with a cutter to the size of your tartlet tins, which must be well-buttered, put some kind of sweetmeat in the centre and bake in a moderate oven.

1903.—ALMOND FLOWERS. (*Fr.*—Biscuit aux Amandes.)

Ingredients.—Puff-paste, No. 1674; to every ½ lb. of puff-paste allow 3 oz. of almonds, sifted sugar, the white of an egg.

Mode.—Roll the paste out to the thickness of a quarter of an inch, and, with a round fluted cutter, stamp out as many pieces as may be required. Work the paste up again, roll it out and, with a smaller cutter, stamp out some pieces the size of a shilling. Brush the larger pieces over with the white of an egg, and place one of the smaller pieces on each. Blanch and cut the almonds into strips lengthwise; press them slanting into the paste closely round the rings; and when they are all completed, sift over some pounded sugar, and bake for about a quarter of an hour or 20 minutes. Garnish between the almonds with strips of apple jelly, and place in the centre of the ring a small quantity of strawberry jam; pile them high on the dish, and serve.

Time.—¼ hour or 20 minutes. **Average Cost,** 1*s.* for the above quantity.

Sufficient.—18 or 20 for a dish.

Seasonable at any time.

1904.—APRICOT BOUCHÉES. (*Fr.*—Bouchées d'Abricots.)

Ingredients.—Puff-paste, apricots, loaf sugar, cream.

Mode.—Make some puff-paste by recipe No. 1677, or any small pieces left from larger dishes will suffice. Cut it into 2-inch rounds, lay them on a wet baking-sheet, sift over some finely-powdered sugar; make a circular indentation with a smaller cutter, and bake to a light brown colour in a quick oven, and when hot press lightly in the centre of each to make room for the fruit. Cut some ripe apricots in half, take out the stones and boil for a few minutes in a syrup made from the sugar. When

thoroughly drained put half an apricot, hollow upwards in each, and fill with whipped cream.

Average Cost, 2*d.* each.

Seasonable at any time.

1905.—CREAM TARTLETS. (*Fr.*—Tartelettes à la Crême.)

Ingredients.—1 white and 3 yolks of eggs, 1 oz. of butter, 1 oz. of sugar, pinch of salt, flour, jam, whipped cream.

Mode.—Make a paste of the eggs, butter, sugar, flour, and salt, working it very lightly. Roll it out a quarter of an inch thick, line tartlet-tins with it and fill them with rice to preserve the shape. Bake carefully in a moderate oven. Remove the rice, fill them with jam and put a spoonful of whipped cream on each. These form a very pretty dish.

Time.—10 minutes. **Average Cost,** 9*d.* for this quantity.

Sufficient for 6 tartlets.

Seasonable at any time.

1906.—CUSTARD TARTLETS. (*Fr.*—Fanchonnettes.)

Ingredients.—For the custard, 4 eggs, ¾ pint of milk, 2 oz. of butter, 2 oz. of pounded sugar, 3 dessertspoonfuls of flour, flavouring to taste, the whites of 2 eggs, 2 oz. of pounded sugar.

Mode.—Well beat the eggs; stir to them the milk, the butter, which should be beaten to a cream, the sugar, and flour; mix these ingredients well together, put them into a very clean saucepan, and bring them to the simmering-point, but do not allow them to boil. Flavour with essence of vanilla, bitter almonds, lemon, grated chocolate, or any flavouring ingredient that may be prefered. Line some round tartlet-pans with good puff-paste; fill them with the custard, and bake in a moderate oven for about 20 minutes; then take them out of the pans; let them cool, and in the meantime whisk the whites of the eggs to a stiff froth; stir into this the pounded sugar, and spread smoothly over the tartlets a little of this mixture. Put them in the oven again to set the icing, but be particular that they do not scorch; when the icing looks crisp, they are done. Arrange them, piled high in the centre, on a white napkin, and garnish the dish, and in between the tartlets, with strips of bright jelly, or very firmly-made preserve.

Time.—20 minutes to bake the tartlets; 5 minutes after being iced. **Average Cost,** exclusive of the paste, 10*d.*

Sufficient to fill 10 or 12 tartlets.

Seasonable at any time.

Note.—The icing may be omitted on the tops of the tartlets, and a spoonful of any kind of preserve put at the bottom of the custard instead; this varies both the flavour and appearance of this dish.

1907.—FLUTED ROLLS.

Ingredients.—Puff-paste, the white of an egg, sifted sugar, jelly or preserve.

Mode.—Make some puff-paste by recipe No. 1677 (trimmings answer very well for little dishes of this sort); roll it out to the thickness of a quarter of an inch, and, with a round fluted paste cutter, stamp out as many round pieces as may be required; brush over the upper side with the white of an egg; roll up the pieces, pressing the paste lightly together where it joins; place the rolls on a baking-sheet, and bake for about a quarter of an hour. A few minutes before they are done, brush them over with the white of an egg; strew over sifted sugar, put them back in the oven, and when the icing is firm and of a pale brown colour they are done. Place a strip of jelly or preserve across each roll, dish them high on a napkin, and serve cold.

Time.—¼ hour before being iced; 5 to 10 minutes after. **Average Cost,** 10*d.*

Sufficient.—½ lb. of puff-paste for 2 dishes.

Seasonable at any time.

1908.—FRANGIPANNI TART.

Ingredients.—½ pint of milk, nutmeg, lemon-peel, 1 bay leaf, 1½ oz. of butter, 1½ oz. of sugar, ¼ oz. of fine sifted flour, 4 eggs.

Mode.—Put the milk, nutmeg, peel and bayleaf on the fire in a saucepan and let it boil till it is reduced to a quarter of a pint. Strain it through a cloth or fine hair sieve. When strained add the butter, sugar, flour and eggs, whites and yolks beaten separately. Stir it continuously over the fire till thoroughly incorporated. Broken up macaroons may be added if liked.

Time.—20 minutes. **Average Cost,** 7*d.* for this quantity.

Sufficient for one large tart.

Seasonable at any time.

1909.—GERMAN PUFFS.

Ingredients.—½ lb. of butter, 1 breakfastcupful of milk, 1 cupful of flour, yolks of 6 and whites of 4 eggs, grated rind of ½ a lemon, sugar to taste.

Mode.—Put the milk and butter into a saucepan and let it boil, then gently add the flour and beat thoroughly. Let it grow cold, then add the yolks and whites of eggs, whisked with the sugar and lemon peel. Make into puffs and bake in a rather quick oven.

Time.—1½ hour. **Average Cost,** 1*s.* 3*d.*

Sufficient for 12 puffs.

Seasonable at any time.

1910.—LEMON TARTS. (*Fr.*—Tartelettes au Citron.)

Ingredients.—4 lemons, 4 oz. of blanched almonds, 4 oz. of lump sugar.

Mode.—Pare the lemons thickly and boil the rinds in two waters till tender, then beat them fine. Cut the almonds in thin slices, add them, the sugar, lemon-juice and some grated peel, and simmer till a thick syrup is obtained. Line shallow tart-dishes with thin, rich, puff-paste, pour in the syrup, and put strips of paste across. Bake in a moderate oven.

Time.—About 20 minutes. **Average Cost,** 9*d.*

Sufficient for 2 tarts.

Seasonable at any time.

1911.—PASTRY SANDWICHES.

Ingredients.—Puff-paste, jam of any kind, the white of an egg, sifted sugar.

Mode.—Roll the paste out thin; put half of it on a baking-sheet or tin, and spread equally over it apricot, greengage, or any preserve that may be preferred. Lay over this preserve another thin paste: press the edges together all round, and mark the paste in lines with a knife on the surface, to show where to cut it when baked. Bake from 20 minutes to half an hour; and, a short time before being done, take the pastry out of the oven, brush it over with the white of an egg, sift over pounded sugar, and put it back in the oven to colour. When cold, cut it into strips; pile these on a dish pyramidically, and serve. These strips, cut about 2 inches long, piled in circular rows, and a plateful of flavoured whipped cream poured in the middle, make a very pretty dish.

Time.—20 minutes to ½ hour. **Average Cost,** with ½ lb. of paste, 1*s.*

Sufficient.—½ lb. of paste will make 2 dishes of sandwiches.

Seasonable at any time.

1912.—POLISH TARTLETS.

Ingredients.—Puff-paste, the white of an egg, pounded sugar.

Mode.—Roll some good puff-paste out thin, and cut it into two-and-a-half-inch squares: brush each square over with the white of an egg, then fold down the corners, so that they all meet in the middle of each piece of paste; slightly press the two pieces together, brush them over with the egg, sift over sugar, and bake in a nice quick oven for about a quarter of an hour. When they are done, make a little hole in the middle of the paste and fill it up with apricot jam, marmalade, or red-currant jelly. Pile them high in the centre of a dish, on a napkin, and garnish with the same preserve the tartlets are filled with.

Time.—¼ hour or 20 minutes. **Average Cost,** with ¼ lb. of puff-paste, 1*s.*

Sufficient for 2 dishes of pastry.

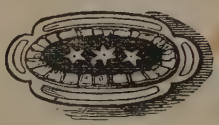
Seasonable at any time.

Note.—It should be borne in mind that, for all dishes of small pastry, such as the preceding, trimmings of puff-paste left from larger tarts answer as well as making the paste expressly.

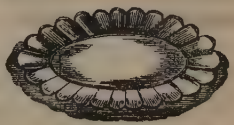
1913.—OPEN TART OF STRAWBERRY OR ANY OTHER KIND OF PRESERVE. (*Fr.*—Flan de Fraises.)

Ingredients.—Trimmings of puff-paste, any kind of jam.

Mode.—Butter a tart-pan of the shape shown in the engraving, roll out the paste to the thickness of half an inch, and line the pan with it; prick a few holes at the bottom with a fork, and bake the tart in a brisk oven from 10 to 15 minutes. Let the paste cool a little; then fill it with



OPEN TART.



OPEN TART MOULD.

preserve, place a few stars or leaves on it, which have been previously cut out of the paste and baked, and the tart is ready for table. By making it in this manner, both the flavour and colour of the jam are preserved, which would otherwise be lost, were it baked in the oven on the paste; and, besides, so much jam is not required.

Time.—10 to 15 minutes. **Average Cost,** 8*d.*

Sufficient.—1 tart for 3 persons.

Seasonable at any time.

Strawberry.—The name of this favourite fruit is said to be derived from an ancient custom of putting straw beneath the fruit when it began to ripen, which is very useful to keep it moist and clean. The strawberry belongs to temperate and rather cold climates; and no fruit of these latitudes, that ripens without the aid of artificial heat, is at all comparable with it in point of flavour. The strawberry is widely diffused, being found in most parts of the world, and particularly in Europe and America.

1914.—PUFF-PASTE RINGS. (*Fr.*—Puits d'Amour.)

Ingredients.—Puff-paste, No. 1677, the white of an egg, sifted loaf sugar.

Mode.—Make some good puff-paste by recipe No. 1677; roll it out to the thickness of about a quarter of an inch, and, with a round fluted paste-cutter, stamp out as many pieces as may be required; then work the

paste up again, and roll it out to the same thickness, and with a *smaller* cutter, stamp out sufficient pieces to correspond with the larger ones. Again stamp out the centre of these smaller rings; brush over the others with the white of an egg, place a small ring on the top of every large circular piece of paste, egg over the tops and bake from 15 to 20 minutes. Sift over sugar, put them back in the oven to colour them; then fill the rings with preserve of any bright colour. Dish them high on a napkin, and serve. So many pretty dishes of pastry may be made by stamping puff-paste out with fancy cutters, and filling the pieces, when baked, with jelly or preserve, that our space will not allow us to give a separate recipe for each of them; but, as they are all made from one paste, and only the shape and garnishing varied, perhaps it is not necessary, and, by exercising a little ingenuity, variety may always be obtained. Half-moons, leaves, diamonds, stars, shamrocks, rings, &c. are the most appropriate shapes for fancy pastry.

Time.—15 to 20 minutes. **Average Cost,** with ½ lb. of paste, 1*s.*

Sufficient for 2 dishes of pastry.

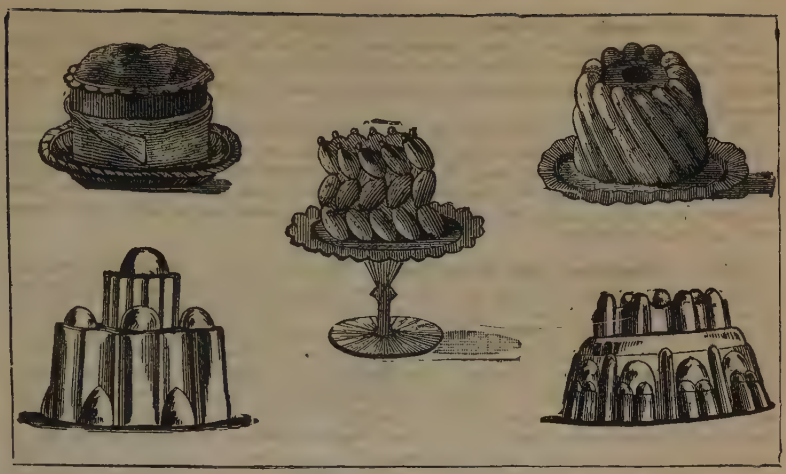
Seasonable at any time.

1915.—PUFF-PASTE RINGS.

(*Another Mode.*)

Ingredients.—Puff-paste, No. 1677, white of an egg, sifted sugar in rather large grains coloured with cochineal, apple jelly.

Mode.—Make the rings as directed in the preceding recipe, sifting over the pink sugar instead of the white, and filling them with bright coloured apple jelly.



CHAPTER XXXII.

GENERAL OBSERVATIONS ON CREAMS, JELLIES, SOUFFLÉS, OMELETS AND SWEET DISHES.

1916. ***Cream.***—The yellowish-white, opaque fluid, smooth and unctuous to the touch, which separates itself from new milk and forms a layer on its surface, is, when removed by skimming, employed in a variety of culinary preparations. The analyses of the contents of cream have been decided to be, in 100 parts—butter, 3·5; curd, or matter of cheese, 3·5; whey, 92·0. That cream contains an oil is evinced by its staining clothes in the manner of oil; and when boiled for some time, a little oil floats upon the surface. The thick animal oil which it contains, the well-known *butter*, is separated only by agitation, as in the common process of *churning*, and the cheesy matter remains blended with the whey in the state of *buttermilk*. Of the several kinds of cream, the principal are the Devonshire and Dutch clotted creams, the Costorphin cream, and the Scotch sour cream. The Devonshire and Cornwall cream is produced by nearly boiling the milk in shallow tin vessels over a charcoal fire, and keeping it in that state until the whole of the cream is thrown up. It is used instead of butter for butter making in those counties, but in London it is sold only for eating with fruits and tarts. The cream from Costorphin, a village of that name near Edinburgh, is accelerated in its separation from three or four days' old milk, by a certain degree of heat; and the Dutch clotted cream—a coagulated mass in which a spoon will stand upright—is manufactured from fresh-drawn milk, which is put into a pan, and stirred with a spoon two or three times a day, to prevent the cream from separating from the milk. The Scotch "sour cream" is a misnomer; for it is a material produced without cream. A small tub filled with skimmed milk is put into a larger one, containing hot water, and after remaining there all night, the thin milk (called *wigg*) is drawn off, and the remainder of the contents of the smaller vessel is "sour cream."

1917. ***To make Creams.***—For whipping and making sweets it is usual to ask for *double* cream, that is thick cream that has stood on the milk for twenty-four hours instead of twelve. Thin cream with milk mixed in it will not whip to a froth. The colder it is the better it whips, in warm weather it is apt to turn to butter.

We have also spoken of cream in the chapter on milk and butter. What is understood by *creams* is something different. They are cream, or milk, or some preparation of custard, variously flavoured and garnished and generally stiffened with gelatine to turn out of a mould, so that they come naturally into the same chapter with jellies, which are solutions of gelatine or isinglass in water, with wine, fruit, or other additions.

1918. ***Isinglass and Gelatine.***—The preparation of all these dishes has been very much simplified and cheapened since the introduction of prepared gelatine, which is now used in the place of calf's foot or fish bladder. Isinglass is the purest form of gelatine; but while chemically there is little difference between the two, practically, the difference between the best and inferior varieties of both articles is most marked. In former times Russian isinglass, which should be the sounds only or swimming-bladders of the sturgeon, was in general use; but its high price, when of good quality, brought into commerce not only the inferior membranes, but also bladders and membranes of other fishes, &c.—notably those from Brazil and the East Indies—as cheap imitations and substitutes. The uncertain strength of these raw products, which were simply scraped and washed, rolled and cut up, led to the invention of the Patent Refined Isinglass, which differs from all others in that it is a cooked article, and of uniform strength and purity, tasteless and entirely free from scent, and that it dissolves immediately in any warm liquid. The patentee of this preparation is Swinborne.

Gelatine is prepared from the skin and bones of animals. No article of commerce requires more careful selection of material, or such nice and cleanly preparation to insure a wholesome product. Vegetable jelly, or pectin, is a distinct substance, existing in fruits and vegetables. It, like gelatine, possesses the property of setting to a jelly when cold, but it has nothing more in common with animal jelly.

1919. ***Nourishment in Jelly.***—Much has been written on the subject of gelatine. Held at one time in high estimation as a food, it was afterwards considered of no value because in itself it would not sustain life; but, subjected to this test, nearly every useful and desirable delicacy would have to be condemned, and it cannot with justice be applied to gelatine any more than to many articles we daily consume. Abroad, no less an authority than Liebig pronounced against it, but the gelatine he condemned was chiefly of foreign manufacture and prepared chemically from bones by the use of acids, sulphur, &c. On the other hand, in England, our great chemist, the celebrated Professor Brande, F.R.S., was careful to draw the distinction between good and bad, and, deeming these inferior productions unwholesome, he confined his testimony to the merits and nutritious qualities of Swinborne's Calves' Feet Gelatine, the manufacture of which he inspected in all its details and thoroughly approved of.

1920. ***The Clearing of Jelly*** consists in removing any particles of insoluble matter that may have been added as flavouring, as well as every trace of albumen. Clear jelly tastes no better than thick, it is merely better in appearance. It is of the two less nourishing, so that we have recommended persons to save themselves the trouble of clearing in some cases.

The *rationale* of clearing is as follows:—Raw albumen is partially soluble in, and can be mixed with, water. When such a solution is heated to a temperature of 160° Fahrenheit, the albumen coagulates, and at a temperature of boiling water

it rises to the top of the water and floats there, forming scum, which, being a solid mass, can be readily removed by straining or skimming. To some extent any weak solution of albumen clears itself in prolonged boiling, *e.g.*, soups and broths that are carefully skimmed. But it is usual to put the white of eggs into jellies or soups, and to thoroughly mix them with every part of the liquid to be cleared. Every recipe directs that they shall be thoroughly beaten, in or out of the jelly: we prefer the former method as being better calculated to thoroughly mix the two. When the particles of albumen rise they carry with them to the top all the insoluble matter they meet on their way, and the scum is accordingly more or less coloured instead of being pure white of the egg. Prepared albumen is sold in packets, and aspic jelly is sometimes cleared with finely-scraped lean meat, which contains a large proportion of albumen, as well as salts and extractives which give flavour to the jelly. In fact, any albumen answers the purpose, and we commonly use white of egg only because it is the most convenient and familiar form. There is little doubt that albumen could be prepared from other substances more cheaply than eggs can be sold.

1921. ***Rules for Jelly-making.***—The following rules for jelly-making are based both on theory and practice.

The white of egg or albumen must be thoroughly mixed with the jelly in every part while the jelly is cold.

The whole must be made to thoroughly boil, so as to ensure the complete hardening of the scum, but it must not be stirred or shaken after it boils. If it boils away and reduces too much, a little water can be added to make up the quantity.

A little lemon or any other acid assists in the coagulation of the albumen.

The jelly-bag or cloth must never be squeezed, as a very slight pressure will force the particles of scum through.

No starchy or floury matter must get in, as this does not separate itself from, but joins itself more firmly to, the liquid in cooking, so that once in it cannot be got out.

The bag or cloth must be scalded before it is used, partly in order to heat it and so to get the jelly quickly through, chiefly to clean it, and, in the case of a cloth, to take out any starch that may have been left in from washing.

The moulds used for jellies must not be baked. To prepare them they can be scalded, then filled with cold water and used wet, or they can be oiled. The latter is the better plan, if there is no doubt about the freshness of the oil, but the slightest rancid taste would spoil the whole.

Gelatine should always be soaked in cold water till it is thoroughly saturated; say, till it is so soft that it will tear with the fingers. In some cases it should be soaked for not less than five or six hours. Use as litle gelatine as possible; that is to say, never use more than will suffice to make a jelly strong enough to retaia its form when turned out of the mould. The prejudice against gelatine which existed in former years was doubtless caused by persons unacquainted with its qualities using too large a quantity, and producing a jelly, hard, tough, and unpalatable, which compared very unfavourably with the delicate jellies which they had been accustomed to make from calves' feet, the *delicacy* of which arose from the simple fact that the gelatine derived from calves' feet is so weak that it is almost impossible to make the jellies too strong. Persons accustomed to use gelatine will know that its "setting" power is very much affected by the temperature. In hot weather and foreign climates a little more gelatine than ordinary should be added.

1922. ***To make Soufflés*** well some practice is necessary. They are by no means always sweet dishes, and although they find a place in this chapter, recipes

are given for fish, fowl and game soufflés in another part of the book. Savoury or sweet, they are all made in the same way, so that the following remarks apply to all.

Eggs are a principal ingredient, and they must be fresh or it will not be possible to whip the whites to a stiff froth, on which the excellence of a soufflé in great part depends. Nothing should be added to the whites but a pinch of salt. They are easier to whip in a cool place or in a draught. They cannot be made too stiff, and should be so that the plate or basin can be turned over without their dropping off. Generally it is better to put one or two more whites than yolks. The whites should always be stirred lightly in *immediately* before baking.

The yolks should be added unbroken to the panada, flavouring, pounded meat, or whatever else is used as a basis, and well stirred in, the more the better.

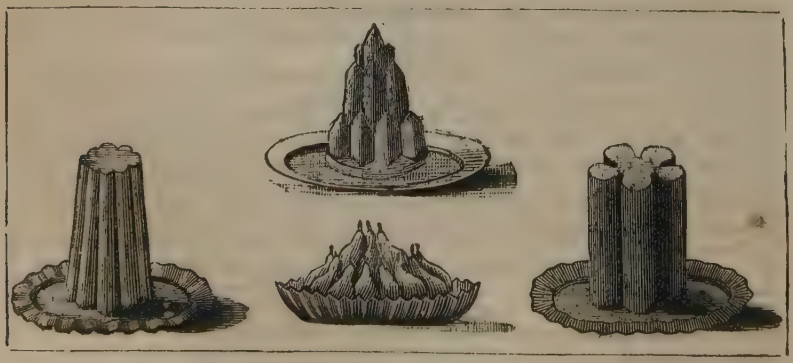
Meat, fish, or fruit must be rubbed through a fine sieve, cheese dry and grated.

Sugar must be finely pounded.

A baked soufflé must be served directly it comes from the oven, in the dish in which it was baked. It must be baked directly it is mixed, so that the dish should be buttered and tied round with buttered paper before the soufflé is begun to be made. Tin baking dishes are sold on purpose for soufflés, but, failing these, an earthen pan or a common jam-pot can be used. It is well to warm them before putting in the mixture.

The oven should be as hot as possible, not to burn. Small soufflés, of cheese, &c., are baked in paper cases. A steamed soufflé should be turned out of the dish it is cooked in; it does not fall so quickly as a baked, and can be eaten cold. It must be put in a tin that has not been used for baking, as it is difficult to prevent its sticking. Let the water boil very slowly, or it will be full of holes and liable to break.

1923. ***Omelettes Soufflées*** are those made by whisking the whites and yolks separately. They are generally baked in a very hot oven, or browned with a salamander, instead of being cooked over the fire entirely as are ordinary omelets.



RECIPES FOR CREAMS, JELLIES, &c.

CHAPTER XXXIII.

1924.—BAKED APPLE CUSTARD.
(*Fr.*—Pommes à la Crême.)

Ingredients.—1 dozen large apples, moist sugar to taste, 1 small teacupful of cold water, the grated rind of 1 lemon, 1 pint of milk, 4 eggs, 2 oz. of loaf sugar.

Mode.—Peel, cut, and core the apples; put them into a lined saucepan with the cold water, and as they heat, bruise them to a pulp; sweeten with moist sugar, and add the grated lemon-rind. When cold, put the fruit at the bottom of a pie-dish, and pour over it a custard, made with the above proportion of milk, eggs, and sugar; grate a little nutmeg over the top, place the dish in a moderate oven, and bake from 25 to 35 minutes. The above proportions will make rather a large dish.

Time.—25 to 35 minutes. **Average Cost,** 1*s.* 4*d.*

Sufficient for 6 or 7 persons.

Seasonable from July to March.

1925.—BUTTERED APPLES. (*Fr.*—Pommes au Beurre.)

(*Sweet Entremets.*)

Ingredients.—Apple marmalade, No, 1931, 6 or 7 good boiling apples, ½ pint of water, 6 oz. of sugar, 2 oz. of butter, a little apricot jam.

Mode.—Pare the apples, and take out the cores without dividing them; boil up the sugar and water for a few minutes; then lay in the apples, and simmer them very gently until tender, taking care not to let them break. Have ready sufficient marmalade made by recipe No. 1931, and flavoured with lemon, to cover the bottom of the dish; arrange the apples on this with a piece of butter placed in each, and in between them a few spoonfuls of apricot jam or marmalade; place the dish in the oven for 10 minutes, then sprinkle over the top sifted sugar; either brown it before the fire or with a salamander, and serve hot.

Time.—From 20 to 30 minutes to stew the apples very gently; 10 minutes in the oven.

Average Cost, 1s. 6*d.*

Sufficient for 1 dish.

Note.—The syrup that the apples were boiled in should be saved for another occasion.

1926.—APPLES IN A RAISED CRUST.
(*Fr.*—Flan de Pommes.)

Ingredients.—¾ lb. of short-crust No. 1679 or 1680, 9 moderate-sized apples, the rind and juice of ½ a lemon, ½ lb. of white sugar, ¾ pint of water, a few strips of candied citron.

Mode.—Make a short-crust by either of the above recipes; roll it out to the thickness of half an inch, and butter an oval mould; line it with the crust, and press it carefully all round the sides, to obtain the form of the mould, but be particular not to break the paste. Pinch the part that just rises above the mould with the paste-pincers, and fill the case with flour; bake it for about three-quarters of an hour; then take it out of the oven, remove the flour, put the case back in the oven for another quarter of an hour, and do not allow it to get scorched. It is now ready for the apples, which should be prepared in the following manner: peel, and take out the cores with a small knife, or a cutter for the purpose, without dividing the apples: put them into a small lined saucepan, just capable of holding them, with sugar, water, lemon-juice and rind, in the above proportion. Let them simmer very gently until tender; then take out the apples, let them cool, arrange them in the flan or case, and boil down the syrup until reduced to a thick jelly; pour it over the apples, and garnish them with a few slices of candied citron.

A more simple flan may be made by rolling out the paste, cutting the bottom of a round or oval shape, and then a narrow strip for the sides: these should be stuck on with the white of an egg to the bottom piece, and the flan then filled with raw fruit, with sufficient sugar to sweeten it nicely. It will not require so long baking as in a mould: but the crust must be made everywhere of an equal thickness, and so perfectly joined that the juice does not escape. This dish may also be served hot, and should be garnished in the same manner, or a little melted apricot jam may be poured over the apples, which very much improves their flavour.

Time.—Altogether, 1 hour to bake the flan; from 30 to 40 minutes to stew the apples very gently. **Average Cost,** 1s.

Sufficient for 1 entremets.

Seasonable from July to March.

1927.—APPLES À LA PARISIENNE.

(With a Salpicon of Fruit.)

Ingredients.—1 savarin (*see* No. 1875), 9 apples, 9 pears, 14 slices of preserved pineapple, preserved cherries, apricots and greengages, 2 pints of syrup, ½ gill of noyeau.

Mode.—Bake a savarin in a cylinder mould, 8 inches across, and when done turn it into a dish, so that it forms a stand nearly 1½ inch high. Peel 2 of the apples and cut them into dice and boil them in syrup; cut up the pears and prepare them in the same way, adding a drop or two of cochineal to colour them. Peel and core the rest of the apples and cut them in halves, boil them also. Cut the slices of pineapple to the same size as the pieces of apple, warm them in syrup and place them in alternation with the apple round the savarin. Cut the other preserved fruits into dice, add the noyeau (or any other flavouring) to the syrup and boil all these 1 minute, then fill the circle with this mixture and garnish with preserved cherries.

Time.—½ hour. **Average Cost,** 4*s.*

Sufficient for 1 dish.

Seasonable at any time.

1928.—APPLE FOOL.

Ingredients.—Apples, sugar, yolks of eggs, penny sponge cakes.

Mode.—Bake some sour cooking apples, remove the pulp with a silver spoon and beat it up with some sifted sugar. To each teacupful allow the yolk of 1 egg, and one spongecake. Beat well and rub through a sieve.

Time.—1 hour. **Average Cost,** 3*d.* per cupful.

Sufficient, allow a cupful for each person.

Seasonable from July to March.

1929.—APPLE FRITTERS. (*Fr.*—Beignets de Pommes.)

Ingredients.—For the batter, ½ lb. of flour, ½ oz. of butter, ½ saltspoonful of salt, 2 eggs, milk, apples, hot lard or clarified beef-dripping.

Mode.—Break the eggs; separate the whites from the yolks, and beat them separately. Put the flour into a basin, stir in the butter, which should be melted to a cream; add the salt, and moisten with sufficient warm milk to make it of a proper consistency, that is to say, a batter that will drop from the spoon. Stir this well, rub down any lumps that may be seen, and add the whites of the eggs, which should have been previously well whisked; beat up the batter for a few minutes, and it is ready for use. Now peel and cut the apples into rather thick whole slices, without dividing them, and stamp out the middle of each slice, where the

core is, with the cutter. Throw the slices into the batter; have ready a pan of boiling lard or clarified dripping; take out the pieces of apple one by one, put them into the hot lard, and fry a nice brown, turning them when required. When done, lay them on a piece of blotting-paper before the fire, to absorb the greasy moisture; then dish on a white d'oyley, piled one above the other; strew over them some pounded sugar, and serve very hot. The flavour of the fritters would be very much improved by soaking the pieces of apple in a little wine, mixed with sugar and lemon-juice, for 3 or 4 hours before wanted for table; the batter, also, is better for being mixed some hours before the fritters are made.

Time.—About 10 minutes to fry them; 5 minutes to drain them. **Average Cost,** 6*d.*

Sufficient for 4 or 5 persons.

Seasonable from July to March

1930.—ICED APPLES, OR APPLE HEDGEHOG.

(*Fr.*—Pommes Méringuées.)

Ingredients.—About 3 dozen good boiling apples, ½ lb. of sugar, ½ pint of water, the rind of ½ lemon minced very fine, the whites of 2 eggs, 3 tablespoonfuls of pounded sugar, a few sweet almonds.

Mode.—Peel and core a dozen of the apples without dividing them, and stew very gently in a lined saucepan with half a pound of sugar and half a pint of water, and, when tender, lift them very carefully on to a dish. Have ready the remainder of the apples pared, cored, and cut into thin slices; put them into the same syrup with the lemon-peel and boil gently until they are reduced to a marmalade; they must be kept stirred, to prevent them from burning. Cover the bottom of a dish with some of the marmalade, and over that a layer of the stewed apples, in the insides of which, and between each, place some of the marmalade; then place another layer of apples, and fill up the cavities with marmalade as before, forming the whole into a raised oval shape. Whip the whites of the eggs to a stiff froth, mix with them the pounded sugar, and cover the apples very smoothly all over with the icing; blanch and cut each almond into 4 or 5 strips; place these strips at equal distances over the icing, sticking up; strew over a little rough pounded sugar, and place the dish in a very slow oven, to colour the almonds, and for the apples to get warm through. This entremets may also be served cold, and makes a pretty supper dish.

Time.—From 20 to 30 minutes to stew the apples. **Average Cost,** 1*s.* 9*d.* to 2*s.*

Sufficient for 5 or 6 persons.

Seasonable from July to March.

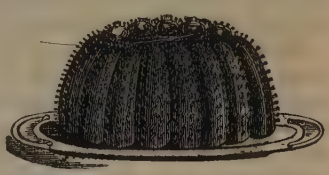
1931.—THICK APPLE JELLY OR MARMALADE.

(*Fr.*—Marmelade de Pommes.)

(For Entremets or Dessert Dishes.)

Ingredients.—Apples; to every lb. of pulp allow ¾ lb. of sugar, ½ a teaspoonful of minced lemon-peel.

Mode.—Peel, core and boil the apples with only sufficient water to prevent them from burning; beat them to a pulp, and to every lb. of pulp allow the above proportion of sugar in lumps. Dip the lumps into water; put these into a saucepan, and boil till a syrup is thick and can be well skimmed; then add this syrup to the apple pulp, with the minced lemon-peel, and stir it over a quick fire for about 20 minutes, or until the apples cease to stick to the bottom of the pan. The jelly is then done, and may be poured into moulds which have been previously dipped in water, when it will turn out nicely for dessert or a side-dish; for the latter a little custard should be poured round, and it should be garnished with strips of citron or stuck with blanched almonds.



APPLE JELLY STUCK WITH ALMONDS.

Time.—From ½ to ¾ hour to reduce the apples to a pulp; 20 minutes to boil after the sugar is added.

Sufficient.—1½ lb. of apples for a small mould.

Seasonable from July to March; but is best in September, October or November.

1932.—CLEAR APPLE JELLY.

(*Fr.*—Gelée de Pommes.)

Ingredients.—2 dozen apples, 1½ pint of spring water; to every pint of juice allow ½ lb. of loaf sugar, ½ oz. of gelatine, the rind of ½ a lemon.

Mode.—Pare, core and cut the apples into quarters, and boil them, with the lemon-peel, until tender; then strain off the apples, and run the juice through a jelly-bag; put the strained juice with the sugar and gelatine, which has been simmered quietly in half a pint of water, into a lined saucepan or preserving-pan; simmer together for about a quarter of an hour, and put the jelly into moulds. When this jelly is nice and clear, and turned out well, it makes a pretty dish for the supper-table, with a little custard or whipped cream round it; the addition of a little lemon-juice improves the flavour, but it is apt to render the jelly muddy and thick. If required to be kept any length of time, rather a large proportion of sugar must be used.

Time.—From 1 to 1½ hour to boil the apples; ¼ hour the jelly. **Average Cost,** 1*s.* 6*d.*

Sufficient for 1½ pint mould.

Seasonable from July to March.

1933.—A PRETTY DISH OF APPLES AND RICE.
(*Fr.*—Pommes au Riz.)

Ingredients.—6 oz. of rice, 1 quart of milk, the rind of ½ a lemon, sugar to taste, ½ saltspoonful of salt, 8 apples, ¼ lb. of sugar, ¼ pint of water, ½ pint of boiled custard, No. 1969.

Mode.—Flavour the milk with lemon-rind, by boiling them together for a few minutes; then take out the peel, and put in the rice, with sufficient sugar to sweeten it nicely, and boil gently until the rice is quite soft; then let it cool. In the meantime pare, quarter and core the apples, and boil them until tender in a syrup made with sugar and water in the above proportion; and, when soft, lift them out on a sieve to drain. Now put a middling-sized gallipot in the centre of a dish; lay the rice all round till the top of the gallipot is reached; smooth the rice with the back of a spoon, and stick the apples into it in rows, one row sloping to the right and the next to the left. Set it in the oven to colour the apples; then, when required for table, remove the gallipot, garnish the rice with preserved fruits, and pour in the middle sufficient custard, made by recipe No. 1969, to be level with the top of the rice, and serve hot.

Time.—From 20 to 30 minutes to stew the apples; ¾ hour to simmer the rice; ¼ hour to bake. **Average Cost,** 1*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable from July to March.

1934.—APPLES À LA PORTUGAISE.

Ingredients.—8 good boiling-apples, ½ pint of water, 6 oz. of sugar, a layer of apple marmalade, No. 1931, 8 preserved cherries, garnishing of apricot jam.

Mode.—Peel the apples and, with a vegetable-cutter, push out the cores; boil them in the above proportion of sugar and water, without being too much done, and take care they do not break. Have ready a white apple marmalade, made by recipe No. 1931; cover the bottom of the dish with this, level it, and lay the apples in a sieve to drain; pile them neatly on the marmalade, making them high in the centre, and place a preserved cherry in the middle of each. Garnish with strips of candied citron or apricot jam, and the dish is ready for table.

Time.—From 20 to 30 minutes to stew the apples. **Average Cost,** 1*s.* 3*d.*

Sufficient for 1 entremet.

Seasonable from July to March.

1935.—APPLES IN RED JELLY.

(*Fr.*—Gelée aux Pommes.)

(A Pretty Supper Dish.)

Ingredients.—6 good-sized apples, 12 cloves, pounded sugar, 1 lemon, 2 teacupfuls of water, ½ oz. of Swinborne's Gelatine, a few drops of prepared cochineal.

Mode.—Choose rather large apples; peel them and take out the cores, either with a scoop or small silver knife, and put into each apple 2 cloves and as much sifted sugar as they will hold. Place them, without touching each other, in a large pie-dish; add more white sugar, the juice of 1 lemon, and 2 teacupfuls of water. Bake in the oven, with a dish over them, until they are done. Look at them frequently, and, as each apple is cooked, place it in a glass dish. They must not be left in the oven after they are done, or they will break, and so would spoil the appearance of the dish. When the apples are neatly arranged in a dish without touching each other, strain the liquor in which they have been stewing into a lined saucepan; add to it the rind of the lemon, and the above amount of gelatine, which has been previously dissolved in cold water, and, if not sweet, a little more sugar, and six cloves. Simmer until clear; colour with a few drops of prepared cochineal, and strain the jelly through a double muslin into a jug; let it cool *a little;* then pour it into the dish round the apples. When quite cold, garnish the tops of the apples with a bright-coloured marmalade, jelly, or the white of an egg, beaten to a strong froth, with a little sifted sugar.

Time.—From 30 to 50 minutes to bake the apples. **Average Cost,** 1*s.*, with the garnishing.

Sufficient for 4 or 5 persons.

Seasonable from July to March.

1936.—APPLES AND RICE. (*Fr.*—Pommes au Riz.)

(A Plain Dish.)

Ingredients.—8 good-sized apples, 3 oz. of butter, the rind of ½ a lemon minced very fine, 6 oz. of rice, 1½ pint of milk, sugar to taste, ½ teaspoonful of grated nutmeg, 6 tablespoonfuls of apricot jam.

Mode.—Peel the apples, halve them and take out the cores; put them into a stewpan with the butter, and strew sufficient sifted sugar over to

sweeten them nicely, and add the minced lemon-peel. Stew the apples very gently until tender, taking care they do not break. Boil the rice, with the milk, sugar and nutmeg, until soft, and, when thoroughly done, dish it, piled high in the centre; arrange the apples on it, warm the apricot jam, pour it over the whole, and serve hot.

Time.—About 30 minutes to stew the apples very gently; about ¾ hour to cook the rice. **Average Cost,** 1*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable from July to March.

1937.—APPLE SNOW. (*Fr.*—Pommes Méringuées.)

(*A Pretty Supper Dish.*)

Ingredients.—10 good-sized apples, the whites of 10 eggs, the rind of 1 lemon, ½ lb. of pounded sugar.

Mode.—Peel, core and cut the apples into quarters, and put them into a saucepan with the lemon-peel and sufficient water to prevent them from burning, rather less than half a pint. When they are tender, take out the peel, beat them to a pulp, let them cool, and stir them to the whites of the eggs, which should be previously beaten to a strong froth. Add the sifted sugar, and continue the whisking until the mixture becomes quite stiff; and either heap it on a glass dish, or serve it in small glasses. The dish may be garnished with preserved barberries, or strips of bright-coloured jelly; and a dish of custards should be served with it, or a jug of cream.

Time.—From 30 to 40 minutes to stew the apples. **Average Cost,** 1*s.* 6*d.*

Sufficient to fill a moderate-sized glass dish.

Seasonable from July to March.

1938.—APPLE CUSTARD. (*Fr.*—Pommes Méringuées.)

Ingredients.—2 lbs. of apples, 6 oz. of loaf sugar, 1 pint of milk, 6 eggs, 1 tablespoonful of powdered sugar.

Mode.—Stew the apples with 4 oz. of loaf sugar until tender. Beat the yolks of the eggs with 2 oz. of loaf sugar, and pour over them the milk, boiling hot. Put this custard into a saucepan, and cook until it is as thick as corn-flour pudding. Beat the whites of the eggs to a stiff froth, with powdered sugar. Put the apples into a dish, pour the custard over them, cover this with the frosting, place in the oven, and brown lightly.

Time.—¼ hour. **Average Cost,** 1*s.* 3*d.*

Sufficient for 4 or 5 persons.

Seasonable from July to March.

1939.—APPLE SOUFFLÉ. (*Fr.*—Soufflé de Pommes.)

Ingredients.—6 oz. of rice, 1 quart of milk, the rind of ½ a lemon, sugar to taste, the yolks of 4 eggs, the whites of 6, 1½ oz. of butter, 4 tablespoonfuls of apple marmalade No. 1931.

Mode.—Boil the milk with the lemon-peel until the former is well flavoured; then strain it, put in the rice, and let it gradually swell over a slow fire, adding sufficient sugar to sweeten it nicely. Then crush the rice to a smooth pulp with the back of a wooden spoon; line the bottom and sides of a round cake-tin with it, and put it into the oven to set; turn it out of the tin carefully, and be careful that the border of rice is firm in every part. Mix with the marmalade the beaten yolks of eggs and the butter, and stir these over the fire until the mixture thickens. Take it off the fire; to this add the whites of the eggs, which should be previously beaten to a strong froth; stir all together, and put it into the rice border. Bake in a hot oven for about half an hour, or until the soufflé rises very light. It should be watched, and served instantly, or it will immediately fall after it is taken from the oven.

Time.—½ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 4 or 5 persons.

Seasonable from July to March.

1940.—STEWED APPLES AND CUSTARD.

(*Fr.*—Pommes à la Crême.)

(A Pretty Dish for a Juvenile Supper.)

Ingredients.—7 good-sized apples, the rind of ½ a lemon or 4 cloves; ½ lb. of sugar, ¾ pint of water, ½ pint of custard, No. 1969.

Mode.—Pare and take out the cores of the apples, without dividing them, and, if possible, leave the stalks on; boil the sugar and water together for 10 minutes; then put in the apples with the lemon-rind or cloves, whichever flavour may be preferred, and simmer gently until they are tender, taking care not to let them break. Dish them neatly on a glass dish, reduce the syrup by boiling it quickly for a few minutes, let it cool a little; then pour it over the apples. Have ready quite half a pint of custard made by recipe No. 1969; pour it round, but not over, the apples when they are quite cold, and the dish is ready for table. A few almonds, blanched and cut into strips, and stuck in the apples, would improve their appearance.

Time.—From 20 to 30 minutes to stew the apples.

Average Cost, 6*d.*

Sufficient to fill a large glass dish

Seasonable from July to March.

1941.—APPLE TRIFLE.

(A Supper Dish.)

Ingredients.—10 good-sized apples, the rind of ½ a lemon, 6 oz. of pounded sugar, ½ pint of milk, ½ pint of cream, 3 eggs, whipped cream.

Mode.—Peel, core and cut the apples into thin slices, and put them into a saucepan with 2 tablespoonfuls of water, the sugar and minced lemon-rind. Boil all together until quite tender, and pulp the apples through a sieve; if they should not be quite sweet enough, add a little more sugar, and put them at the bottom of the dish to form a thick layer. Stir together the milk, cream and eggs, with a little sugar, over the fire, and let the mixture thicken, but do not allow it to reach the boiling-point. When thick, take it off the fire; let it cool a little, then pour it over the apples. Whip some cream with sugar, lemon-peel, &c., the same as for other trifles; heap it high over the custard, and the dish is ready for table. It may be garnished, as fancy dictates, with strips of bright apple jelly, slices of citron, &c.

Time.—From 30 to 40 minutes to stew the apples; 10 minutes to stir the custard over the fire. **Average Cost,** 2*s.*

Sufficient for a moderate-sized trifle.

Seasonable from July to March.

1942.—APRICOT CREAM. (*Fr.*—Crême aux Abricots.)

Ingredients.—12 to 16 ripe apricots, ½ lb. of sugar, 1½ pint of milk, the yolks of 8 eggs, 1 oz. of isinglass or gelatine.

Mode.—Divide the apricots, take out the stones, and boil them in a syrup made with a quarter of a lb. of sugar and a quarter of a pint of water, until they form a thin marmalade, which rub through a sieve. Boil the milk with the other quarter of a lb. of sugar, let it cool a little, then mix with it the yolks of eggs which have been previously well beaten; put this mixture into a jug, place this jug in boiling water, and stir it one way over the fire until it thickens; but on no account let it boil. Strain through a sieve, add the isinglass, previously steeped in *cold* water, and then boiling, and keep stirring it till nearly cold; then mix the cream with the apricots; stir well, put it into an oiled mould, and, if convenient, set it on ice; at any rate, in a very cool place. It should turn out on the dish without any difficulty.

Time.—From 20 to 30 minutes to boil the apricots. **Average Cost,** 3*s.* 6*d.*; with gelatine, 2*s.* 6*d.*

Sufficient to fill a quart mould.

Seasonable in August, September and October.

Note.—In winter-time, when fresh apricots are not obtainable, tinned ones may be substituted for them.

1943.—COMPOTE OF APRICOTS IN A RAISED CRUST. (*Fr.*—Flan d'Abricots.)

(*Sweet Entremets.*)

Ingredients.—¾ lb. of short crust, No. 1679, from 9 to 12 good-sized apricots, ¾ pint of water, ½ lb. of sugar.

Mode.—Make a short crust by recipe No. 1679, and line a mould with it as directed in recipe No. 1926. Boil the sugar and water together for 10 minutes; halve the apricots, take out the stones, and simmer them in the syrup until tender; watch them carefully, and take them up the moment they are done, for fear they break. Arrange them neatly in the flan or case; boil the syrup until reduced to a jelly, pour it over the fruit, and serve either hot or cold. Greengages, plums of all kinds, peaches, &c., may be done in the same manner, as also currants, raspberries, gooseberries, strawberries, &c.; but with the last-named fruits, a little currant-juice added to them will be found an improvement.

Time.—Altogether 1 hour to bake the flan, about 10 minutes to simmer the apricots. **Average Cost,** 1*s.* 6*d.*

Sufficient for 1 entremet or side-dish.

Seasonable in July, August and September.

1944.—ARROWROOT BLANC-MANGE. (*Fr.*—Blanc-Manger.)

(*An inexpensive Supper Dish.*)

Ingredients.—4 heaped tablespoonfuls of arrowroot, 1½ pint of milk, 3 laurel-leaves or the rind of ½ a lemon, sugar to taste.

Mode.—Mix to a smooth batter the arrowroot with half a pint of the milk; put the other pint on the fire, with laurel-leaves or lemon-peel, whichever may be preferred, and let the milk steep until it is well flavoured. Then strain the milk, and add it, boiling, to the mixed arrowroot; sweeten it with sifted sugar, and let it boil, stirring it all the time, till it thickens sufficiently to come from the saucepan. Grease a mould with pure salad-oil, pour in the blanc-mange, and, when quite set, turn it out on a dish, and pour round it a compôte of any kind of fruit, or garnish it with jam. A tablespoonful of brandy, stirred in just before the blanc-mange is moulded, very much improves the flavour of this sweet dish.

Time.—Altogether, ½ hour. **Average Cost,** 6*d.*, without the garnishing.

Sufficient for 4 or 5 persons.

Seasonable at any time.

1945.—BLANC-MANGE. (*Fr.*—Blanc Manger aux Amandes.)

(*A Supper Dish.*)

Ingredients.—1 pint of new milk, 1¼ oz. of gelatine, the rind of ½ a lemon, ½ lb. of loaf sugar, 10 bitter almonds, flavouring of vanilla, 1 pint of cream

Mode.—Put the milk into a saucepan, with the gelatine, lemon-rind and sugar, and let these ingredients stand by the side of the fire until the milk is well flavoured; add the almonds, which should be blanched and pounded in a mortar to a paste, and let the milk just boil up; strain it through a fine sieve or muslin into a jug, add the cream, and stir the mixture occasionally until nearly cold. Let it stand for a few minutes, then pour it into the mould, which should be previously oiled with the purest salad-oil, or dipped in cold water. There will be a sediment at the bottom of the jug, which must not be poured into the mould, as, when turned out, it would very much disfigure the appearance of the blanc-mange. This blanc-mange may be made very much richer by using 1½ pint of cream, and melting the gelatine in half a pint of boiling water. The flavour may also be very much varied by adding bay-leaves, laurel-leaves, or essence of vanilla, instead of the lemon-rind and almonds. Noyeau, Maraschino, Curaçoa, or any favourite liqueur, added in small proportions, very much enhances the flavour of this always favourite dish. In turning it out, just loosen the edges of the blanc-mange from the mould, place a dish on it, and turn it quickly over; it should come out easily, and the blanc-mange have a smooth, glossy appearance when the mould is oiled, which it frequently has not when it is only dipped in water. It may be garnished as fancy dictates.

BLANC-MANGE MOULD.

Time.—About 1½ hour to steep the lemon-rind and almonds in the milk.
Average Cost, *2s. 2d.*
Sufficient to fill a quart mould.
Seasonable at any time.

1946.—A CHEAPER BLANC-MANGE.

Ingredients.—¼ lb. of sugar, 1 quart of milk, 1½ oz. gelatine, the rind of ½ a lemon, 4 laurel leaves.

Mode.—Put all the ingredients into a lined saucepan, simmer gently until the gelatine is dissolved; taste it occasionally, to ascertain when it is sufficiently flavoured with the laurel leaves; then take them out, and keep stirring the mixture over the fire for about 10 minutes. Strain it through a fine sieve into a jug, and, when nearly cold, pour into a well-oiled mould, omitting the sediment at the bottom. Turn

BLANC-MANGE.

it out carefully on a dish, and garnish with preserves, bright jelly, or a compôte of fruit.

Time.—Altogether ½ hour. **Average Cost,** 10*d.*

Sufficient to fill a quart mould.

Seasonable at any time.

1947.—BREAD-AND-BUTTER FRITTERS.

(*Fr.*—Beignets de Pain.)

Ingredients.—Batter, 8 slices of bread-and-butter, 3 or 4 tablespoonfuls of jam.

Mode.—Make a batter, the same as for apple fritters, No. 1929; cut some slices of bread-and-butter, not very thick; spread half of them with any jam that may be preferred, and cover with the other slices; slightly press them together, and cut them out in square, long or round pieces. Dip them in the batter, and fry in lard, butter or fat for about 10 minutes; drain them before the fire on a piece of blotting-paper or cloth. Dish them, sprinkle over sifted sugar, and serve. This is a very good way of using up cut bread-and-butter.

Time.—About 10 minutes. **Average Cost,** 1*s.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

1948.—ASPIC JELLY.

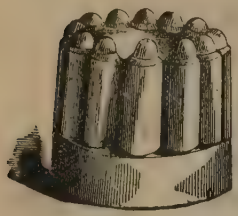
(*For High-class Cookery.*)

Mode.—Bone and blanch 8 calves' feet, add to them 3 hens (without their fillets), 2 lbs. of knuckle of veal (minus bone), 6 lbs. of fillet of veal, 4 lbs. of leg of beef (boned). The meat must be tied and put into a stock-pot, with 2½ gallons of water and a quarter of a lb. of salt. Boil up, skim, and when cool add 4 onions (a clove stuck in each), 4 large carrots, 4 leeks, and a bundle of herbs. Simmer till done; but the calves' feet will still be not quite cooked. Strain through a cloth, boil up, skim, and simmer till the jelly looks quite clear. Clarify, when cold, as follows;—Beat up the fillets of the hens in a mortar, put them in a pan to stew with the whites of 8 eggs, a pint of French wine, and a little pepper and salt. Add the jelly to the fillets, and boil on a brisk fire, stirring all the time with a wire whisk. Do not touch it for 2 minutes, strain then, and repeat this process till the jelly is quite clear. Pour out and place on ice.

1949.—STOCK FOR JELLIES.

Ingredients.—Gelatine or isinglass, quantity to be regulated according to the amount of stock required.

Mode.—The gelatine, &c., must be soaked in cold water—6 hours is the prescribed time, but less than that will effect the purpose desired if as little delay as possible must be ensured. Perfectly-boiling water should then be poured gradually upon the gelatinous mass; but it must *never* be allowed to really boil. Calves' feet are very rarely now used for the making of stock for jellies. By means of Swinborne's Patent Refined Isinglass, jelly may be made with the greatest facility in a few minutes, possessing the nutriment of the calves' feet, without the impurities. It should be noted that isinglass or gelatine, used for stock, should be increased somewhat in quantity in summer.



JELLY-MOULD.

How to make a Jelly-bag.—The very stout flannel called double-mill, used for ironing blankets, is the best material for a jelly-bag; those of home manufacture are the only ones to be relied on for thoroughly clearing the jelly. Care should be taken that the seam of the bag be stitched twice, to secure it against unequal filtration. The most convenient mode of using the bag is to tie it upon a hoop the exact size of the outside of its mouth; and, to do this, string should be sewn round it at equal distances. The jelly-bag may, of course, be made any size; but one of twelve or fourteen inches deep, and seven or eight across the mouth, will be sufficient for ordinary use. The form of a jelly-bag is the fool's-cap.

JELLY-BAG.

1950.—AN ECONOMICAL JELLY.

Ingredients.—1 oz. of gelatine, 3*d.* packet of citric acid, ¾ lb. of loaf sugar, ½ pint of orange wine.

Mode.—Soak 1 oz. of Swinborne's Calves' Feet Gelatine in half a pint of cold water for 5 or 6 hours, or, when convenient, over night; then add citric acid, and three quarters of a lb. of loaf sugar; pour on 1 pint of boiling water, and half a pint of orange or other wine (cold); stir for a few minutes before pouring into the mould.

1951.—RUM CREAM. (*Fr.*—Crême au Rhum.)

Ingredients.—½ pint of cream or milk, 2 oz. of loaf sugar, 1 bay-leaf, 3 eggs, ¼ oz. of gelatine, small wineglassful of rum, syrup of capillaire.

Mode.—Boil the cream or milk with 2 oz. of sugar and the bay-leaf. Pour this on the yolks of 3 well-beaten eggs, and stir till thick over a slow fire. Remove the bay-leaf, let the custard stand, stirring occasionally until it is nearly cold. Dissolve by boiling a quarter of an oz. of gelatine (Nelson's), previously soaked in cold water for 5 or 6 hours, then let it stand till cool. When the gelatine and custard are cool, stir them well

together; add the rum, put the cream into a mould, and let it stand 12 hours before turning out. Serve with syrup of capillaire.

Time.—½ hour.

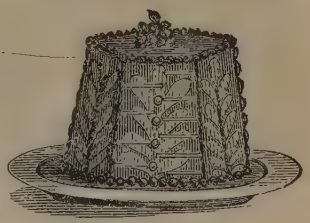
Sufficient for quart mould.

1952.—JELLY WITH ORANGES.

(*Fr.*—Gelée aux Oranges.)

Ingredients.—1 quart of any clear yellow jelly, 6 oranges, a little syrup, preserved cherries, angelica.

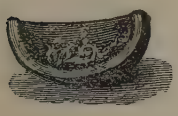
Mode.—Peel the oranges and divide them into quarters, taking off all the white; coat a plain mould with the jelly, then lay in the oranges, each piece dipped in clear syrup, in the manner shown in the illustration, putting the angelica, cut into leaves, in the corners of the mould, and the cherries round the top and bottom and between the pieces of orange; fill up with jelly, and set on ice.

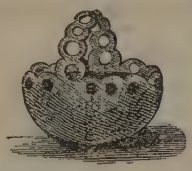


JELLY WITH ORANGES.

Average Cost, 1*s.* 6*d.* to 3*s.*

Seasonable in winter.





ORANGE BASKET.

Note.—Oranges filled with jelly, as in accompanying illustration, are a pretty addition to the supper-table. To obtain the quarters the fruit is cut in half, the pulp taken out, the rind filled with jelly, and when cold cut into quarters.

1953.—GELATINE JELLY.

Ingredients.—1 quart packet of Swinborne's Patent Calves' Feet Gelatine, 5 oz. of loaf sugar, 2 lemons, 2 eggs, and ½ pint of sherry or raisin wine, ½ pint of *cold* water, 1 pint of *boiling* water.

Mode.—Soak the gelatine for 20 minutes in half a pint of *cold* water, then add a pint of *boiling* water, and stir till quite dissolved, after which add the juice and rind of 2 lemons (taking care to keep out *all* the pips, which give a bitter taste), with 5 oz. of loaf sugar, and half a pint of sherry or raisin wine; whisk the whites and shells of 2 eggs, and stir them well into the whole; boil it 5 minutes, and then pass through a jelly-bag, returning what first comes through till it runs quite clear.

Time.—20 minutes to ½ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 1 quart.

1954.—ISINGLASS JELLY.

Ingredients.—1 oz. of Swinborne's Patent Refined Isinglass, 5 oz. of loaf sugar, 2 lemons, 2 eggs, ½ pint of sherry, or other white wine, ½ pint of *cold* water, 1 pint of *boiling* water.

Mode.—Soak the isinglass for 10 minutes in half a pint of *cold* water, then add a pint of *boiling* water and proceed exactly as in the previous recipe.

Time.—¼ hour. **Average Cost,** 2*s.*

Sufficient for 1 quart.

Isinglass.—The best isinglass is brought from Russia; some of an inferior kind is brought from North and South America and the East Indies; the several varieties may be had from the wholesale dealers in isinglass in London. In choosing isinglass for domestic use, select that which is whitest, has no unpleasant odour, and which dissolves most readily in water. The inferior kinds are used for fining beer, and similar purposes. Isinglass is much adulterated. To test its purity, take a few threads of the substance, drop some into boiling water, some into cold water, and some into vinegar. In the boiling water the isinglass will dissolve, in cold water it will become white and "cloudy," and in vinegar it will swell and become jelly-like. If the isinglass is adulterated with gelatine (that is to say, the commoner sort of gelatine, for isinglass is classed amongst gelatines, of all which varieties it is the very purest and best), in boiling water the gelatine will not so completely dissolve as the isinglass; in cold water it becomes clear and jelly-like, and in vinegar it will harden.

1955.—GRAPE JELLY.

Mode.—Make a jelly by the preceding recipe, pour a little in the mould, and when it has cooled lay in a bunch of grapes of a size suitable for the mould and fill up with jelly.

Time.—½ an hour. **Average Cost,** 2*s.* 6*d.*

Sufficient for 1 quart.

1956.—GOLDEN JELLY.

Ingredients.—The same as No. 1954, gold leaf.

Mode.—Pour in the mould sufficient jelly to give a coating, then scatter over tiny flecks of the gold leaf, let these settle, then pour in some more jelly, adding more gold leaf, till the mould is full. This must be done carefully as the leaf rises to the top.

Time.—½ an hour. **Average Cost,** 2*s.* 3*d.*

Sufficient for 1 quart.

1957.—HOW TO MOULD BOTTLED JELLIES.

Mode.—Uncork the bottle; place it in a saucepan of hot water until the jelly is reduced to a liquid state; taste it, to ascertain whether it is sufficiently flavoured, and if not, add a little wine. Pour the jelly into moulds which have been soaked in water; let it set, and turn it out by placing the mould in hot water for a minute; then wipe the outside, put a dish on the top, and turn it over quickly. The jelly should then slip easily away from the mould, and be quite firm. It may be garnished as taste dictates

1958.—TO CLARIFY SYRUP FOR JELLIES.

Ingredients.—To every quart of water allow 2 lbs. of loaf sugar; the white of 1 egg.

Mode.—Put the sugar and water into a stewpan; set it on the fire, and, when the sugar is dissolved, add the white of the egg, whipped up with a little water. Whisk the whole well together, and simmer very gently until it has thrown up all the scum. Take this off as it rises, strain the syrup through a fine sieve or cloth into a basin, and keep it for use.

1959.—CALF'S FOOT JELLY.

Ingredients.—1 calf's foot, 2 oz. of loaf sugar, 1 lemon, 2 eggs, a wine-glass of sherry, flavouring to taste.

Mode.—Quarter the foot, and having washed it well, blanch it; then put it in a stewpan with rather more than a quart of cold water. Boil gently for 4 hours, skimming the while, then put the jelly into a basin to set, straining it into it through a hair sieve. Put the juice of the lemon through a strainer into a stewpan, slice in the peel cut thinly, the whites and shells of the eggs, the sugar and any flavouring desired. Should any grease have settled on the top of the stock, wipe it off with a cloth dipped in hot water, then put all the ingredients together and whisk well till they boil, then draw the pan to the side for a quarter of an hour. When a crust is seen strain through a jelly-bag and add the wine. Pour into a wet mould and set in a cold place.

Time.—4½ hours. **Average Cost,** 1*s.* 6*d.*

Sufficient for quart mould.

Seasonable at any time.

1960.—HOW TO USE A JELLY-BAG.

Mode.—Wring out a jelly-bag in hot water; fasten it on to a stand, or the back of a chair; place it near the fire, with a basin underneath it, and run the jelly through it. Should it not be perfectly clear the first time, repeat the process until the desired brilliancy is obtained. Soak the moulds in water, drain them for half a second, pour in the jelly, and put it in a cool place to set. If ice is at hand surround the moulds with it, and the jelly will set sooner, and be firmer when turned out. In summer it is necessary to have ice in which to put the moulds, or the cook will be, very likely, disappointed by her jellies being in too liquid a state to turn out properly, unless a great deal of isinglass is used. When wanted for table, dip the moulds in hot water for a minute, wipe the outside with a cloth, lay a dish on the top of the mould, turn it quickly over, and the jelly should slip out easily. It is sometimes served broken into square lumps, and piled high in glasses. Earthenware moulds are preferable to those of

pewter or tin for red jellies, the colour and transparency of the composition being often spoiled by using the latter.

To make jelly more economically, raisin wine may be substituted for the sherry and brandy, or, in fact, any wholesome home-made red or white wine; orange is to be recommended, and red-currant will impart a pretty hue to jellies and blanc-manges, especially if these be desired of two colours. In making jellies or blanc-manges, however, of two or more colours, great care must be taken to let one get thoroughly cool first.

Note.—As lemon-juice, unless carefully strained, is liable to make the jelly muddy, see that it is clear before it is added to the other ingredients. Omit the brandy when the flavour is objected to.

Sherry.—There are several kinds of sherry, as pale and brown, and there are various degrees of each. Sherry is, in general, of an amber colour, and, when good, has a fine aromatic odour, with something of the agreeable bitterness of the peach kernel. When new, it is harsh and fiery, and requires to be mellowed in the wood for four or five years.

1961.—FRIED PUFFS. (*Fr.*—Cannelons.)

(*Sweet Entremets.*)

Ingredients.—½ lb. of puff-paste, No. 1674, apricot, or any kind of preserve that may be preferred; hot lard.

Mode.—Cannelons, which are made of puff-paste rolled very thin, with jam enclosed, and cut out in long narrow rolls or puffs, make a very pretty and elegant dish. Make some good puff-paste, by recipe No. 1674; roll it out very thin, and cut it into pieces of an equal size, about 2 inches wide and 8 inches long; place upon each piece a spoonful of jam, wet the edges with the white of egg, and fold the paste over *twice;* slightly press the edges together that the jam may not escape in the frying; and when all are prepared, fry them in boiling lard until of a nice brown, letting them remain by the side of the fire after they are coloured, that the paste may be thoroughly done. Drain them before the fire, dish on a d'oyley, sprinkle over them sifted sugar, and serve. These cannelons are very delicious made with fresh instead of preserved fruit, such as strawberries, raspberries, or currants; they should be laid in the paste, plenty of pounded sugar sprinkled over, and folded and fried in the same manner as stated above.

Time.—About 10 minutes. **Average Cost,** 1*s.*

Sufficient.—½ lb. of paste for a moderate-sized dish of cannelons.

Seasonable, with jam, at any time.

1962.—APPLE CHARLOTTE. (*Fr.*—Charlotte aux Pommes.)

Ingredients.—A few slices of rather stale bread, ½ inch thick; clarified butter, apple marmalade, made by recipe No. 1931, with about 2 dozen apples, 1 glass of sherry.

Mode.—Cut a slice of bread the same shape as the bottom of a plain round mould, which has been well buttered, and a few strips the height of the mould and about 1½ inch wide; dip the bread in clarified butter (or spread it with cold butter, if not wanted quite so rich); place the round piece at the bottom of the mould, and set the narrow strips up the sides of it, overlapping each other a little, that no juice from the apples may escape, and that they may hold firmly to the mould. Brush the *interior* over with white of egg (this will assist to make the case firmer); fill it with apple marmalade, made by recipe No. 1931, with the addition of a little sherry, and cover them with a round piece of bread, also brushed over with egg, the same as the bottom; slightly press the bread down, to make it adhere to the other pieces; put a plate on the top, and bake the *charlotte*, in a brisk oven, of a light colour. Turn it out on the dish, strew sifted sugar over the top, and pour round it a little melted apricot jam.

CHARLOTTE-AUX-POMMES.

Time.—40 to 50 minutes. **Average Cost,** 1*s.* 9*d.*

Sufficient for 5 or 6 persons.

Seasonable from July to March.

1963.—AN EASY METHOD OF MAKING AN APPLE CHARLOTTE. (*Fr.*—Charlotte aux Pommes.)

Ingredients.—½ lb. of flour, ¼ lb. of butter, ¼ lb. of powdered sugar, ½ teaspoonful of baking-powder, 1 egg, milk, 1 glass of raisin wine, apple marmalade, No. 1931, ¼ pint of cream, 2 dessertspoonfuls of pounded sugar, 2 tablespoonfuls of lemon-juice.

Mode.—Make a cake with the flour, butter, sugar and baking-powder; moisten with the egg and sufficient milk to make it the proper consistency, and bake it in a round tin. When cold, scoop out the middle, leaving a good thickness all round the sides, to prevent them breaking; take some of the scooped-out pieces, which should be trimmed into neat slices; lay them in the cake, and pour over sufficient raisin wine, with the addition of a little brandy, if approved, to soak them well. Have ready some apple marmalade, made by recipe No. 1931; place a layer of this over the soaked cake, then a layer of cake and a layer of apples; whip the cream to a froth, mixing with it the sugar and lemon juice; pile it on the top of the *charlotte*, and garnish it with pieces of clear apple jelly. This dish is served cold, but may be eaten hot, by omitting the cream, and merely garnishing the top with bright jelly just before it is sent to table.

Time.—1 hour to bake the cake. **Average Cost,** 1*s.* 4*d.*

Sufficient for 5 or 6 persons.

Seasonable from July to March.

1964.—A VERY SIMPLE APPLE CHARLOTTE.

Ingredients.—9 slices of bread-and-butter, about 6 good-sized apples, 1 tablespoonful of minced lemon-peel, 2 tablespoonfuls of juice, moist sugar to taste.

Mode.—Butter a pie-dish; place a layer of bread-and-butter, without the crust, at the bottom; then a layer of apples, pared, cored and cut into thin slices; sprinkle over these a portion of the lemon-peel and juice, and sweeten with moist sugar. Place another layer of bread-and-butter, and then one of apples, proceeding in this manner until the dish is full; then cover it up with the peel of the apples, to preserve the top from browning or burning; bake in a brisk oven for rather more than three-quarters of an hour; take off the peel, turn the charlotte on a dish, sprinkle sifted sugar over, and serve.

Time.—¾ hour. **Average Cost,** 9*d.*

Sufficient for 5 or 6 persons.

Seasonable from July to March.

1965.—CHARLOTTE RUSSE.

(*An Elegant Sweet Entremets.*)

Ingredients.—About 18 Savoy biscuits, ¾ pint of cream, flavouring of vanilla, liqueurs or wine, 1 tablespoonful of pounded sugar, ½ oz. of isinglass or gelatine.

Mode.—Procure about 18 Savoy biscuits, or ladies'-fingers, as they are sometimes called; brush the edges of them with the white of an egg, and line the bottom of a plain round mould, placing them like a star or rosette. Stand them upright all round the edge; carefully put them so closely together that the white of the egg connects them firmly, and place this case in the oven for about 5 minutes, just to dry the egg. Whisk the cream to a stiff froth, with the sugar, flavouring and melted isinglass; fill the charlotte with it, cover with a slice of sponge-cake cut in the shape of the mould; place it in ice, where let it remain till ready for table; then turn it on a dish, remove the mould, and serve. One tablespoonful of liqueur of any kind or 4 tablespoonfuls of wine would nicely flavour the above proportion of cream. For arranging the biscuits in the mould, cut them to the shape required, so that they fit in nicely, and level them with the mould at the top, that, when turned out, there may be something firm to rest upon. Great care and attention is required in the turning out of this dish, that the cream does not burst the case; and the edges of the biscuits must have the smallest quantity of egg brushed over them, or it would stick to the mould, and so prevent the charlotte from coming away properly.

Time.—5 minutes in the oven. **Average Cost,** with cream, 2*s.* 6*d.*
Sufficient for 1 charlotte.
Seasonable at any time.

1966.—VALOIS CREAM. (*Fr.*—Crême à la Valois.)

Ingredients.—4 sponge-cakes, jam, ¾ pint of cream, sugar to taste the juice of ½ a lemon, ¼ glass of sherry, 1 oz. of gelatine.

Mode.—Cut the sponge-cakes into thin slices; place two together, with preserve between them, and pour over them a small quantity of sherry mixed with a little brandy. Sweeten and flavour the cream with the lemon-juice and sherry; add the gelatine, which should be dissolved in a little water, and beat up the cream well. Place a little in an oiled mould; arrange the pieces of cake in the cream; then fill the mould with the remainder; let it cool, and turn it out on a dish. By oiling the mould, the cream will have a much smoother appearance, and will turn out more easily than when merely dipped in cold water.

Average Cost, 2*s.* 3*d.*
Sufficient to fill a 1½ pint mould.
Seasonable at any time.

1967.—CREAM SNOW.

Ingredients.—1 quart of cream, whites of 3 eggs, 4 tablespoonfuls of wine, sugar to taste, a piece of lemon peel.

Mode.—Beat the eggs well and put to the cream, add wine, sugar and lemon peel; whip to a froth. Remove the peel, and serve in a dish. It makes a pretty garnish for a dish of wine jelly.

Time.—½ hour. **Average Cost,** 3*s.* 6*d.*
Sufficient for 7 or 8 persons.
Seasonable at any time.

1968.—SOLID CREAM. (*Fr.*—Crême au Cognac.)

Ingredients.—4 tablespoonfuls of pounded sugar, 1 quart of cream, 4 tablespoonfuls of brandy, juice of 1 large lemon.

Mode.—Strain the lemon-juice over the sugar, and add the brandy, then stir in the cream, put the mixture into a jug, and continue pouring from one jug to another until it is quite thick, or it may be whisked until the desired consistency is obtained. It should be served in jelly-glasses.

Time.—25 minutes. **Average Cost,** 3*s.* 6*d.* for this quantity.
Sufficient for 6 persons.
Seasonable at any time.

1969.—BOILED CUSTARDS.

(*Fr.*—Pots de Crême à la Vanille au Citron.)

Ingredients.—1 pint of milk, 5 eggs, 3 oz. of loaf sugar, 3 laurel-leaves, or the rind of ½ a lemon, or a few drops of essence of vanilla, 1 tablespoonful of brandy.

Mode.—Put the milk into a *lined* saucepan, with the sugar, and whichever of the above flavourings may be preferred (the lemon-rind flavours custards most deliciously), and let the milk steep by the side of the fire until it is well flavoured. Bring it to the point of boiling, then strain it into a basin; whisk the eggs well, and, when the milk has cooled a little, stir in the eggs, and *strain* this mixture into a jug. Place this jug in a saucepan of boiling water over the fire; keep stirring the custard *one way* until it thickens; but on no account allow it to reach the boiling-point, as it will instantly curdle and be full of lumps. Take it off the fire, stir in the brandy, and, when this is well mixed with the custard, pour it into glasses, which should be rather more than three-parts full; grate a little nutmeg over the top, and when cold the dish is ready. To make custards look and taste better, ducks' eggs may be used, when obtainable; they add very much to the flavour and richness, and so many are not required as of the ordinary eggs, 4 ducks' eggs to the pint of milk making a delicious custard. When desired extremely rich and good, cream should be substituted for the milk, and double the quantity of eggs used to those mentioned, omitting the whites.

CUSTARDS IN GLASSES.

Time.—½ hour to infuse the lemon-rind, about 10 minutes to stir the custard. **Average Cost,** 9*d.*

Sufficient to fill 8 custard-glasses.

Seasonable at any time.

1970.—CREAM EGGS.

Ingredients.—7 eggs, ½ a pint of milk, ½ a pint of cream, ¾ lb. of loaf sugar, 2 lemons, 1 oz. of isinglass or gelatine, ½ lb. of flour, water, a few strips of angelica and candied peel, some pistachio nuts, ½ teaspoonful of carbonate of soda, 2 glasses of brandy or liqueur.

Mode.—Take out the contents of the eggs by removing as little as possible of the shell at one end of each, and make a sponge cake by recipe for same, baking it in a round plain tin. (If the eggs can be used for another dish a stale sponge cake is better for the nest.) With the remaining ingredients make a cream by recipe No. 2003, and having carefully wiped out each shell and dipped it in water, fill them with the mixture, putting them upright on the unbroken ends to set. When the

cake is cold scoop out the centre to make it look as near'y the shape of a nest as possible, pour over the brandy, scatter over the nuts finely chopped, and stick in here and there thin narrow strips of peel and angelica to look like twigs; when the eggs are thoroughly cold, shell them and lay in the nest.

Average Cost, 3*s.*

Sufficient for 1 dish.

Seasonable at any time.

1971.—GINGER APPLES.

(*A Pretty Supper or Dessert Dish.*)

Ingredients.—1½ oz. of whole ginger, ¼ pint of whiskey, 3 lbs. of apples, 2 lbs. of white sugar, the juice of 2 lemons.

Mode.—Bruise the ginger, put it into a small jar, pour over sufficient whiskey to cover it, and let it remain for 3 days; then cut the apples into thin slices, after paring and coring them; add the sugar and the lemon-juice, which should be strained; and simmer all together *very gently* until the apples are transparent, but not broken. Serve cold, and garnish the dish with slices of candied lemon peel or preserved ginger.

Time.—3 days to soak the ginger; about ¾ hour to simmer the apples very gently. **Average Cost,** 2*s.*

Sufficient for 3 dishes.

Seasonable from July to March.

1972.—FRITTERS OF BANANAS.

(*Fr.*—Beignets de Bananes.)

Ingredients.—½ lb. of flour, ½ oz. of butter, ½ a saltspoonful of salt, 2 eggs, milk, bananas, lemon-juice, sifted sugar, hot lard or clarified dripping.

Mode.—Make a batter as directed by recipe No. 1929, skin the bananas and cut them lengthways into slices, about 3 or 4, squeeze over each slice a few drops of lemon-juice, dip them in the batter, and fry in the hot lard a nice bright brown. Drain each fritter carefully, pile them two and two in crossbars on a dish, shake over a little sifted sugar, and serve more with them.

Time.—¼ hour. **Average Cost,** 9*d.*

Seasonable in winter.

1973.—FRENCH PANCAKES.

Ingredients.—2 eggs, 2 oz. of butter, 2 oz. of sifted sugar, 2 oz. of flour, ¼ pint of new milk.

Mode.—Beat the eggs thoroughly and put them into a basin with the

butter, which should be beaten to a cream; stir in the sugar and flour, and when these ingredients are well mixed, add the milk; keep stirring and beating the mixture for a few minutes; put it on buttered plates, and bake in a quick oven for 20 minutes. Serve with a cut lemon and sifted sugar, or pile the pancakes high on a dish, with a layer of preserve or marmalade between each.

Time.—20 minutes. **Average Cost,** 6*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1974.—DUTCH FLUMMERY.

Ingredients.—1 oz. of gelatine, the rind and juice of 1 lemon, 1 pint of water, 4 eggs, 1 pint of sherry, madeira, or raisin wine; sifted sugar to taste.

Mode.—Put the water, gelatine, and lemon rind into a lined saucepan, and simmer gently until the gelatine is dissolved; strain this into a basin, stir in the eggs, which should be well beaten, the lemon juice, which should be strained, and the wine; sweeten to taste with pounded sugar, mix all well together, pour it into a jug, set this jug in a saucepan of boiling water over the fire, and keep stirring it one way until it thickens; but *take care that it does not boil.* Strain it into a mould that has been oiled or laid in water for a short time, and put it in a cool place to set in. A tablespoonful of brandy stirred in just before it is poured into the mould, improves the flavour of this dish; it is better if made the day before it is required for table.

Time.—¼ hour to simmer the gelatine; about ¼ hour to stir the mixture over the fire. **Average Cost,** 2*s.* 3*d.*, if made with sherry; less with raisin wine.

Sufficient to fill a quart mould.

Seasonable at any time.

Pale Sherries are made from the same grapes as brown. The latter are coloured by an addition of some cheap must, or wine which has been boiled till it has acquired a deep-brown tint. Pale sherries were, some time ago, preferred in England, being supposed most pure, but the brown are liked by many people. The inferior sherries exported to England are often mixed with a cheap and light wine called Moguer, and are strengthened in the making by brandy; but too frequently they are adulterated by the London dealers.

1975.—CHOCOLATE SOUFFLÉ.

(*Fr.*—Soufflé au Chocolat.)

Ingredients.—4 eggs, 3 teaspoonfuls of pounded sugar, 1 teaspoonful of flour, 3 oz. of the best chocolate.

Mode.—Break the eggs, separating the whites from the yolks, and put them into different basins; add to the yolks the sugar, flour and chocolate, which should be very finely grated, and stir these ingredients for 5

minutes. Then well whisk the whites of the eggs in the other basin, until they are stiff, and, when firm, mix lightly with the yolks, till the whole forms a smooth and light substance; butter a soufflé-tin, put in the mixture, and bake in a moderate oven from 15 to 20 minutes. Pin a white napkin round the tin, strew sifted sugar over the top of the soufflé, and send it immediately to table. The proper appearance of this dish depends entirely on the expedition with which it is served, and some cooks, to preserve its lightness, hold a salamander over the soufflé until it is placed on the table. If allowed to stand after it comes from the oven, it will be entirely spoiled, as it falls almost immediately.

Time.—15 to 20 minutes. **Average Cost,** 8*d.*

Sufficient for a moderate-sized soufflé.

Seasonable at any time.

1976.—DARIOLES À LA VANILLE.

(*Sweet Entremets.*)

Ingredients.—½ pint of milk, ½ pint of cream, 2 oz. of flour, 3 oz. of pounded sugar, 6 eggs, 2 oz. of butter, puff-paste, flavouring of essence of vanilla.

Mode.—Mix the flour to a smooth batter with the milk; stir in the cream, sugar, the eggs, which should be well whisked, and the butter, which should be beaten to a cream. Put in some essence of vanilla, drop by drop, until the mixture is well flavoured; line some dariole-moulds with puff-paste, three parts fill them with the batter, and bake in a good oven from 25 to 35 minutes. Turn them out of the moulds on a dish, without breaking them; strew over sifted sugar, and serve. The flavouring of the darioles may be varied by substituting lemon, cinnamon, or almonds, for the vanilla.

Time.—25 to 35 minutes. **Average Cost,** 1*s.* 8*d.*

Sufficient to fill 6 or 7 dariole-moulds.

Seasonable at any time.

1977.—COFFEE CREAM. (*Fr.*—Crême au Café.)

Ingredients.—1 breakfastcupful of strong coffee, ½ pint of cream, yolks of 6 and whites of 2 eggs, 2 tablespoonfuls of sugar, a pinch of salt.

Mode.—Make the coffee very strong and clear and pour the boiling cream to it; add the sugar, and, when cool, the salt and the well-whisked yolks and whites of eggs. Stir the mixture over the fire till it thickens, then serve with sifted sugar on the top of each glass.

Time.—20 minutes. **Average Cost,** 1*s.* 3*d.*

Sufficient for 6 or 8 persons.

Seasonable at any time.

1978.—COFFEE ICE CREAM.

Ingredients.—1 cup of coffee, 1 of boiling milk, 6 tablespoonfuls of sifted sugar, yolks of 6 eggs, 1 pint of cream.

Mode.—Prepare as above and stir over the fire till the mixture thickens, then add a pint of thick cream and pour into a mould and freeze.

Time.—20 minutes, ½ hour to freeze. **Average Cost,** 2*s.*

Sufficient for 6 or 8 persons.

Seasonable at any time.

1979.—CURRANT FRITTERS. (*Fr.*—Beignets de Riz.)

Ingredients.—½ pint of milk, 2 tablespoonfuls of flour, 4 eggs, 3 tablespoonfuls of boiled rice, 3 tablespoonfuls of currants, sugar to taste, a very little grated nutmeg, hot lard or clarified dripping.

Mode.—Put the milk into a basin with the flour, which should previously be rubbed to a smooth batter with a little cold milk; stir these ingredients together; add the well-whisked eggs, the rice, currants, sugar and nutmeg. Beat the mixture for a few minutes, and, if not sufficiently thick, add a little more boiled rice; drop it, in small quantities, into a pan of hot lard or clarified dripping; fry the fritters a nice brown, and, when done, drain them on a piece of blotting-paper before the fire. Pile them on a white d'oyley, strew over sifted sugar, and serve them very hot. Send a cut lemon to table with them.

Time.—From 8 to 10 minutes to fry the fritters. **Average Cost,** 9*d.*

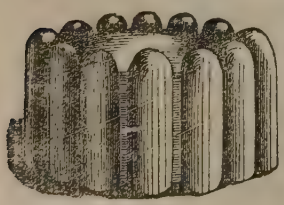
Sufficient for 3 or 4 persons.

Seasonable at any time.

1980.—CHOCOLATE CREAM. (*Fr.*—Crême au Chocolat.)

Ingredients.—3 oz. of grated chocolate, ¼ lb. of sugar, 1½ pint of cream, 1 oz. of gelatine, the yolks of 6 eggs.

Mode.—Beat the yolks of the eggs well; put them into a basin with the grated chocolate, the sugar, and 1 pint of the cream; stir these ingredients well together, pour them into a jug, and set this jug in a saucepan of boiling water; stir it one way until the mixture thickens, but *do not allow it to boil*, or it will curdle. Strain the cream through a sieve into a basin, stir in the gelatine and the other half-pint of cream, which should be well whipped; mix all well together, and pour it into a mould which has been previously oiled with the purest salad oil, and, if at hand, set it in ice until wanted for table.



CREAM-MOULD.

Time.—About 10 minutes to stir the mixture over the fire. **Average Cost,** 3*s.* 6*d.*

Sufficient to fill a quart mould.

Seasonable at any time

Note.—A cheap and good imitation of this dish can be made with corn flour and cocoa or chocolate powder, adding an egg or two if convenient.

1981.—FRIED CREAM. (*Fr.*—Crême Frite.)

Ingredients.—Yolks of 6 eggs, 2 dessertspoonfuls of flour, a pinch of salt, 1 quart of milk, 3 oz. of butter, ½ lb. of sugar, a little vanilla flavouring.

Mode.—Put the milk on the fire and let it get hot, mix the flour with the yolks of eggs and salt, then add to the milk and stir all over the fire with a wooden spoon till it is thick. Dissolve the butter and beat it to a cream with the vanilla, add it to the rest, stir two minutes longer, then pour it into a dish and serve cold. Any flavouring may be used in place of the vanilla.

Time.—About ½ hour. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

1982.—FROMAGE À LA CHANTILLY.

Ingredients.—1 quart of thick cream, whites of 2 eggs, ¾ lb. of powdered loaf sugar, a few drops of orange-flower water.

Mode.—Whisk the whites of eggs to a stiff froth and put them into the cream, adding the sugar and flavouring. Beat all to a stiff froth, and form it into a pyramid. Serve in a glass dish. The cream may be mixed with the strained juice of strawberries or raspberries, but in that case more sugar must be used.

Time.—½ hour. **Average Cost,** 3*s.* 2*d.*

Sufficient for 8 or 10 persons.

Seasonable at any time; with fruit juice, in June, July and August.

1983.—FROMAGE À LA CRÊME.

Ingredients.—1 quart of milk, 1 pint of cream, 2 or 3 lumps of sugar, a little rennet.

Mode.—Boil the milk, cream and sugar together till they are reduced one-third. Let it cool, and when just warm, put in the rennet, strain it, pour into a dish and set in hot ashes. Cover it, and put hot ashes on top. When set, put it aside to get cold, then serve.

Time.—¾ hour. **Average Cost,** 1*s.* 10*d.*

Sufficient for 5 or 6 persons.

Seasonable in summer.

1984.—GENEVA WAFERS. (*Fr.*—Cornets à la Crême.)

Ingredients.—2 eggs, 3 oz. of butter, 3 oz. of flour, 3 oz. of pounded sugar.

Mode.—Well whisk the eggs; put them into a basin, and stir to them the butter, which should be beaten to a cream; add the flour and sifted sugar gradually, and then mix all well together. Butter a baking sheet, and drop on it a teaspoonful of the mixture at a time, leaving a space between each. Bake in a cool oven; watch the pieces of paste, and when half done, roll them up like wafers, and put in a small wedge of bread or piece of wood, to keep them in shape. Return them to the oven until crisp. Before serving, remove the bread, put a spoonful of preserve in the widest end, and fill up with whipped cream. This is a very pretty and ornamental dish for the supper table, and is very nice and very easily made.

Time.—Altogether, 20 to 25 minutes. **Average Cost,** exclusive of the preserve and cream, *7d.*

Sufficient for a nice-sized dish.

Seasonable at any time.

1985.—FLAME CAKE.

(*A Supper Dish.*)

Ingredients.—A sponge-cake, ¼ pint of brandy.

Mode.—The sponge-cake should be a large flat one, or a round thick one, cut in slices. Soak it in the brandy, put it on a dish and set fire to it when sending to table.

Average Cost, 1*s.* 6*d.*

Seasonable in winter.

1986.—GINGER CREAM.

(*Fr.*—Crême au Gingembre.)

Ingredients.—The yolks of 4 eggs, 1 pint of cream, 3 oz. of preserved ginger, 2 dessertspoonfuls of syrup, sifted sugar to taste, 1 oz. of isinglass or gelatine.

Mode.—Slice the ginger finely; put it into a basin with the syrup, the well-beaten yolks of eggs, and the cream; mix these ingredients well together, and stir them over the fire for about 10 minutes, or until the mixture thickens; then take it off the fire, whisk till nearly cold, sweeten to taste, add the gelatine, which should be melted and strained, and serve the cream in a glass dish. It may be garnished with slices of preserved ginger or candied citron.

Time.—About 10 minutes to stir the cream over the fire. **Average Cost,** with isinglass, 3*s.* ; with gelatine, 2*s.* 6*d.*

Sufficient for a good-sized dish.

Seasonable at any time.

Preserved Ginger comes to us from the West Indies. It is made by scalding the roots when they are green and full of sap, then peeling them in cold water, and putting them into jars, with a rich syrup; in which state we receive them. It should be chosen of a bright yellow colour, with a little transparency; what is dark-coloured, fibrous and stringy, is not good. Ginger roots, fit for preserving, and in size equal to West Indian, have been produced in the Royal Agricultural Gardens in Edinburgh.

1987.—TO MAKE GOOSEBERRY FOOL.

Ingredients.—Green gooseberries ; to every pint of pulp add 1 pint of milk, or ½ pint of cream and ½ pint of milk ; sugar to taste.

Mode.—Cut the tops and tails off the gooseberries ; put them into a jar, with 2 tablespoonfuls of water and a little good moist sugar; set this jar in a saucepan of boiling water, and let it boil until the fruit is soft enough to mash. When done enough, beat it to a pulp, work this pulp through a colander, and stir to every pint the above proportion of milk, or equal quantities of milk and cream. Ascertain if the mixture is sweet enough and put in plenty of sugar, or it will not be eatable ; and, in mixing, add the milk very gradually to the gooseberries ; serve in a glass dish, or in small glasses. This, although a very old-fashioned and homely dish, is, when well made, very delicious, and, if properly sweetened, a very suitable preparation for children.

Time.—From ¾ to 1 hour. **Average Cost,** 6*d.* per pint, with milk.

Sufficient.—A pint of milk and a pint of gooseberry pulp for 5 or 6 children.

Seasonable in May and June.

1988.—GOOSEBERRY TRIFLE.

Ingredients.—1 quart of gooseberries, sugar to taste, 1 pint of custard, No. 1969, a plateful of whipped cream.

Mode.—Put the gooseberries into a jar, with sufficient moist sugar to sweeten them, and boil them until reduced to a pulp. Put this pulp at the bottom of a trifle-dish ; pour over it a pint of custard, made by recipe No. 1969, and, when cold, cover with whipped cream. The cream should be whipped the day before it is wanted for table, as it will then be so much firmer and more solid. This dish may be garnished as fancy dictates.

Time.—About ¾ hour to boil the gooseberries. **Average Cost,** 1*s.*

Sufficient for 1 trifle.

Seasonable in May and June.

1989.—INDIAN FRITTERS.

Ingredients.—3 tablespoonfuls of flour, boiling water, the yolks of 4 eggs, the whites of 2, hot lard or clarified dripping, jam.

Mode.—Put the flour into a basin, and pour over it sufficient *boiling* water to make it into a stiff paste, taking care to stir and beat it well, to prevent it getting lumpy. Leave it a little time to cool, and then break into it (*without beating them at first*) the yolks of 4 eggs and the whites of 2, and stir and beat all well together. Have ready some boiling lard or butter; drop a dessertspoonful of batter in at a time, and fry the fritters of a light brown. They should rise so much as to be almost like balls. Serve on a dish, with a spoonful of preserve or marmalade dropped in between each fritter. This is an excellent dish for a hasty addition to dinner, if a guest unexpectedly arrives; it being so easily and quickly made, and it is always a great favourite.

Time.—From 5 to 8 minutes to fry the fritters. **Average Cost,** exclusive of the jam, 5*d.*

Sufficient for 4 or 5 persons. **Seasonable** at any time.

1990.—INDIAN TRIFLE.

Ingredients.—1 quart of milk, the rind of ½ large lemon, sugar to taste, 5 heaped tablespoonfuls of rice flour, 1 oz. of sweet almonds, ½ pint of custard.

Mode.—Boil the milk and lemon-rind together until the former is well flavoured; take out the lemon-rind and stir in the rice flour, which should first be moistened with cold milk, and add sufficient loaf sugar to sweeten it nicely. Boil gently for about 5 minutes, and keep the mixture stirred; take it off the fire, let it cool *a little*, and pour it into a glass dish. When cold, cut the rice out in the form of a star, or any other shape that may be preferred; take out the spare rice, and fill the space with boiled custard. Blanch and cut the almonds into strips, stick them over the trifle, and garnish it with pieces of bright-coloured jelly, or preserved fruits, or candied citron.

Time.—¼ hour to simmer the milk, 5 minutes after the rice is added. **Average Cost,** 1*s.*

Sufficient for 1 trifle.

Seasonable at any time.

THE CITRON.

The Citron belongs to the same species as the lemon, being considered only as a variety, the distinction between them not being very great. It is larger, and is less succulent, but more acid; with a little artificial heat, the citron comes to as great perfection in England as in Spain and Italy. The fruit is oblong, and about 5 or 6 inches in length. The tree is thorny. The juice forms an excellent lemonade with sugar and water; its uses in punch, negus, and in medicine, are well known. The rind is very thick, and, when candied with sugar, forms an excellent sweetmeat. There are several varieties cultivated in England, one of which is termed the **Forbidden Fruit.**

JELLIES, CREAMS and SWEET DISHES.

1991.—QUICKLY-MADE TRIFLE.

Ingredients.—6 sponge-cakes, a few ratafias, the whites of 3 eggs, a tablespoonful of pounded sugar, some apricot or any other jam, 2 glasses of sherry, 1 of brandy.

Mode.—Slice the cakes, spread them with jam, lay them in a glass dish, put over the ratafias, and pour over all the wine and brandy; while they are soaking, whip the eggs to a froth with the sugar, and put lightly on the top, with any garnish that may be at hand.

Time.—¼ of an hour. **Average Cost,** 1*s.* 9*d.*

Seasonable at any time.

1992.—ITALIAN CREAM. (*Fr.*—Crême à l'Italienne.)

Ingredients.—½ pint of milk, ½ pint of cream, sugar to taste, 1 oz. of gelatine or isinglass, 1 lemon, the yolks of 4 eggs.

Mode.—Put the cream and milk into a saucepan, with sugar to sweeten, and the lemon-rind. Boil until the milk is well flavoured, then strain it into a basin, and add the beaten yolks of eggs. Put this mixture into a jug; place the jug in a saucepan of boiling water over the fire, and stir the contents until they thicken, but do not allow them to boil. Take the cream off the fire, stir in the lemon juice and gelatine, which should be melted, and whip well; fill a mould, place it in ice, if at hand, and, when set, turn it out on a dish, and garnish as taste may dictate. The mixture may be whipped and drained, and then put into small glasses, when this mode of serving is preferred.

Time.—From 5 to 8 minutes to stir the mixture in the jug. **Average Cost,** with isinglass, 2*s.* 2*d.*; with gelatine, 1*s.* 5*d.*

Sufficient to fill 1½ pint mould.

Seasonable at any time.

1993.—MY TRIFLE.

Ingredients.—¼ lb. of macaroons, ¼ lb. of ratafias, 26 Savoy biscuits, ½ pot of raspberry jam, 1 pint of custard, No. 1969, whites of eggs, 1½ oz. of pounded sugar, ½ pint of sherry, 6 sponge-cakes, 1 oz. of almonds.

Mode.—Spread the raspberry jam on 13 of the biscuits and press the other 13 closely over them; line a large round glass dish with them, and pour over the sherry; let them soak 2 hours; arrange the ratafias and macaroons over them, and the sponge-cakes, thickly stuck with blanched and sliced almonds on the top; pour the custard over, and add a whip made of the whites of the eggs and the sugar, and serve cold.

Time.—2 hours to soak. **Average Cost,** 4*s.* 6*d.*

Sufficient for centre dish at supper.

Seasonable at any time.

1994.—THE HIDDEN MOUNTAIN. (*Fr.*—Crême en Surprise.)

(*A Pretty Supper Dish.*)

Ingredients.—6 eggs, a few slices of citron, sugar to taste, ¼ pint of cream, a layer of any kind of jam.

Mode.—Beat the whites and yolks of the eggs separately; then mix them and beat well again, adding a few thin slices of citron, the cream, and sufficient pounded sugar to sweeten it nicely. When the mixture is well beaten, put it into a buttered pan, and fry the same as a pancake; but it should be three times the thickness of an ordinary pancake. Cover it with jam, and garnish with slices of citron and holly-leaves. This dish is served cold.

Time.—About 10 minutes to fry the mixture. **Average Cost,** with the jam, 1*s.* 4*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

1995.—JAUNEMANGE. (*Fr.*—Jaune Manger.)

Ingredients.—1 oz. of gelatine, 1 pint of water, ½ pint of white wine, the rind and juice of 1 large lemon, sugar to taste, the yolks of 6 eggs.

Mode.—Put the gelatine, water and lemon-rind into a saucepan, simmer gently until the former is dissolved; then add the strained lemon-juice, the wine, and sufficient white sugar to sweeten the whole nicely. Simmer for 3 minutes, strain the mixture into a jug, and add the yolks of the eggs, which should be well beaten; place the jug in a saucepan of boiling water; keep stirring the mixture *one way* until it thickens, but *do not allow it to boil;* then take it off the fire, and keep stirring until nearly cold. Pour it into a mould, omitting the sediment at the bottom of the jug, and let it remain until quite firm.

Time.—¼ hour for the gelatine and water; about 10 minutes to stir the mixture in the jug. **Average Cost,** with the best gelatine, 1*s.* 6*d.*

Sufficient to fill a quart mould.

Seasonable at any time.

1996.—JELLY MOULDED WITH FRESH FRUIT. (*Fr.*—Macédoine de Fruits.)

Ingredients.—Rather more than 1½ pint of jelly, a few nice strawberries, or red or white currants, or raspberries, or any fresh fruit that may be in season.

Mode.—Have ready the above proportion of jelly, which must be very clear and rather sweet, the raw fruit requiring an additional quantity of

sugar. Select ripe, nice-looking fruit ; pick off the stalks, unless currants are used, when they are laid in the jelly as they come from the tree. Begin by putting a little jelly at the bottom of the mould, which must harden ; then arrange the fruit round the sides of the mould, recollecting that *it will be reversed when turned out ;* then pour in some more jelly to make the fruit adhere, and when that layer is set, put another row of fruit and jelly until the mould is full. If convenient, put it in ice until required for table, then wring a cloth in boiling water, wrap it round the mould for a minute, and turn the jelly carefully out. Peaches, apricots, plums, apples, &c., are better for being boiled in a little clear syrup before they are laid in the jelly ; strawberries, raspberries, grapes, cherries and currants are put in raw. In winter, when fresh fruits are not obtainable, a very pretty jelly may be made with preserved fruits or brandy cherries ; these, in a bright and clear jelly, have a very pretty effect ; of course, unless the jelly be *very clear*, the beauty of the dish will be spoiled. It may be garnished with the same fruit as is laid in the jelly ; for instance, an open jelly with strawberries might have, piled in the centre, a few of the same fruit prettily arranged, or a little whipped cream might be substituted for the fruit.

JELLY MOULDED WITH CHERRIES.

Time.—One layer of jelly should remain in a very cool place until another layer is added, but it should not set quite firm or it will split when cut. **Average Cost,** *2s. 6d.*

Sufficient, with fruit, to fill a quart mould.

Seasonable, with fresh fruit, from June to October ; with dried, at any time.

1997.—JELLY OF TWO COLOURS.

Ingredients.—A *6d.* packet of patent calves' feet gelatine, a few drops of prepared cochineal, sugar, flavouring.

Mode.—Make 1½ pint of jelly with the gelatine, this being a very easy, economical and cleanly method indeed, flavouring it in any way that may be preferred. Colour one half of the jelly with a few drops of prepared cochineal, and the other half leave as pale as possible. Have ready a mould well wetted in every part ; pour in a small quantity of the red jelly, and let this set ; when quite firm, pour on it the same quantity of the pale jelly, and let this set ; then proceed in this manner until the mould is full, always taking care to let one jelly set before the other is poured in, or the colours would run one into the other. When turned out, the jelly should

JELLY OF TWO COLOURS.

have a striped appearance. For variety, half the mould may be filled at once with one of the jellies, and, when firm, filled up with the other; this, also, has a very pretty effect, and is more expeditiously prepared than when the jelly is poured in small quantities into the mould. Blancmange and red jelly, or blancmange and raspberry cream, moulded in the above manner, look very well. The layers of blancmange and jelly should be about an inch in depth, and each layer should be perfectly hardened before another is added. Half a mould of blancmange and half a mould of jelly are frequently served in the same manner. A few pretty dishes may be made, in this way, of jellies or blancmanges left from the preceding day, by melting them separately in a jug placed in a saucepan of boiling water, and then moulding them by the foregoing directions.

Time.—¾ hour to make the jelly. **Average Cost,** with the patent calves' feet gelatine, 1*s.* 3*d.* In summer use more gelatine.

Sufficient to fill 1½-pint mould.

Seasonable at any time.

Note.—In making the jelly, use for flavouring a very pale sherry, or the colour will be too dark to contrast nicely with the red jelly.

1998.—MARBLED JELLY. (*Fr.*—Gelée Marbrée.)

Ingredients.—1 quart of any clear pale jelly, cochineal, pistachio nuts chopped fine.

Mode.—Coat the mould with clear jelly, set a little more near the fire, and divide the remainder into 4 equal portions in 4 basins. Put into one the pistachio nuts, sufficient to thoroughly colour it; to another add a few drops of cochineal, and leave the others plain. When cool, beat one portion with a fork till it is white, then with a fork throw in lumps of each jelly in turn into the mould, and when full pour in the remainder of the clear jelly, set on ice. The jelly when turned out should present a pretty marbled appearance.

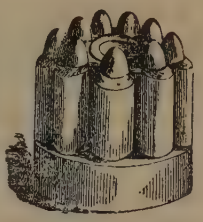
Average Cost, 2*s.* 6*d.*

1999.—LEMON BLANCMANGE. (*Fr.*—Blanc Manger au Citron.)

Ingredients.—1 quart of milk, the yolks of 4 eggs, 3 oz. of ground rice, 6 oz. of pounded sugar, 1½ oz. of fresh butter, the rind of 1 lemon, the juice of 2, ½ oz. of gelatine.

Mode.—Make a custard with the yolks of the eggs and half a pint of the milk, and, when done, put it into a basin; put half the remainder of

the milk into a saucepan with the ground rice, fresh butter, lemon-rind, and 3 oz. of the sugar, and let these ingredients boil until the mixture is stiff, stirring them continually; when done, pour it into the bowl where the custard is, mixing both well together. Put the gelatine with the rest of the milk into a saucepan, and let it stand by the side of the fire to gently simmer for a minute or two, stir carefully into the basin, adding 3 oz. more of pounded sugar. When cold, stir in the lemon-juice, which should be carefully strained, and pour the mixture into a well-oiled mould, leaving out the lemon-peel, and set the mould in a pan of cold water until wanted for table. Use eggs that have rich-looking yolks, and should the weather be very warm, rather a larger proportion of gelatine must be allowed.



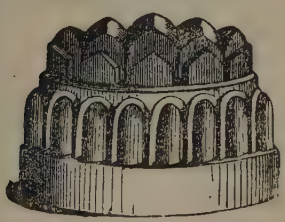
BLANCMANGE MOULD.

Time.—Altogether, ½ hour. **Average Cost,** 1*s.* 6*d.*
Sufficient to fill 2 small moulds.
Seasonable at any time.

2000.—LEMON CREAM. (*Fr.*—Crême au Citron.)

Ingredients.—½ pint of milk, ½ pint of cream, the yolks of 2 eggs, ¼ lb. of white sugar, 1 large lemon, 1 oz. of isinglass or gelatine.

Mode.—Put the cream into a *lined* saucepan, with the sugar, lemon-peel and isinglass, and simmer these over a gentle fire for about 10 minutes, stirring them all the time. Strain the milk into a jug, add the yolks of eggs, which should be well beaten, and put the jug into a saucepan of boiling water; stir the mixture one way until it thickens, *but do not allow it to boil;* take it off the fire, and keep stirring it until nearly cold. Strain the lemon-juice into a basin, gradually pour on it the cream, whipped to a froth, and the custard, and *stir it well* until the juice is well mixed with it. Have ready a well-oiled mould, pour the cream into it, and let it remain until perfectly set. When required for table, loosen the edges with a small, blunt knife, put a dish on the top of the mould, turn it over quickly, and the cream should easily slip away.



LEMON-CREAM MOULD.

Time.—10 minutes to boil the cream; about 10 minutes to stir it over the fire in the jug. **Average Cost,** 1*s.* 9*d.*
Sufficient to fill 1½-pint mould.
Seasonable at any time.

2001.—ECONOMICAL LEMON CREAM.

Ingredients.—1 quart of milk, 8 bitter almonds, 2 oz. of gelatine, 2 large lemons, ¾ lb. of lump sugar, the yolks of 6 eggs.

Mode.—Put the milk into a lined saucepan, with the almonds, which should be well pounded in a mortar, the gelatine, lemon-rind, and lump sugar; simmer these ingredients for about 8 minutes. Beat up the yolks of the eggs, strain the milk into a jug, add the eggs, and pour the mixture backwards and forwards a few times, until nearly cold; then stir briskly to it the lemon-juice, which should be strained, and keep stirring until the cream is almost cold; put it into an oiled mould and let it remain until perfectly set. The lemon-juice must not be added to the cream when it is warm, and should be kept well stirred after it is put in.

Time.—8 minutes to boil the milk. **Average Cost,** *2s.*

Sufficient to fill two 1½-pint moulds.

Seasonable at any time.

2002.—LEMON CREAMS. (*Fr.*—Crême au Citron.)

(*Very Good.*)

Ingredients.—1 pint of cream, 2 dozen sweet almonds, 3 glasses of sherry, the rind and juice of 2 lemons, sugar to taste.

Mode.—Blanch and chop the almonds, and put them into a jug with the cream; in another jug put the sherry, lemon-rind, strained juice, and sufficient pounded sugar to sweeten the whole nicely. Pour rapidly from one jug to the other till the mixture is well frothed; then pour it into jelly-glasses, omitting the lemon-rind. This is a very cool and delicious sweet for summer, and may be made less rich by omitting the almonds, and substituting orange or raisin wine for the sherry.

Time.—Altogether, ½ hour. **Average Cost,** *2s. 6d.*

Sufficient to fill 12 glasses.

Seasonable at any time.

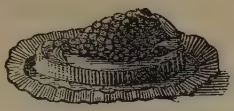
2003.—LEMON CREAMS OR CUSTARDS.

(*Fr.*—Pots de Crême au Citron.)

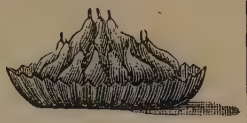
Ingredients.—5 oz. of loaf sugar, 2 pints of boiling water, the rind of 1 lemon and the juice of 3, the yolks of 8 eggs.

Mode.—Make a quart of lemonade in the following manner: Dissolve the sugar in the boiling water, having previously, with part of the sugar, rubbed off the lemon-rind, and add the strained juice. Strain the lemonade into a saucepan, and add the yolks of the eggs, which should be well beaten; stir this *one way* over the fire until the mixture thickens, but do not allow it to boil, and serve in custard-glasses, or on a glass dish. After

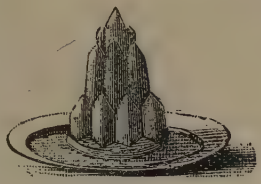
COMPOTE OF ORANGES.



PINE-APPLE ICE.

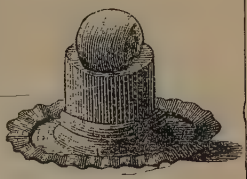


COMPOTE OF PEARS.

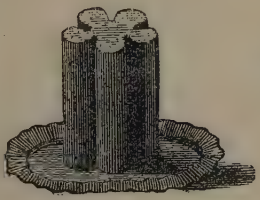


CHOCOLATE ICE.

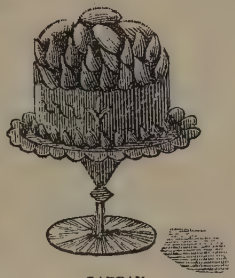
NOUGAT.



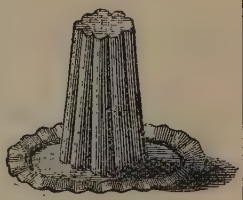
ORANGE ICE.



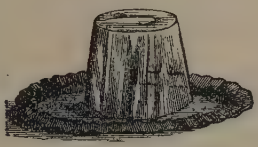
VANILLA ICE.



GATEAU.

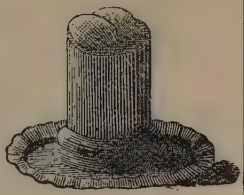


CREAM ICE.



CLEAR JELLY.

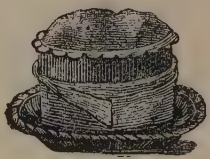
MERINGUE.



LEMON ICE.

BENEDICTINE ICE PUDDING.

PEAR ICE.



SOUFFLÉ.

the boiling water is poured on the sugar and lemon, it should stand covered for about half an hour before the eggs are added to it, that the flavour of the rind may be extracted.

Time.—½ hour to make the lemonade; about 10 minutes to stir the custard over the fire. **Average Cost,** 1*s.*

Sufficient to fill 12 to 14 custard-glasses.

Seasonable at any time.

2004.—LEMON JELLY. (*Fr.*—Gelée au Citron.)

Ingredients.—6 lemons, ¾ lb. lump sugar, 1 pint of water, 1½ oz. of gelatine, ½ pint of sherry.

Mode.—Peel three of the lemons, pour half a pint of boiling water on the rind, and let it infuse for half an hour; put the sugar, gelatine, and half a pint of water into a lined saucepan, simmer these ingredients for 20 minutes; then put in the strained lemon juice, the strained infusion of rind, and bring the whole to the point of boiling; skim well, add the wine, and run the jelly through a bag; pour it into a mould that has been wetted or soaked in water; put it in ice, if convenient, where let it remain until required for table. Previously to adding the lemon-juice to the other ingredients, ascertain that it is very nicely strained, as, if this is not properly attended to, it is liable to make the jelly thick and muddy. As this jelly is very pale, and almost colourless, it answers very well for moulding with a jelly of any bright hue; for instance, half a jelly bright red, and the other half made of the above, would have a very good effect. Lemon jelly may also be made with patent gelatine, allowing the juice of three lemons to every pint.

Time.—Altogether, 1 hour. **Average Cost,** 2*s.* 2*d.*

Sufficient to fill 1½-pint mould.

Seasonable at any time.

2005.—LEMON SPONGE. (*Fr.*—Gelée à la Russe au Citron.)

Ingredients.—2 oz. of gelatine, 1¾ pint of water, ¾ lb. of pounded sugar, the juice of 5 lemons, the rind of 1, the whites of 3 eggs.

Mode.—Dissolve the isinglass in the water, strain it into a saucepan, and add the sugar, lemon-rind and juice. Simmer gently from 10 to 15 minutes; strain it again, and let it stand till it is cold and begins to stiffen. Beat the whites of the eggs, put them to it, and whisk the mixture till it is quite white; put it into a mould which has been previously wetted, and let it remain until perfectly set; then turn it out, and garnish it according to taste.

Time.—10 to 15 minutes. **Average Cost,** 1*s.* 6*d.*

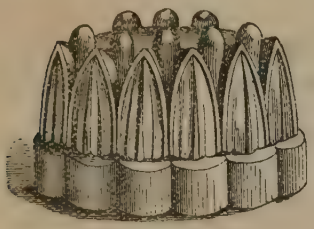
Sufficient to fill a quart mould.

Seasonable at any time.

2006.—LIQUEUR JELLY.

Ingredients.—1 lb. of lump sugar, 2 oz. of gelatine, 1½ pint of water, the juice of 2 lemons, ½ pint of liqueur.

Mode.—Put the sugar, with 1 pint of the water, into a saucepan, and boil them gently by the side of the fire until there is no scum remaining, which must be carefully removed as fast as it rises. Simmer the gelatine in the other half pint of water, and skim it carefully in the same manner. Strain the lemon-juice, and add it, with the clarified gelatine, to the syrup; put in the liqueur, and bring the whole to the boiling point. Let the saucepan remain covered by the side of the fire for a few minutes; then pour the jelly through a bag, put it into a mould, and set the mould in ice until required for table. Dip the mould in hot water, wipe the outside, loosen the jelly by passing a knife round the edges, and turn it out carefully on a dish. Noyeau, Maraschino, Curaçoa, brandy, or any kind of liqueur, answer for this jelly; and when made with gelatine, liqueur jellies are usually prepared as directed above.



OVAL JELLY-MOULD.

Time.—10 minutes to boil the sugar and water. **Average Cost,** with the best gelatine, 2*s.* 6*d.*

Sufficient to fill a quart mould.

Seasonable at any time.

2007.—A SWEET DISH OF MACARONI.

Ingredients.—¼ lb. of macaroni, 1½ pint of milk, the rind of ½ a lemon, 3 oz. of lump sugar, ¾ pint of custard, No. 1969.

Mode.—Put the milk into a saucepan, with the lemon-peel and sugar; bring it to the boiling-point, drop in the macaroni, and let it gradually swell over a gentle fire, but do not allow the pipes to break. The form should be entirely preserved; and though tender, should be firm, and not soft, with no part beginning to melt. Should the milk dry away before the macaroni is sufficiently swelled, add a little more. Make a custard by recipe No. 1969, place the macaroni in a dish, and pour the custard over the hot macaroni; grate over it a little nutmeg, and, when cold, garnish the dish with slices of candied citron.

Time.—From 40 to 50 minutes to swell the macaroni. **Average Cost,** with the custard, 1*s.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

2008.—MACARONI AND PINE-APPLE.

Ingredients.—1 pint of clear jelly, ½ a tin of preserved pine-apple, ¼ lb. of loaf sugar, 6 oz. of macaroni, ½ pint of custard, No. 1969, milk, cochineal.

Mode.—Wet a border mould and pour in sufficient jelly to coat it. In this lay the pine cut in dice, after draining it from the syrup, colour the remainder of the jelly with a few drops of cochineal and fill up the mould. Boil the macaroni in milk till tender, and sweeten it with the sugar. When the jelly is set and the macaroni cold, turn the former out and fill with the latter; pour over the custard made by recipe No. 1969 and serve

Average Cost, *2s. 3d.*

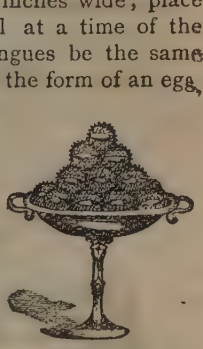
Sufficient for 6 persons.

Seasonable at any time.

2009.—MERINGUES. (*Fr.*—Méringues.)

Ingredients.—½ lb. of pounded sugar, the whites of 4 eggs.

Mode.—Whisk the whites of the eggs to a stiff froth, and, with a wooden spoon, stir in *quickly* the pounded sugar; and have some boards put in the oven thick enough to prevent the bottom of the meringues from acquiring too much colour. Cut some strips of paper about 2 inches wide; place this paper on the board, and drop a tablespoonful at a time of the mixture on the paper, taking care to let all the meringues be the same size. In dropping it from the spoon, give the mixture the form of an egg, and keep the meringues about two inches apart from each other on the paper. Strew over them some sifted sugar, and bake in a moderate oven for half-an-hour. As soon as they begin to colour, remove them from the oven; take each slip of paper by the two ends, and turn it gently on the table, and with a small spoon, take out the soft part of each meringue. Spread some clean paper on the board, turn the meringues upside down, and put them into the oven to harden and brown on the other side. When required for table, fill them with whipped cream, flavoured with liqueur or vanilla, and sweetened with pounded sugar. Join two of the meringues together, and pile them high in the dish, as shown in the annexed drawing. To vary their appearance, finely chopped almonds or currants may be strewn over them before the sugar is sprinkled over; and they may be garnished with any bright-coloured preserve. Great expedition is necessary in making this sweet dish; as, if the meringues are not put into the oven as soon as the sugar and eggs are mixed, the former melts, and the mixture would run on the paper, instead of keeping its egg-



MERINGUES.

shape. The sweeter the meringues are made, the crisper will they be; but if there is not sufficient sugar mixed with them, they will most likely be tough. They are sometimes coloured with cochineal; and if kept well covered in a dry place, will remain good for a month or six weeks.

Time.—Altogether, about ½ hour. **Average Cost,** with the whipped cream, 1*s.*

Sufficient to make 2 dozen meringues.

Seasonable at any time.

2010.—NOYEAU CREAM. (*Fr.*—Crême au Noyeau.)

Ingredients.—1½ oz. of gelatine, the juice of 2 lemons, noyeau and pounded sugar to taste, 1½ pint of cream.

Mode.—Dissolve the gelatine in a little boiling water, add the lemon-juice, and strain this to the cream, putting in sufficient noyeau and sugar to flavour and sweeten the mixture nicely; whisk the cream well, put it into an oiled mould, and set the mould in ice or in a cool place, turn it out, and garnish the dish to taste.

Time.—Altogether, ½ hour. **Average Cost,** 2*s.* 3*d.*

Sufficient to fill a quart mould.

Seasonable at any time.

2011.—OPEN JELLY WITH WHIPPED CREAM. (*Fr.*—Gelée à la Crême Fouettée.)

(*A very pretty dish.*)

Ingredients.—1½ pint of jelly, ½ pint of cream, 1 glass of sherry, sugar to taste.

OPEN JELLY WITH WHIPPED CREAM.

Mode.—Make the above proportion of gelatine or isinglass jelly, colouring and flavouring it in any way that may be preferred; soak a mould, open in the centre, for about half an hour, in cold water; fill it with the jelly and let it remain in a cool place until perfectly set; then turn it out on a dish, fill the centre with whipped cream, flavoured with sherry and sweetened with pounded sugar; pile this cream high in the centre, and serve. The jelly should be made of rather a dark colour, to contrast nicely with the cream.

Time.—¾ hour. **Average Cost,** 3*s.*

Sufficient to fill 1½-pint mould.

Seasonable at any time.

2012.—ORANGE CUSTARDS. (*Fr.*—Crême aux Oranges.)

Ingredients.—The juice of 10 large oranges, a teacupful of sifted sugar, the yolks of 12 eggs, 1 pint of cream.

Mode.—Sweeten the orange-juice with the sugar, and set it over the fire; stir constantly till hot, when skim it carefully, and set aside to cool. When nearly cold add the yolks of eggs, beaten very light, and the cream. Put all into a saucepan, and stir over a very slow fire until thick. Pour into cups and serve cold. If desired, the whites of the eggs, beaten stiff, with a teacupful of pounded sugar, may be used, a heaped tablespoonful on the top of each cup of the custard.

Time.—¾ hour. **Average Cost,** 3*s.*

Sufficient for 8 or 10 persons.

Seasonable from November to May.

2013.—ORANGE JELLY. (*Fr.*—Gelée aux Oranges.)

Ingredients.—1 pint of water, 1½ to 2 oz. of gelatine, ½ lb. of loaf sugar, 1 Seville orange, 1 lemon, about 9 China oranges.

Mode.—Put the water into a saucepan, with the gelatine, sugar, and the rind of 1 orange, and the same of half a lemon, and stir these over the fire until the gelatine is dissolved, and remove the scum; then add to this the juice of the Seville orange, the juice of the lemon, and sufficient juice of China oranges to make in all 1 pint; from 8 to 10 oranges will yield the desired quantity. Stir all together over the fire until it is just on the point of boiling; skim well; then strain the jelly through a fine sieve or jelly-bag, and, when nearly cold, put it into a mould previously wetted, and when quite set, turn it out on a dish and garnish it to taste. To ensure this jelly being clear, the orange and lemon-juice should be well strained, and the gelatine very clear, before they are added to the other ingredients, and, to heighten the colour, a few drops of prepared cochineal may be added.

OPEN MOULD.

Time.—5 minutes to boil without the juice; 1 minute after it is added. **Average Cost,** 1*s.* 6*d.*

Sufficient to fill a quart mould.

Seasonable from November to May.

2014.—ORANGE JELLY MOULDED WITH SLICES OF ORANGE. (*Fr.*—Gelée aux Oranges.)

Ingredients.—1½ pint of orange jelly, No. 2013, 4 oranges, ½ pint of clarified syrup.

Mode.—Boil half a pound of loaf sugar with half a pint of water, until there is no scum left (which must be carefully removed as fast as it rises), and carefully peel the oranges; divide them into thin slices, without breaking the thin skin, and put these pieces of orange into the syrup, where let them remain for about 5 minutes; then take them out, and use the syrup for the jelly, which should be made by the recipe, No. 2013. When the oranges are well drained, and the jelly is nearly cold, pour a little of the latter into the bottom of the mould; then lay in a few pieces of orange; over these pour a little jelly, and when this is set, place another layer of oranges, proceeding in this manner until the mould is full. Put it in ice, or in a cool place, and before turning it out, wrap a cloth round the mould for a minute or two which has been wrung out in boiling water.

Time.—5 minutes to simmer the oranges. **Average Cost,** 1*s.* 6*d.*
Sufficient, with the slices of oranges, to fill a quart mould.
Seasonable from November to May.

2015.—TO MAKE A PLAIN OMELET.
(*Fr.*—Omelette.)

Ingredients.—6 eggs, 1 saltspoonful of salt, ½ saltspoonful of pepper, ¼ lb. of butter.

Mode.—Break the eggs into a basin, omitting the whites of 3, and beat them up with the salt and pepper until extremely light; then add 2 oz. of the butter broken into small pieces, and stir this into the mixture. Put the other 2 oz. of butter into a frying-pan, make it quite hot, and, as soon as it begins to bubble, whisk the eggs, &c., very briskly for a minute or two, and pour them into the pan; stir the omelet with a spoon one way until the mixture thickens and becomes firm, and when the whole is set, fold the edges over, so that the omelet assumes an oval form: and when it is nicely brown on one side, and quite firm, it is done. To take off the rawness on the upper side, hold the pan before the fire for a minute or two and brown it with a salamander or hot shovel. Serve very expeditiously on a very hot dish, and never cook it until it is just wanted. The flavour of this omelet may be very much enhanced by adding minced parsley, minced onions or shalot, or grated cheese, allowing one teaspoonful of the former, and half the quantity of the latter, to the above proportion of eggs. Shrimps or oysters may also be added; the latter should be scalded in their liquor, and then bearded and cut into small pieces. In making an omelet, be particularly careful that it is not too thin, and, to avoid this, do not make it in too large a frying-pan, as the mixture would then

OMELET.

spread too much, and taste of the outside. It should also not be greasy, burnt, or too much done, and should be cooked over a gentle fire, that the whole of the substance may be heated without drying up the outside. Omelets are sometimes served with gravy; but *this should never be poured over them*, but served in a tureen, as the liquid causes the omelet to become heavy and flat, instead of eating light and soft. In making the gravy, the flavour should not overpower that of the omelet, and should be thickened with arrowroot or rice flour.

Time.—With 6 eggs, in a frying-pan 18 or 20 inches round, 4 to 6 minutes. **Average Cost,** 10*d.*

Sufficient for 4 persons.

Seasonable at any time.

Note.—The following anecdote, illustrative of the importance of an omelet, introduces the *chef d'œuvre* of French omelets :—"Every one knows," says Brillat Savarin, in his *Physiology of Taste*, "that for twenty years Madame Récamier was the most beautiful woman in Paris. It is also well known that she was exceedingly charitable, and took a great interest in every benevolent work. Wishing to consult the Curé of —— respecting the working of an institution, she went to his house at five o'clock in the afternoon, and was much astonished at finding him already at his dinner-table. Madame Récamier wished to retire, but the Curé would not hear of it. A neat white cloth covered the table; some good old wine sparkled in a crystal decanter; the porcelain was of the best; the plates had heaters of boiling water beneath them; a neatly-costumed maid-servant was in attendance. The repast was a compromise between frugality and luxury. The crawfish-soup had just been removed, and there was on the table a salmon-trout, an omelet and a salad. 'My dinner will tell you,' said the worthy Curé, with a smile, 'that it is fast-day, according to our Church's regulations.' Madame Récamier and her host attacked the trout, the sauce served with which betrayed a skilful hand, the countenance of the Curé the while showing satisfaction. And now they fell upon the omelet, which was round, sufficiently thick, and cooked, so to speak, to a hair's breadth. As the spoon entered the omelet, a thick rich juice issued from it, pleasant to the eye as well as to the smell; the dish became full of it; and our fair friend owns that, between the perfume and the sight, it made her mouth water. 'It is an *omelette au thon*' (that is to say, a tunny omelet), said the Curé, noticing, with the greatest delight, the emotion of Madame Récamier, 'and few people taste it without lavishing praises on it.' 'It surprises me not at all,' returned the beauty; 'never has so enticing an omelet met my gaze at any of our lay tables.' 'My cook understands them well, I think.' 'Yes,' added Madame, 'I never ate anything so delightful.' Then came the salad, which Savarin recommends to all who place confidence in him. It refreshes without exciting; and he has a theory that it makes people younger. Amidst pleasant converse the dessert arrived. It consisted of three apples, cheese, and a plate of preserves; and then upon a little round table was served the Mocha coffee for which France has been, and is, so justly famous. 'I never,' said the Curé, 'take spirits; I always offer liqueurs to my guests, but reserve the use of them myself, to my old age, if it should please Providence to grant me that.' Finally, the charming Madame Récamier took her leave, and told all her friends of the delicious omelet which she had seen and partaken of." And Brillat Savarin, in his capacity as the Layard of the concealed treasures of Gastronomia, has succeeded in withdrawing from obscurity the details of the preparation of

which so much has been said, and which he imagines to be as wholesome as it was agreeable. Here follows the recipe:—

2016.—OMELETTE AU THON.*

Mode.—Take for 6 persons, the roes of 2 carp; bleach them, by putting them, for 5 minutes, in boiling water slightly salted. Take a piece of fresh tunny about the size of a hen's egg, to which add a small shalot already chopped; hash up together the roe and the tunny, so as to mix them well, and throw the whole into a saucepan, with a sufficient quantity of very good butter: whip it up until the butter is melted. This constitutes the specialty of the omelet. Take a second piece of butter, *à discrétion*, mix it with parsley and herbs, place it in a long-shaped dish destined to receive the omelet; squeeze the juice of a lemon over it, and place it on hot embers. Beat up 12 eggs (the fresher the better); throw up the sauté of roe and tunny, stirring it so as to mix all well together; then make your omelet in the usual manner, endeavouring to turn it out long, thick and soft. Spread it carefully on the dish prepared for it, and serve at once. The dish ought to be reserved for the recherché déjeûners, or for assemblies where amateurs meet who know how to eat well; washed down with a good old wine, it will work wonders.

Note.—The roe and the tunny must be beaten up (sauté) without allowing them to boil, to prevent their hardening, which would prevent their mixing well with the eggs. The dish should be hollowed towards the centre, to allow the gravy to concentrate, that it may be helped with a spoon. The dish ought to be slightly heated, otherwise the cold china will extract all the heat from the omelet.

* An American writer says he has followed this recipe, substituting pike, shad, &c., in the place of carp, and can recommend all these also, with a quiet conscience. Any fish, indeed, may be used with success.

2017.—EGG AND OYSTER OMELET.

Ingredients.—4 eggs, 6 large oysters, ½ a breakfastcupful of flour, ½ a pint of milk, salt, pepper, 2 oz. of butter or lard.

Mode.—Well beat the eggs, seasoning to taste, chop the oysters into small pieces after removing the beards; make a batter with the flour and milk, and stir in the eggs and oysters. Put the omelet-pan on the fire with the butter or lard in it, and as soon as the fat is boiling pour in the batter.

Time.—4 to 6 minutes. **Average Cost,** with fresh oysters, 1*s.* 3*d.*

Sufficient for 3 persons.

Seasonable, September to April.

2018.—HAM OMELET. (*Fr.*—Omelette au Jambon.)

(*A delicious Breakfast Dish.*)

Ingredients.—6 eggs, 4 oz. of butter, ½ saltspoonful of pepper, 2 table spoonfuls of minced ham.

Mode.—Mince the ham very finely, without any fat, and fry it for 2 minutes in a little butter; then make the batter for the omelet, stir in the ham, and proceed as directed in recipe No. 2015. Do not add any salt to the batter, as the ham is usually sufficiently salt to impart a flavour to the omelet. Good lean bacon, or tongue, answers equally well for this dish; but they must also be slightly cooked previously to mixing them with the batter. Serve very hot and quickly, without gravy.

Time.—from 4 to 6 minutes. **Average Cost,** 1*s.*

Sufficient for 4 persons.

Seasonable at any time.

2019.—KIDNEY OMELET. (*Fr.*—Omelette aux Rognons.)

(*A favourite French dish.*)

Ingredients.—6 eggs, 1 saltspoonful of salt, ½ saltspoonful of pepper, 2 sheep's kidneys, or 2 tablespoonfuls of minced veal kidney, 5 oz. of butter.

Mode.—Skin the kidneys, cut them into small dice, and toss them in a frying-pan, in 1 oz. of butter, over the fire for 2 or 3 minutes. Mix the ingredients for the omelet the same as in recipe No. 2015, and when the eggs are well whisked, stir in the pieces of kidney. Make the butter hot in the frying-pan, and when it bubbles, pour in the omelet, and fry it over a gentle fire from 4 to 6 minutes. When the eggs are set, fold the edges over, so that the omelet assumes an oval form, and be careful that it is not too much done: to brown the top, hold the pan before the fire for a minute or two, or use a salamander until the desired colour is obtained, but never turn an omelet in the pan. Slip it carefully on to a *very hot* dish, or what is a much safer method, put a dish on the omelet, and turn the pan quickly over. It should be served the instant it comes from the fire.

OMELET-PAN.

Time.—From 4 to 6 minutes. **Average Cost,** 1*s.* 4*d.*

Sufficient for 4 persons.

Seasonable at any time.

2020.—TO MAKE A PLAIN SWEET OMELET. (*Fr.*—Omelette Sucrée.)

Ingredients.—6 eggs, 4 oz. of butter, 2 oz. of sifted sugar.

Mode.—Break the eggs into a basin, omitting the whites of three; whisk them well, adding the sugar and two oz. of the butter, which should be broken into small pieces, and stir all these ingredients well together. Make the remainder of the butter quite hot in a small frying-pan, and

when it commences to bubble, pour in the eggs, &c. Keep stirring them until they begin to set; then turn the edges of the omelet over, to make it an oval shape, and finish cooking it. To brown the top, hold the pan before the fire, or use a salamander, and turn it carefully on to a *very hot* dish; sprinkle sifted sugar over and serve.

Time.—From 4 to 6 minutes. **Average Cost,** 10*d.*

Sufficient for 4 persons. **Seasonable** at any time.

2021.—JAM OMELET. (*Fr.*—Omelette aux Confitures.)

Ingredients.—6 eggs, 4 oz. of butter, 3 tablespoonfuls of apricot, strawberry, or any jam that may be preferred.

Mode.—Make the omelet by recipe No. 2015, only instead of doubling it over, leave it flat in the pan. When quite firm, and nicely brown on one side, turn it carefully on to a hot dish, spread over the middle of it the jam, and fold the omelet over on each side; sprinkle sifted sugar over, and serve very quickly. A pretty dish of small omelets may be made by dividing the batter into three or four portions, and frying them separately; they should then be spread each one with a different kind of preserve, and the omelets rolled over. Always sprinkle sweet omelets with sifted sugar before being sent to table.

Time.—From 4 to 6 minutes. **Average Cost,** 1*s.* 2*d.*

Sufficient for 4 persons.

Seasonable at any time.

2022.—OMELETTE SOUFFLÉS.

Ingredients.—6 eggs, 5 oz. of pounded sugar, flavouring of vanilla, orange-flower water, or lemon-rind; 3 oz. of butter, 1 dessertspoonful of rice-flour.

Mode.—Separate the yolks from the whites of the eggs, add to the former the sugar, the rice-flour, and either of the above flavourings that may be preferred, and stir these ingredients well together. Whip the whites of the eggs, mix them lightly with the batter, and put the butter into a small frying-pan. As soon as it begins to bubble, pour the batter into it, and set the pan over a bright but gentle fire; and when the omelet is set, turn the edges over to make it an oval shape, and slip it on to a silver dish, which has been previously well buttered. Put it in the oven, and bake from 12 to 15 minutes; sprinkle finely-powdered sugar over the soufflé, and *serve it immediately.*

Time.—About 4 minutes in the pan; to bake, from 12 to 15 minutes. **Average Cost,** 1*s.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2023.—BACHELOR'S OMELET.

Ingredients.—2 or 3 eggs, 2 oz. of butter, 1 teaspoonful of flour, 1 teacupful of milk.

Mode.—Make a thin cream of the flour and milk; then beat up the eggs, mix all together, and add a pinch of salt and a few grains of cayenne. Melt the butter in a small frying-pan, and, when very hot, pour in the batter. Let the pan remain for a few minutes over a clear fire; then sprinkle upon the omelet some chopped herbs and a few shreds of onion; double the omelet dexterously, and shake it out of the pan on to a hot dish. A simple sweet omelet can be made by the same process, substituting sugar or preserve for the chopped herbs.

Time.—2 minutes. **Average Cost,** 6*d.*

Sufficient for 2 persons.

Seasonable at any time.

2024.—BANANA CREAM.

Ingredients.—1½ oz. of gelatine, 6 bananas, 1 lemon, sugar to taste, ½ pint of cream, flavouring of Benedictine.

Mode.—Skin the fruit and put it into a saucepan with the gelatine dissolved in half a teacupful of water, the lemon-rind and juice and the loaf sugar, and simmer for about 10 minutes. When cold, beat up with it the cream, and flavour to taste with the liqueur. Wet a mould, pour in the cream, and set on ice.

Time.—10 minutes to boil the mixture. **Average Cost,** 2*s.* 3*d.*

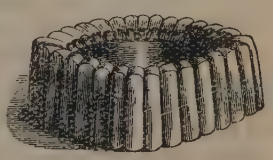
Sufficient for 1 dish.

Seasonable in autumn and winter.

2025.—ORANGE CREAM. (*Fr.*—Crême aux Oranges.)

Ingredients.—1½ oz. of gelatine, 6 large oranges, 1 lemon, sugar to taste, water, ½ pint of good cream.

Mode.—Squeeze the juice from the oranges and lemon; strain it and put it into a saucepan with the gelatine and sufficient water to make in all 1½ pint. Rub the sugar on the orange and lemon-rind, add it to the other ingredients, simmer all together for about 10 minutes. Strain through a muslin bag, and, when cold, beat up with it half a pint of thick cream. Wet a mould or soak it in cold water; pour in the cream, and put it in a cool place to set. If the weather is not very warm, 1 oz. of gelatine will be found sufficient for the above proportion of ingredients.



OPEN MOULD.

Time.—10 minutes to boil the juice and water. **Average Cost,** 2*s.*
Sufficient to fill a quart mould.
Seasonable from November to May.

2026.—ORANGE CREAMS. (*Fr.*—Crême aux Oranges.)

Ingredients.—1 Seville orange, 1 tablespoonful of brandy, ¼ lb. of loaf sugar, the yolks of 4 eggs, 1 pint of cream.

Mode.—Boil the rind of the Seville orange until tender and beat it in a mortar to a pulp; add to it the brandy, the strained juice of the orange, and the sugar and beat all together for about 10 minutes, adding the well-beaten yolks of eggs. Bring the cream to the boiling-point, and pour it very gradually to the other ingredients and beat the mixture till nearly cold; put it into custard-cups, place the cups in a deep dish of boiling water, where let them remain till quite cold. Take the cups out of the water, wipe them, and garnish the tops of the creams with candied orange-peel or preserved chips.

Time.—Altogether, ¾ hour. **Average Cost,** 2*s.*
Sufficient to make 7 or 8 creams.
Seasonable from November to May.

Note.—To render this dish more economical, substitute milk for the cream, but add a small pinch of isinglass to make the creams firm.

Seville Orange (*Citrus vulgaris*).—This variety, called also *bitter orange*, is of the same species as the sweet orange, and grows in great abundance on the banks of the Guadalquiver, in Andalusia, whence this fruit is chiefly obtained. In that part of Spain there are very extensive orchards of these oranges, which form the chief wealth of the monasteries. The pulp of the bitter orange is not eaten raw. In the yellow rind, separated from the white spongy substance immediately below it, is contained an essential oil, which is an agreeable warm aromatic, much superior for many purposes to that of the common orange. The best marmalade and the richest wine are made from this orange; and from its flowers the best orange-flower water is distilled. Seville oranges are also preserved whole as a sweetmeat.

2027.—ORANGE FRITTERS. (*Fr.*—Beignets aux Oranges.)

Ingredients.—For the batter: ½ lb. of flour, ½ oz. of butter, ½ saltspoonful of salt, 2 eggs, milk, oranges, hot lard or clarified dripping.

Mode.—Make a nice light batter with the above proportion of flour, butter, salt, eggs, and sufficient milk to make it of the proper consistency; peel the oranges, remove as much of the white skin as possible, and divide each orange into eight pieces, without breaking the thin skin, unless it be to remove the pips; dip each piece of orange in the batter. Have ready a pan of boiling lard or clarified dripping; drop in the oranges, and fry them a delicate brown from 8 to 10 minutes. When done, lay them on a piece of blotting-paper before the fire, to drain away the greasy moisture, and dish them on a white d'oyley; sprinkle over them plenty of pounded sugar, and serve quickly.

Time.—8 to 10 minutes to fry the fritters; 5 minutes to drain them. **Average Cost,** 9*d.*

Sufficient for 4 or 5 persons.

Seasonable from November to May.

2028.—A PRETTY DISH OF ORANGES. (*Fr.*—Oranges Glacées au Caramel.)

Ingredients.—6 large oranges, ½ lb. of loaf sugar, ¼ pint of water, ⅛ pint of cream, 2 tablespoonfuls of any kind of liqueur, sugar to taste.

Mode.—Put the sugar and water into a saucepan, and boil them until the sugar becomes brittle, which may be ascertained by taking up a small quantity in a spoon, and dipping it in cold water; if the sugar is sufficiently boiled, it will easily snap. Peel the oranges, remove as much of the white pith as possible, and divide them into nice-sized slices, without breaking the thin white skin which surrounds the juicy pulp. Place the pieces of orange on small skewers, dip them into the hot sugar, and arrange them in layers round a plain mould, which should be well oiled with the purest salad oil. The sides of the mould only should be lined with the oranges, and the centre left open for the cream. Let the sugar become firm by cooling: turn the oranges carefully out on a dish, and fill the centre with whipped cream, flavoured with any kind of liqueur, and sweeten with pounded sugar. This is an exceedingly ornamental and nice dish for the supper table.

Time.—10 minutes to boil the sugar. **Average Cost,** 1*s.* 8*d.*

Sufficient for 1 mould.

Seasonable from November to May.

2029.—TO MAKE PANCAKES. (*Fr.*—Crêpes.)

Ingredients.—Eggs, flour, milk; to every egg allow 1 oz. of flour, about 1 gill of milk, ⅛ saltspoonful of salt.

Mode.—Ascertain that the eggs are fresh; break each one separately in a cup; whisk them well, put them into a basin, with the flour, salt, and a few drops of milk, and beat the whole to a perfectly *smooth* batter; then add by degrees the remainder of the milk. The proportion of this latter ingredient must be regulated by the size of the eggs, &c.; but the batter, when ready for frying, should be of the consistency of thick cream. Place a small frying-pan on the fire to get hot; let it be delicately clean, or the pancakes will stick, and, when quite hot, put into it a small piece of butter, allowing about ½ oz. to each pancake. When it is melted, pour in the batter, about ½ teacupful to a pan 5 inches in diameter, and fry it for about 4 minutes, or until it is nicely brown on one side. By only pouring in a small quantity

PANCAKES.

of batter, and so making the pancakes thin, the necessity of turning them (an operation rather difficult to unskilful cooks) is obviated. When the pancake is done, sprinkle over it some pounded sugar, roll it up in the pan, and take it out with a large slice, and place it on a dish before the fire. Proceed in this manner until sufficient are cooked for a dish; then send them quickly to table, and continue to send in a further quantity, as pancakes are never good unless eaten almost immediately they come from the frying-pan. The batter may be flavoured with a little grated lemon-rind, or the pancakes may have preserve rolled in them instead of sugar. Send sifted sugar and a cut lemon to table with them. To render the pancakes very light, the yolks and whites of the eggs should be beaten separately, and the whites added the last thing to the batter before frying.

Time.—From 4 to 5 minutes for a pancake that does not require turning; from 6 to 8 minutes for a thicker one. **Average Cost,** for 3 persons, 6*d.*

Sufficient.—Allow 3 eggs, with the other ingredients in proportion, for 3 persons.

Seasonable at any time, but specially served on Shrove Tuesday.

2030.—PANCAKES WITHOUT EGGS.

Ingredients.—1 pint of mild ale, 4 tablespoonfuls of dried flour, 1 oz. of lard or dripping.

Mode.—Put the flour into the ale and beat the mixture 15 minutes. Melt the lard in a small frying-pan, pour in a fourth of the batter at a time and fry both sides a pale brown colour. Sprinkle moist sugar between the cakes, and pile them on each other.

Time.—20 minutes. **Average Cost,** 4*d.*

Sufficient for 4 pancakes.

Seasonable when eggs are scarce.

2031.—RICHER PANCAKES. (*Fr.*—Crêpes.)

Ingredients.—6 eggs, 1 pint of cream, ¼ lb. of loaf sugar, 1 glass of sherry, ½ teaspoonful of grated nutmeg, flour.

Mode.—Ascertain that the eggs are extremely fresh, beat them well, strain and mix with them the cream, pounded sugar, wine, nutmeg, and as much flour as will make the batter nearly as thick as that for ordinary pancakes. Make the frying-pan hot, wipe it with a clean cloth, pour in sufficient batter to make a thin pancake, and fry it for about 5 minutes. Dish the pancakes piled one above the other, strew sifted sugar between them, and serve.

Time.—About 5 minutes. **Average Cost,** 2*s.* 6*d.*

Sufficient to make 8 pancakes.

Seasonable at any time, but specially served on Shrove Tuesday.

2032.—PASTRY CUSTARD OR CREAM.

(*Much used in High-class Cookery.*)

Ingredients.—4 oz. of flour, 4 oz. of sugar, yolks of 8 and whites of 2 eggs, 6 oz. of butter, 1 pint of cream or milk, 1 oz. of ratafias, 1 tablespoonful of orange-flower water, a little salt.

Mode.—Mix the flour, sugar, salt and 2 whole eggs together in a stewpan with a wooden spoon, add the cream and 2 oz. of butter, and stir well till it boils. Put the lid on the pan and cook 20 minutes over a very slow fire. Then turn it into a basin, add the ratafias, orange-flower water and the well-beaten yolks of eggs. Melt the rest of the butter in a small stewpan, and as soon as it turns a light-brown add it to the cream.

Time.—½ hour altogether. **Average Cost,** with cream, 2*s.* 6*d.*

Sufficient for a large dish of tarts.

Seasonable at any time.

2033.—PEACH FRITTERS. (*Fr.*—Beignets aux Pêches.)

Ingredients.—For the batter: ½ lb. of flour, ½ oz. of butter, ½ saltspoonful of salt, 2 eggs, milk, peaches, hot lard or clarified dripping.

Mode.—Make a nice smooth batter in the same manner as directed in recipe, No. 2029, and skin, halve and stone the peaches, which should be quite ripe; dip them in the batter, and fry the pieces in hot lard or clarified dripping, which should be brought to the boiling-point before the peaches are put in. From 8 to 10 minutes will be required to fry them, and, when done, drain them before the fire, and dish them on a white d'oyley. Strew over plenty of pounded sugar, and serve. Tinned peaches may be used, or apricots.

Time.—From 8 to 10 minutes to fry the fritters; 5 minutes to drain them. **Average Cost,** 1*s.*

Sufficient for 4 or 5 persons.

Seasonable in July, August and September.

Peach.—The peach and nectarine are amongst the most delicious of our fruits, and are considered as varieties of the same species produced by cultivation. The former is characterized by a very delicate down, while the latter is smooth; but as a proof of their identity as to species, trees have borne peaches in one part and nectarines in another; and even a single fruit has had down on one side and the other smooth. The trees are almost exactly alike, as well as the blossoms. Pliny states that the peach was originally brought from Persia, where it grows naturally, from which the name of Persica was bestowed upon it by the Romans; and some modern botanists apply this as the generic name, separating them from *Amygdalus*, or Almond, to which Linnæus had united them. Although they are not tropical, they require a great deal of warmth to bring them to perfection; hence they seldom ripen in this country, in ordinary seasons, without the use of walls or glass; consequently they bear a high price. In a good peach, the flesh is firm, the skin thin, of a deep bright colour next the sun, and of a yellowish green next to the wall; the pulp is yellowish, full of highly-flavoured juice, the fleshy part thick, and the stone small. Too much down is a sign of inferior quality. This fruit is much used at the dessert, and makes a delicious preserve.

PEACH.

2034.—STEWED PEARS. (*Fr.*—Poires à l'Allemande.)

Ingredients.—6 to 8 pears, water, sugar, 2 oz. of butter, the yolk of an egg, ½ oz. of gelatine.

Mode.—Peel and cut the pears into any form that may be preferred, and steep them in cold water to prevent them turning black; put them into a saucepan with sufficient cold water to cover them, and boil them, with the butter and enough sugar to sweeten them nicely, until tender; then brush the pears over with the yolk of an egg, sprinkle them with sifted sugar, and arrange them on a dish. Add the gelatine to the syrup, simmer it quickly for about 5 minutes, strain it over the pears, and let it remain until set. The syrup may be coloured with a little prepared cochineal, which would very much improve the appearance of the dish.

Time.—From 20 minutes to ½ hour to stew the pears; 5 minutes for the syrup. **Average Cost,** 1*s.* 3*d.*

Sufficient for a large dish.

Seasonable from August to February.

2035.—MOULDED PEARS. (*Fr.*—Gelée aux Poires.)

Ingredients.—4 large pears or 6 small ones, 8 cloves, sugar to taste, water, a small piece of cinnamon, ¼ pint of raisin wine, a strip of lemon-peel, the juice of ½ a lemon, ½ oz. of gelatine.

Mode.—Peel and cut the pears into quarters; put them into a jar with three-quarters of a pint of water, cloves, cinnamon, and sufficient sugar to sweeten the whole nicely; cover down the top of the jar, and bake the pears in a gentle oven until perfectly tender, but do not allow them to break. When done, lay the pears in a plain mould, which should be well wetted, simmer half a pint of the liquor the pears were baked in with the wine, lemon-peel, strained juice, and gelatine. Let these ingredients simmer well for 5 minutes, then strain the liquid warm over the pears; put the mould in a cool place, and, when the jelly is firm, turn it out on a glass dish.

Time.—2 hours to bake the pears in a cool oven. **Average Cost,** 1*s.* 3*d.*

Sufficient for a quart mould.

Seasonable from August to February.

2036.—PINE-APPLE FRITTERS. (*Fr.*—Beignets d'Ananas.)

(An Elegant Dish.)

Ingredients.—A small pine-apple, a small wineglassful of brandy or liqueur, 2 oz. of sifted sugar; batter as for apple fritters, No. 1929.

Mode.—This elegant dish, although it may appear extravagant, is

really not so if made when pine-apples are plentiful. We receive them now in such large quantities from the West Indies, that at times they may be purchased at an exceedingly low rate; it would not, of course, be economical to use the pines which are grown in our English pineries for the purposes of fritters. Pare the pine with as little waste as possible, cut it into rather thin slices, and soak these slices in the above proportion of brandy or liqueur and pounded sugar for 4 hours: then make a batter the same as for apple fritters, substituting cream for the milk, and using a smaller quantity of flour; and when this is ready, dip in the pieces of pine, and fry them in boiling lard from 5 to 8 minutes; turn them when sufficiently brown on one side, and, when done, drain them from the lard before the fire, dish them on a white d'oyley, strew over them sifted sugar and serve quickly.

Time.—5 to 8 minutes. **Average Cost,** when cheap and plentiful, 1*s.* 6*d.* for the pine, **or** tinned pine may be used.

Sufficient for 3 or 4 persons.

Seasonable in July and August.

Pine-apple.—The pine-apple has not been known in Europe above two hundred years, and has not been cultivated in England much above a century. It is stated that the first pine-apples raised in Europe were by M. La Cour, of Leydon, about the middle of the 17th century; and it is said to have been first cultivated in England by Sir Matthew Decker, of Richmond. In Kensington Palace, there is a picture in which Charles II. is represented as receiving a pine-apple from his gardener Rose, who is presenting it on his knees.

2037.—PLAIN FRITTERS. (*Fr.*—Beignets au Sucre.)

Ingredients.—3 oz. of flour, 3 eggs, ½ pint of milk.

Mode.—Mix the flour to a smooth batter with a small quantity of the milk; stir in the eggs, which should be well whisked, and then the remainder of the milk; beat the whole to a perfectly smooth batter, and should it be found not quite thin enough, add 2 or 3 tablespoonfuls more milk. Have ready a frying-pan, with plenty of boiling lard in it; drop in rather more than a tablespoonful at a time of the batter, and fry the fritters a nice brown, turning them when sufficiently cooked on one side. Drain them well from the greasy moisture by placing them upon a piece of blotting-paper before the fire; dish them on a white d'oyley, sprinkle over them sifted sugar, and send to table with them a cut lemon and plenty of pounded sugar.

STAR FRITTER-MOULD.

Time.—From 6 to 8 minutes. **Average Cost,** 4*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2038.—ORANGE CROQUENBOUCHE.

ORANGE CROQUENBOUCHE.

Ingredients.—6 oranges, ½ lb. of preserved cherries, syrup, ginger.

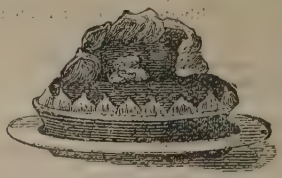
Mode.—Peel and carefully divide the oranges into quarters, dip them in the syrup, and put them to drain; make some preserved cherries perfectly dry by putting them in a cool oven, then dip them in the sugar. When cold arrange the pieces in a plain round mould, oiled, as shown; turn out and ornament the top with cherries, ginger, and pieces of orange.

Average Cost, 1*s.* 3*d.*

Seasonable in winter.

2039.—COFFEE CUSTARD.

Ingredients.—1 quart of milk, 6 oz. of loaf sugar, 3 oz. of coffee, yolks of 10 eggs, cream for garnish.



COFFEE CUSTARD.

Mode.—Put the milk in a saucepan with the sugar; beat the yolks of the eggs, and pour over them the milk; roast the coffee, crush it, and add it to the custard; strain through a jelly-bag into two moulds, and when set place them one over the other, as shown, garnishing with the cream whipped to a froth. Instead of the cream, this dish may be garnished with red currant jelly, or a little may be put into the cream.

Average Cost, 1*s.* 6*d.* **Seasonable** at any time.

2040.—POTATO FRITTERS.

(*Fr.*—Beignets de Pommes de Terre.)

Ingredients.—2 large potatoes, 4 eggs, 2 tablespoonfuls of cream, 2 ditto of raisin or sweet wine, 1 dessertspoonful of lemon-juice, ½ teaspoonful of grated nutmeg, hot lard.

SCROLL FRITTER-MOULD.

Mode.—Boil the potatoes and beat them up lightly with a fork, but do not use a spoon, as that would make them heavy. Beat the eggs well leaving out one of the whites; add the other ingredients, and beat all together for at least 20 minutes, or until the butter is extremely light.

Put plenty of good lard into a frying-pan, and drop a tablespoonful of the batter at a time into it, and fry the fritters a nice brown. Serve them with the following sauce:—A glass of sherry mixed with the strained juice of a lemon, and sufficient white sugar to sweeten the whole nicely. Warm these ingredients, and serve the sauce separately in a tureen. The fritters should be neatly dished on a white d'oyley, and pounded sugar sprinkled over them; and they should be well drained on a piece of blotting-paper before the fire previously to being dished.

Time.—From 6 to 8 minutes. **Average Cost,** 1*s.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2041.—RASPBERRY CREAM. (*Fr.*—Crême aux Framboises.)

Ingredients.—¾ pint of milk, ¾ pint of cream, 1½ oz. of gelatine, raspberry jelly, sugar to taste, 2 tablespoonfuls of brandy.

Mode.—Simmer the milk, cream, and isinglass together a quarter of an hour, or until the latter is melted, and strain it through a hair-sieve into a basin. Let it cool a little; then add to it sufficient raspberry jelly, which, when melted, would make one-third of a pint, and stir well till the ingredients are thoroughly mixed. If not sufficiently sweet, add a little pounded sugar with the brandy: whisk the mixture well until nearly cold, put it into a well-oiled mould, and set it in a cool place till perfectly set. Raspberry jam may be substituted for the jelly, but must be melted, and rubbed through a sieve, to free it from seeds; in summer, the juice of the fresh fruit may be used, by slightly mashing it with a wooden spoon, and sprinkling sugar over it; the juice that flows from the fruit should then be used for mixing with the cream. If the colour should not be very good, a few drops of prepared cochineal may be added to improve its appearance.

RASPBERRY-CREAM MOULD.

Time.—¼ hour for the cream and gelatine. **Average Cost,** 2*s.* 3*d.*

Sufficient to fill a quart mould.

Seasonable, with jelly, at any time.

Note.—Strawberry cream may be made in precisely the same manner, substituting strawberry jam or jelly for the raspberry.

2042.—RICE BLANCMANGE. (*Fr.*—Blanc Manger de Riz.)

Ingredients.—¼ lb. of ground rice, 3 oz. of loaf sugar, 1 oz. of fresh butter, 1 quart of milk, flavouring of lemon-peel, essence of almonds or vanilla, or laurel-leaves.

Mode.—Mix the rice to a smooth batter with about half a pint of the milk, and the remainder put into a saucepan, with the sugar, butter, and whichever of the above flavourings may be preferred; bring the milk to the boiling-point, quickly stir in the rice, and let it boil for about ten minutes, or until it comes easily away from the saucepan, keeping it well stirred the whole time. Grease a mould with pure salad oil; pour in the rice, and let it get perfectly set, when it should turn out quite easily; garnish it with jam, or pour round a compôte of any kind of fruit, just before it is sent to table. This blancmange is better for being made the day before it is wanted, as it then has time to become firm. If laurel leaves are used for flavouring, steep three of them in the milk, and take them out before the rice is added; about eight drops of essence of almonds, or from 12 to 16 drops of essence of vanilla, would be required to flavour the above proportion of milk.

Time.—From 10 to 15 minutes to boil the rice. **Average Cost,** 6*d.*

Sufficient to fill a quart mould.

Seasonable at any time.

2043.—RICE CROQUETTES. (*Fr.*—Croquettes de Riz.)

Ingredients.—½ lb. of rice, 1 quart of milk, 6 oz. of pounded sugar, flavouring of vanilla, lemon peel, or bitter almonds, egg-and-bread-crumbs, hot lard.

Mode.—Put the rice, milk and sugar into a saucepan, and let the former gradually swell over a gentle fire until all the milk is dried up; and just before the rice is done, stir in a few drops of essence of any of the above flavourings. Let the rice get cold; then form it into small round balls, dip them into yolk of egg, sprinkle them with bread-crumbs, and fry them in boiling lard for about ten minutes, turning them about, that they may get equally browned. Drain the greasy moisture from them, by placing them on a cloth in front of the fire for a minute or two; pile them on a white d'oyley, and send them quickly to table. A small piece of jam is sometimes introduced into the middle of each croquette, which adds very much to the flavour of this favourite dish.

Time.—From ¾ to 1 hour to swell the rice; about 10 minutes to fry the croquettes. **Average Cost,** 10*d.*

Sufficient to make 7 or 8 croquettes.

Seasonable at any time.

2044.—RICE FRITTERS. (*Fr.*—Beignets de Riz.)

Ingredients.—6 oz. of rice, 1 quart of milk, 3 oz. of sugar, 1 oz. of fresh butter, 6 oz. of orange marmalade, 4 eggs.

Mode.—Swell the rice in the milk, with the sugar and butter, over a slow fire until it is perfectly tender, which will be in about three-quarters of an hour. When the rice is done, strain away the milk, should there be any left, and mix with it the marmalade and well-beaten eggs; stir the whole over the fire until the eggs are set; then spread the mixture on a dish to the thickness of about half an inch, or rather thicker. When it is perfectly cold, cut it into long strips, dip them in a batter the same as for apple fritters, and fry them a nice brown. Dish them on a white d'oyley, strew sifted sugar over and serve quickly.

Time.—About ¾ hour to swell the rice; from 7 to 10 minutes to fry the fritters. **Average Cost,** 1*s.* 6*d.*

Sufficient to make 7 or 8 fritters.

Seasonable at any time.

2045.—RICE SNOWBALLS.

(*Fr.*—Riz aux Amandes à la Crême.)

(A Pretty Dish for Juvenile Suppers.)

Ingredients.—6 oz. of rice, 1 quart of milk, flavouring of essence of almonds, sugar to taste, 1 pint of custard made by recipe No. 1969.

Mode.—Boil the rice in the milk, with sugar and a flavouring of essence of almonds, until the former is tender, adding, if necessary, a little more milk, should it dry away too much. When the rice is quite soft, put it into teacups, or *small* round jars, and let it remain until cold; then turn the rice out on a deep glass dish, pour over a custard made by recipe No. 1969, and, on the top of each ball, place a small piece of bright-coloured preserve or jelly. Lemon-peel or vanilla may be boiled with the rice instead of the essence of almonds, when either of these is preferred; but the flavouring of the custard must correspond with that of the rice.

Time.—About ¾ hour to swell the rice in the milk. **Average Cost** with the custard, 1*s.*

Sufficient for 5 or 6 children.

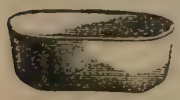
Seasonable at any time.

2046.—TO MAKE A SOUFFLÉ. (*Fr.*—Soufflé.)

Ingredients. — 3 heaped tablespoonfuls of potato-flour, rice-flour, arrowroot, or tapioca, 1 pint of milk, 5 eggs, a piece of butter the size of a walnut, sifted sugar to taste, 1 saltspoonful of salt, flavouring.

Mode.—Mix the potato-flour, or whichever of the above ingredients is used, with a little of the milk; put it into a saucepan with the remainder of the milk, the butter, salt, and sufficient pounded sugar to sweeten the whole nicely. Stir these ingredients over the fire, until the mixture thickens; then take it off the fire, and let it cool a little. Sepa-

rate the whites from the yolks of the eggs, beat the yolks and stir them into the soufflé batter. Now whisk the whites of the eggs to the firmest possible froth, for on this depends the excellence of the dish; stir them to the other ingredients, and add a few drops of essence of any flavouring that may be preferred; such as vanilla, lemon, orange, ginger, &c. &c. Pour the batter into a soufflé-dish, put it immediately into the oven, and bake for about half an hour; then take it out, put the dish into another more ornamental one, such as is made for the purpose; hold a salamander or hot shovel over the soufflé, strew it with sugar and send it instantly to table. The secret of making a soufflé well is to have the eggs well whisked, but particularly the whites, the oven not too hot, and to send it to table the moment it comes from the oven. If the soufflé be ever so well made, and it is allowed to stand before being sent to table, its appearance and goodness will be entirely spoiled. Soufflés may be flavoured in various ways and must be named accordingly. Vanilla is one of the most delicate and recherché flavourings that can be used for this very fashionable dish.



SOUFFLÉ-PAN.

Time.—About ½ hour in the oven; 2 or 3 minutes to hold the salamander over. **Average Cost,** 10*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2047.—RICE SOUFFLÉ. (*Fr.*—Soufflé de Riz.)

Ingredients.—3 tablespoonfuls of ground rice, 1 pint of milk, 5 eggs, pounded sugar to taste, flavouring of lemon-rind, vanilla, coffee, chocolate or anything that may be preferred, a piece of butter the size of a walnut.

Mode.—Mix the ground rice with 6 tablespoonfuls of the milk quite smoothly, and put it into a saucepan with the remainder of the milk and butter, and keep stirring it over the fire for about a quarter of an hour, or until the mixture thickens. Separate the yolks from the whites of the eggs, beat the former in a basin, and stir to them the rice and sufficient pounded sugar to sweeten the soufflé; but add this latter ingredient as sparingly as possible, as the less sugar there is used the lighter will be the soufflé. Now whisk the whites of the eggs to a stiff froth or snow; mix them with the other preparation, and pour the whole into a soufflé-dish, and put it instantly into the oven; bake it about half an hour in a moderate oven; take it out, hold a salamander or hot shovel over the top, sprinkle sifted sugar over it, and send the soufflé to table in the dish it was baked in, either with a napkin pinned round, or enclosed in a more ornamental dish. The excellence of this fashionable dish entirely depends on the proper whisking of the whites of the eggs, the manner of baking,

and the expedition with which it is sent to table. Soufflés should be served *instantly* from the oven, or they will sink, and be nothing more than an ordinary pudding.

Time.—About ½ hour. **Average Cost,** 10*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2048.—SNOW EGGS. (*Fr.*—Œufs à la Neige.)

(*A very Pretty Supper Dish.*)

Ingredients.—5 eggs, 1 pint of milk, pounded sugar to taste, flavouring of vanilla, lemon-rind, or orange-flower water.

Mode.—Put the milk into a saucepan with sufficient sugar to sweeten it nicely, and the rind of half a lemon. Let this steep by the side of the fire for half an hour, when take out the peel; separate the whites from the yolks of the eggs, and whisk the former to a perfectly stiff froth, or until there is no liquid remaining; bring the milk to the boiling-point, when drop in the snow a tablespoonful at a time, and keep turning the eggs until sufficiently cooked. Then place them on a glass dish, beat up the yolks of the eggs, stir to them the milk, add a little more sugar, and strain this mixture into a jug; place the jug in a saucepan of boiling water, and stir it one way until the mixture thickens, but do not allow it to boil, or it will curdle. Pour this custard over the eggs, when they should rise to the surface. They make an exceedingly pretty addition to a supper, and should be put in a cold place after being made. When they are flavoured with vanilla or orange-flower water, it is not necessary to steep the milk. A few drops of the essence of either may be poured in the milk just before the whites are poached. In making the custard, a little more flavouring and sugar should always be added.

Time.—About 2 minutes to poach the whites; 8 minutes to stir the custard. **Average Cost,** 8*d.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

2049.—STONE CREAM OF TOUS LES MOIS.

Ingredients.—½ lb. of preserve, 1 pint of milk, 2 oz. of lump sugar, 1 heaped tablespoonful of tous le mois, 3 drops of essence of cloves, 3 drops of almond-flavouring.

Mode.—Place the preserve at the bottom of a glass dish; put the milk into a lined saucepan, with the sugar, and make it boil. Mix to a smooth batter the tous les mois, with a very little cold milk; stir it briskly into the boiling milk, add the flavouring and simmer for 2 minutes. When rather cool, but before turning solid, pour the cream over the jam, and ornament it with strips of red currant jelly or preserved fruit.

Time.—2 minutes. **Average Cost,** 10*d.*
Sufficient for 4 or 5 persons.
Seasonable at any time.
Note.—" Tous les mois " is a fine kind of arrowroot.

2050.—STRAWBERRY JELLY. (*Fr.*—Gelée aux Fraises.)

Ingredients.—Strawberries, pounded sugar; to every pint of juice allow 1¼ oz. of isinglass or gelatine.

Mode.—Pick the strawberries, put them into a pan, squeeze them well with a wooden spoon, add sufficient pounded sugar to sweeten them nicely, and let them remain for 1 hour, that the juice may be extracted; then add half a pint of water to every pint of juice. Strain the strawberry-juice and water through a bag; measure it, and to every pint allow 1¼ oz. of isinglass or gelatine, cleared in a quarter pint of water. Mix this with the juice; put the jelly into a mould, and set the mould in ice. A little lemon-juice added to the strawberry-juice improves the flavour of the jelly, if the fruit is very ripe; but it must be well strained before it is put to the other ingredients, or it will make the jelly muddy.

Time.—1 hour to draw the juice. **Average Cost,** with isinglass, 2*s.*; with gelatine, 1*s.* 6*d.*

Sufficient.—Allow 1½ pint of jelly for 5 or 6 persons.

Seasonable in June, July and August.

2051.—SWISS CREAM.

Ingredients.—¼ lb. of macaroons or 6 small sponge-cakes, sherry, 1 pint of cream, 5 oz. of lump sugar, 2 large tablespoonfuls of arrowroot, the rind of 1 lemon, the juice of ½ a lemon, 3 tablespoonfuls of milk.

Mode.—Lay the macaroons or sponge-cakes in a glass dish, and pour over them as much sherry as will cover them, or sufficient to soak them well. Put the cream into a lined saucepan, with the sugar and lemon-rind, and let it remain by the side of the fire until the cream is well flavoured, when take out the lemon-rind Mix the arrowroot smoothly with the cold milk; add this to the cream, and let it boil gently for about 3 minutes, keeping it well stirred. Take it off the fire, stir till nearly cold, when add the lemon-juice, and pour the whole over the cakes. Garnish the cream with strips of angelica, candied citron cut thin, or bright-coloured jelly or preserve. This cream is exceedingly delicious, flavoured with vanilla instead of lemon; when this flavouring is used, the sherry may be omitted, and the mixture poured over the *dry* cakes.

Time.—About ½ hour to infuse the lemon-rind; 5 minutes to boil the cream. **Average Cost,** 2*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

2052.—TO MAKE SYLLABUB.

Ingredients.—1 pint of sherry or white wine, ½ grated nutmeg, sugar to taste, 1½ pint of milk.

Mode.—Put the wine into a bowl, with the grated nutmeg and plenty of pounded sugar and the above proportion of milk, frothed up. Clouted cream may be laid on the top, with pounded cinnamon or nutmeg and sugar; and a little brandy may be added to the wine before the milk is put in. In some counties, cider is substituted for the wine; when this is used, brandy must always be added. Warm milk may be poured on from a spouted jug or teapot; but it must be held very high.

Average Cost, 1*s.* 4*d.* **Sufficient** for 5 or 6 persons.

Seasonable at any time.

2053.—TIPSY CAKE.

Ingredients.—1 moulded sponge or Savoy cake, sufficient sweet wine or sherry to soak it, 6 tablespoonfuls of brandy, 2 oz. of sweet almonds, 1 pint of rich custard.

TIPSY CAKE.

Mode.—Procure a cake that is 3 or 4 days old—either sponge, Savoy, or rice answering for the purpose of a tipsy cake. Cut the bottom of the cake level, to make it stand firm in the dish; make a small hole in the centre, and pour in and over the cake sufficient sweet wine or sherry, mixed with the above proportion of brandy, to soak it nicely. When the cake is well soaked, blanch and cut the almonds into strips, stick them all over the cake, and pour round it a good custard, made by recipe No. 1969, allowing 8 eggs instead of 5 to the pint of milk. The cakes are sometimes crumbled and soaked and a whipped cream heaped over them, the same as for trifles.

Time.—About 2 hours to soak the cake. **Average Cost,** 3*s.* 6*d.*

Sufficient for 1 dish.

Seasonable at any time.

Almond.—The almond-tree is a native of warmer climates than Britain, and is indigenous to the northern parts of Africa and Asia; but it is now commonly cultivated in Italy, Spain and the south of France. It is not usually grown in Britain, and the fruit seldom ripens in this country; it is much admired for the beauty of its blossoms. In the form of its leaves and blossoms, it strongly resembles the peach-tree, and is included in the same genus by botanists; but the fruit, instead of presenting a delicious pulp like the peach, shrivels up as it ripens, and becomes only a tough coriaceous covering to the stone enclosing the eatable kernel, which is surrounded by a thin bitter skin. It flowers early in the spring, and produces fruit in August. There are two sorts of almonds—sweet and bitter; but they are considered to be only varieties of the species; and though the qualities of the kernels are very different, they are not distinguishable by their appearance.

2054.—AN EASY WAY OF MAKING A TIPSY CAKE.

Ingredients.—12 stale small sponge-cakes, raisin wine, ½ lb. of jam, 1 pint of custard, No. 1969.

Mode.—Soak the spongecakes, which should be stale (on this account they should be cheaper), in a little raisin wine; arrange them on a deep glass dish in four layers, putting a layer of jam upon each, and pour round them a pint of custard, made by recipe No. 1966, decorating the top with cut preserved fruit.

Time.—2 hours to soak the cakes. **Average Cost,** 2*s.*

Sufficient for 1 dish.

Seasonable at any time.

2055.—TO MAKE A TRIFLE.

Ingredients.—For the whip, 1 pint of cream, 3 oz. of pounded sugar, the whites of 2 eggs, a small glass of sherry or raisin wine. For the trifle, 1 pint of custard, made with 8 eggs to a pint of milk; 6 small sponge-cakes, or 6 slices of spongecake; 12 macaroons, 2 dozen ratafias, 2 oz. of sweet almonds, the grated rind of 1 lemon, a layer of raspberry or strawberry jam, ½ pint of sherry or sweet wine, 6 tablespoonfuls of brandy.

Mode.—The whip to lay over the top of the trifle should be made the day before it is required for table, as the flavour is better, and it is much more solid than when prepared the same day. Put into a large bowl the pounded sugar, the whites of the eggs, which should be beaten to a stiff froth, a glass of sherry or sweet wine, and the cream. Whisk these ingredients well in a cool place, and take off the froth with a skimmer as fast as it rises, and put it on a sieve to drain; continue the whisking till there is sufficient of the whip, which must be put away in a cool place to drain. The next day, place the sponge-cakes, macaroons, and ratafias in layers in a trifle-dish; pour over them half a pint of sherry or sweet wine, mixed with 6 tablespoonfuls of brandy, and should this proportion of wine not be found quite sufficient, add a little more, as the cakes should be well soaked. Over the cakes put the grated lemon-rind, the sweet almonds, blanched and cut into strips, and a layer of raspberry or strawberry jam. Make a good custard by recipe No. 1969, using 8 instead of 5 eggs to the pint of milk, and let this cool a little; then pour it over the cakes, &c. The whip being made the day previously, and the trifle prepared, there remains nothing to do now but to heap the whip lightly over the top; this should stand as high as possible, and it may be garnished with strips of bright currant jelly, crystallised sweetmeats or flowers; the small coloured comfits are sometimes used for the purpose of garnishing a trifle, but they are now considered rather old-fashioned.

TRIFLE.

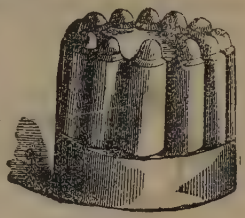
Average Cost, 5*s.* **Sufficient** for one trifle.

Seasonable at any time.

2056.—VANILLA CREAM. (*Fr.*—Crême à la Vanille.)

Ingredients.—1 pint of milk, the yolks of 8 eggs, 6 oz. of sugar, 1 oz. of gelatine, flavouring to taste of essence of vanilla.

Mode.—Put the milk and sugar into a saucepan, and let it get hot over a slow fire; beat up the yolks of the eggs, to which add gradually the sweetened milk; flavour the whole with essence of vanilla, put the mixture into a jug and place this jug in a saucepan of boiling water. Stir the contents with a wooden spoon one way until the mixture thickens, but do not allow it to boil, or it will be full of lumps. Take it off the fire; stir in the gelatine, which should be previously dissolved in about a quarter of a pint of water, simmering for 2 or 3 minutes; pour the cream into an oiled mould, put it in a cool place to set, and turn it out carefully on a dish. Instead of using the essence of vanilla, a pod may be boiled in the milk instead until the flavour is well extracted. A pod, or a pod and a half, will be found sufficient for the above proportion of ingredients.



VANILLA-CREAM MOULD.

Time.—About 10 minutes to stir the mixture. **Average Cost,** with the best gelatine, 1*s.* 6*d.*

Sufficient to fill a quart mould.

Seasonable at any time.

Vanille, or Vanilla is the fruit of the vanillier, a parasitical herbaceous plant, which flourishes in Brazil, Mexico, and Peru. The fruit is a long capsule, thick and fleshy. Certain species of this fruit contain a pulp with a delicious perfume and flavour. Vanilla is principally imported from Mexico. The capsules for export are always picked at perfect maturity. The essence is the form in which it is used generally and most conveniently. Its properties are stimulating and exciting. It is in daily use for ices, chocolates, and flavouring confections generally.

2057.—VICTORIA SANDWICHES.

Ingredients.—4 eggs, their weight in pounded sugar, butter and flour; ¼ saltspoonful of salt, a layer of any kind of jam, or marmalade.

Mode.—Beat the butter to a cream; dredge in the flour and pounded sugar; stir these ingredients well together, and add the eggs, which should be previously thoroughly whisked. When the mixture has been well beaten for about 10 minutes, butter a Yorkshire-pudding tin, pour in the batter, and bake it in a moderate oven for 20 minutes. Let it cool, spread one half of the cake with a layer of nice preserve, place over it the other half of the cake, press the pieces slightly together, and then cut into long finger-pieces; pile them in cross bars on a glass dish and serve.

Time.—20 minutes. **Average Cost,** 1*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

2058.—WHIPPED CREAM. (*Fr.*—Crême Fouettée.)

(For putting on Trifles, Serving in Glasses, &c.)

Ingredients.—To every pint of cream allow 3 oz. of pounded sugar, 1 glass of sherry, or any kind of sweet white wine, the rind of ½ a lemon, the white of 1 egg.

Mode.—Rub the sugar on the lemon-rind and pound it in a mortar until quite fine, and beat up the white of the egg until quite stiff; put the cream into a large bowl, with the sugar, wine, and beaten egg, and whip it to a froth; as fast as the froth rises, take it off with a skimmer, and put it on a sieve to drain, in a cool place. This should be made the day before it is wanted, as the whip is then so much firmer. The cream should be whipped in a cool place, and in summer, over ice, if it is obtainable. A plain whipped cream may be served on a glass dish, and garnished with strips of angelica, or pastry leaves, or pieces of bright-coloured jelly; it makes a very pretty addition to the supper-table.

PASTRY LEAF.

Time.—About 1 hour to whip the cream. **Average Cost,** 1*s.* 9*d.*

Sufficient for 1 dish or 1 trifle.

Seasonable at any time.

2059.—WHIPPED SYLLABUBS.

Ingredients.—½ pint of cream, ¼ pint of sherry, half that quantity of brandy, the juice of ½ a lemon, a little grated nutmeg, 3 oz. of pounded sugar, whipped cream the same as for trifle, No. 2055.

Mode.—Mix all the ingredients together, put the syllabub into glasses, and over the top of them heap a little whipped cream, made in the same manner as for trifle, No. 2055. Solid syllabub is made by whisking or milling the mixture to a stiff froth, and putting it in the glasses without the whipped cream at the top.

Average Cost, 1*s.* 8*d.*

Sufficient to fill 8 or 9 glasses.

Seasonable at any time.

1 and 2, Flower Baskets; 3, Basket of Pears; 4, Wafers; 5, Rout Cakes; 6, Walnuts; 7, Filberts; 8, Chestnuts; 9, Apples; 10 and 11, Bonbons; 12, Crystallised Fruit; 13, Cream Ice; 14, Vanilla Ice; 15, Chocolate Ice; 16, Biscuits; 17, Candied Fruit; 18, Basket of Grapes; 19, Ginger; 20, Vase of Flowers; 21 and 22, China Vases with Ferns; 23, Cactus Fairy Lamp; 24, Coloured Glass Vase of Flowers; 25, Flower Fairy Lamp.

DESSERT DISHES & SMALL SAVOURIES.

CHAPTER XXXIV.

GENERAL OBSERVATIONS ON DESSERT DISHES AND SMALL SAVOURIES SERVED AT BEGINNING & END OF DINNER.

2060. ***Dessert at the present day*** is not so profuse, nor does it hold the same relationship to the dinner that it held with the ancients—the Romans more especially. On ivory tables they would spread hundreds of different kinds of raw, cooked, and preserved fruits, tarts and cakes, as substitutes for the more substantial comestibles with which the guests were satiated. However, as late as the reigns of our last two Georges, fabulous sums were often expended upon fanciful desserts. Many people prefer to have no fruit placed upon the table during dinner, the decoration being only floral, and it cannot be denied that this is a good plan, when the dessert consists of such highly perfumed fruit as pines or melons; but whether the dishes are put on the table or not, the dessert certainly repays, in its general effect, the expenditure upon it of much pains; and it may be said that, if there be any poetry at all in meals, or the process of feeding, there is poetry in the dessert, the materials for which should be selected with taste, and, of course, must depend, in a great measure, upon the season. Pines, melons, grapes, peaches, nectarines, plums, strawberries, apples, pears, oranges, almonds, raisins, figs, walnuts, filberts, medlars, cherries, &c. &c., all kinds of dried fruits, and choice and delicately-flavoured cakes and biscuits, make up the dessert, together with the most costly and *recherché* wines.

2061. ***Dessert Services.***—The shape, material and pattern of dessert services is so varied, and depends so much upon taste, that the word fashion may hardly be used in reference to them, though it may be said that the services now most sold are those in which the colours are pale and delicate, and that the stands for fruit are of medium height, or quite low.

Still, those who possess handsome antique services of either silver or china, generally prefer to use them in place of the more modern style, the beauty of the services tending to enhance the splendour of the plate.

White china forms some of the prettiest dessert services now, and is the one most calculated to show off the beauty of the fruit; but a dessert centre of plush, velvet, or silk should be used with them, or the beauty of the service will be lost upon the white cloth.

The mode of putting a dessert on a table depends entirely upon the height and size of the stands and the fruit chosen; but it may be said that the dishes should form a sort of inner circle, oval or square, according to the shape of the table, and that any tall stands, or such fruits as pines or melons, generally look best

placed down the centre of the table. The garnishing needs especial attention, as the contrast of the brilliant-coloured fruits with nicely-arranged foliage is very charming. The garnish *par excellence* for dessert is the ice-plant; its crystallized dewdrops producing a marvellous effect in the height of summer, giving a most inviting sense of coolness to the fruit it encircles. The double-edged mallow, strawberry and vine leaves have a pleasing effect; and for winter desserts, the bay, cuba, and laurel are sometimes used. When high epergnes were in fashion, fruits were often mixed, but now it is thought better taste to give each one its separate dish or stand. A dessert would not now be considered complete without candied and preserved fruits and confections, these being put in very small glass dishes.

2062. ***Arrangement of Fruit.***—Fruit should always be gathered on the same day that it is required for table, and should be tastefully arranged on the dishes, with leaves between and round it. By purchasing fruits that *are in season*, a dessert can be supplied at a very moderate cost. These, with a few fancy biscuits, crystallized fruit, bon-bons, &c., are sufficient for an ordinary dessert. When fresh fruit cannot be obtained, dried and foreign fruits must supply its place, with the addition of bon-bons, cakes, biscuits, and crystallized fruit. At some tables, forced fruit, such as strawberries, is served growing in pots, these pots being hidden in more ornamental ones, and arranged with the other dishes. Ices for dessert are usually moulded; but when this is not the case, they are handed round in glasses, with wafers to accompany them. Preserved ginger is frequently handed round after ices to prepare the palate for the dessert wines. A basin or glass of finely-pounded lump sugar must never be omitted at a dessert, as also a glass jug of fresh cold water (iced, in summer), and two goblets by its side. Grape-scissors, a melon-knife and fork, and nut-crackers, should always be put on the table, if there are dishes of fruit requiring them, while spoons should be put for each dish; with the dessert plates, knives and forks. Finger glasses are placed to each person, nearly half filled with cold spring water, and in winter with tepid water. A spray of verbena (lemon plant), a leaf of scented geranium, or a little spray of maiden hair with some small blossom, may float on the water. Glasses are given according to the wine to be served, which may be put at each end of the table, cooled or otherwise, according to the season. If the party be small, the wine may be placed only at the top of the table near the host.

2063.—APPLES OR PEARS.

These should be nicely wiped with a dry cloth, and arranged on a dish, piled high in the centre, with evergreen leaves between the layers. The inferior fruit should form the bottom layer, with the bright-coloured large ones at the top. The leaves of the laurel, bay, or holly are suitable for garnishing them in winter dishes. Oranges may be arranged in the same manner; they should also be wiped with a dry cloth before being sent to table.

DISH OF APPLES.

2064.—APRICOTS, PEACHES, PLUMS, NECTARINES, OR GREEN FIGS.

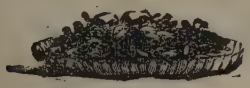
The beautiful colouring of these fruits when good and ripe renders anything more than a few green leaves for garnish superfluous. These may be of fern or vine-leaves, but if placed in dishes with tall stems, a little creeper should be twined around them. According to the size of the stand must depend the quantity of fruit used, which should be arranged a little from the edges of the stand and piled pyramidically.

DISH OF FIGS.

Seasonable.—In Autumn.

2065.—ALMONDS AND RAISINS.

These are usually served on glass dishes, the fruit piled high in the centre, and the almonds blanched and strewn over. To blanch the almonds, put them into a small mug or teacup, pour over them boiling water, let them remain for 2 or 3 minutes, and the skins may then be easily removed; throw into cold water until the moment of serving, when they should be wiped gently and strewn over the raisins. Figs, dates, French plums, &c., are all served on small glass plates or oval dishes, but without the almonds.



ALMONDS AND RAISINS.

Seasonable at any time, but more suitable in winter, when fresh fruit is not obtainable.

Dates.—Dates are imported into Britain, in a dried state, from Barbary and Egypt, and, when in good condition, they are much esteemed. An inferior kind has lately become common, which are dried hard, and have little or no flavour. They should be chosen large, softish, not much wrinkled, of a reddish-yellow colour on the outside, with a whitish membrane between the fruit and the stone.

2066.—BANANAS.

These are not a pretty fruit, and the addition of a flower or two and some bright green leaves are needed to make them look well. Either high or low dishes can be used, and they should be piled lightly and high in the centre.

2067.—BOX OF CHOCOLATE.

This is served in an ornamental box, placed on a glass plate or dish, and needs no decoration.

BOX OF CHOCOLATE.

2068.—CURRANTS, CHERRIES, GOOSEBERRIES, OR RASPBERRIES.

These small fruits look well in fruit baskets, the handles of which may be twined with green creeper. Currants may be mixed with good effect, cherries and raspberries may be arranged like strawberries, with the stalks turned inwards, and, should, like them, be piled in rows to form a pyramid. Gooseberries should also be piled high but need no other arrangement.

2069.—BOX OF FRENCH PLUMS, OR CRYSTALLIZED FRUIT.

If the box which contains them is exceedingly ornamental, it may be placed on the table; if small, on a glass dish; if large, without one. They may also be arranged on small glass dishes and garnished with bright-coloured sweetmeats or crackers, which make a very good effect. All fancy boxes of preserved and crystallized fruit may be put on the table or not, at pleasure. These little matters of detail must, of course, be left to individual taste.

BOX OF FRENCH PLUMS.

Seasonable.—May be purchased all the year; but are in greater perfection in the winter, and are more suitable for that season, as fresh fruit cannot be obtained.

2070.—GRAPES.

These may be mixed or not, according to taste, but the blending of the white and black fruit enhances the beauty of both. They look best drooping a little over the edge of the stand, which should be one upon a stem, and this, if tall, may have a spray of climbing fern or other creeper twined round it. Vine-leaves should be put round the edge of the dish and one or two very small ones may be put at the top, where the stalks should be shown.

GRAPES.

2071.—NUTS.

These are merely arranged piled high in the centre of the dish, with or without leaves round the edge. Filberts should always be served with the outer skin or husk on them; and walnuts should be well wiped with a damp cloth, and then with a dry one, to remove the unpleasant sticky

Bananas.
Apricots.
Gooseberries.
Pine.
Cherries.
Ginger.
Raspberries.
Olives.
Peaches.
Grapes.
Pears.
Mulberries.
Almonds & Raisins.
Strawberries.
Greengages.
Plums.
Apples.
Melon.
Oranges.

DESSERT.

feeling the shells frequently have. Chestnuts, when boiled or roasted, should be served in a folded serviette.

Seasonable.—Filberts from September to March, good may be had after that time, but are generally shrivelled and dry. Walnuts and chestnuts from September to January.

DISH OF FILBERTS.

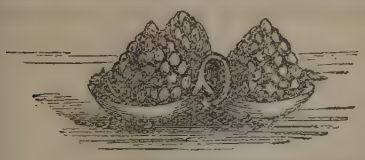
Hazel Nut and Filbert.—The common hazel is the wild, and the filbert the cultivated state of the same tree. The hazel is found wild, not only in forests and hedges, in dingles and ravines, but occurs in extensive tracts in the more northern and mountainous parts of the country. It was formerly one of the most abundant of those trees which are indigenous in this island. It is seldom cultivated as a fruit-tree, though perhaps its nuts are superior in flavour to the others. The Spanish nuts imported are a superior kind, but they are somewhat oily and rather indigestible. Filberts, both the red and the white, and the cob-nut, are supposed to be merely varieties of the common hazel, which have been produced partly by the superiority of soil and climate, and partly by culture. They were originally brought out of Greece to Italy, whence they have found their way to Holland, and from that country to England. It is supposed that, within a few miles of Maidstone, in Kent, there are more filberts grown than in all England besides: and it is from that place that theLondon market is supplied. The filbert is longer than the common nut, though of the same thickness, and has a larger kernel. The cob-nut is a still larger variety, and is roundish. Filberts are more esteemed at the dessert than common nuts, and are generally eaten with salt. They are very free from oil, and disagree with few persons.

2072.—PINE OR MELON.

Vine-leaves should first be placed upon the dish and the fruit stood upon them. If a pine does not stand upright, a slice may be cut to level it. A melon should have the stalk showing at the top,

2073.—STRAWBERRIES.

Fine strawberries, arranged with the stalks inwards in pyramidical form, look exceedingly well. The inferior ones should be placed at the bottom of the dish, and the others put in rows, with the stalks downwards, so that when the whole is completed, nothing but the red part of the fruit is visible. The fruit should be gathered with rather long stalks, as there is then something to support it, and it can be placed more upright in each layer. A few of the finest should be reserved to crown the top. If to be served with cream the stalks should be removed.



STRAWBERRY DISH.

2074.—A WORD ABOUT SAVOURIES.

These, under the several names of *Appétisans*, *Hors d'Œuvres*, or Savouries, according to the place they take in the dinner menu, are rapidly gaining favour, and may generally be found at most good dinners, many gentlemen preferring them to sweets, and most liking to take them between the courses of meat or

game and those to which they form a strong contrast. Appétisans, which are served before the soup, generally consist of such things as caviare, oysters (three of which are given to each person) with or without very thin slices of brown bread-and-butter, prawns, &c. Stuffed olives, sardines, foie gras, and small salads are served during the dinner, while savouries made from cheese, devilled biscuits, herring roe, or angels on horseback find their place at its close. Amongst recipes for cheese and eggs will be found many that may be used for a dinner course, while amongst the following ones are some that may equally well serve for breakfast, tea, or supper dishes, if made in somewhat larger quantities.

2075.—ANCHOVY TOAST.

Ingredients.—Stale bread, butter for frying, anchovy paste, cayenne.

Mode.—Cut the slices of bread about one third of an inch in thickness from a stale loaf, stamp them out with a cutter into rounds 1½ inch in diameter, and fry a bright golden brown in butter; spread these rounds with anchovy paste, and scatter over a few grains of cayenne. Serve hot, garnished with parsley or watercress.

Average Cost.—½*d.* each.

Sufficient.—Allow 2 for each person.

Seasonable at any time.

2076.—ANCHOVY CANAPÉS.

Ingredients.—2 slices of stale bread, 6 anchovies, butter for frying, 2 eggs.

Mode.—Fry the rounds of bread by preceding recipe, boil the eggs hard, and bone, wash and fillet the anchovies. Curl two fillets upon each round, and fill the centre with finely-chopped white of egg and the yellow rubbed through a sieve.

Average Cost, 9*d.*

Sufficient for 6 persons.

Seasonable at any time.

2077.—ANCHOVY SANDWICHES.

Ingredients.—6 slices of brown bread-and-butter, cut very thin, 3 anchovies filleted, or anchovy paste, a little mustard and cress, cayenne.

Mode.—Free the mustard and cress from stalks, and sprinkle 3 slices of the bread-and-butter, spread the others with the filleted anchovy or the paste, over which scatter a little cayenne; then put the slices together, and cut into neat little sandwiches.

Average Cost, 7*d.*

Sufficient for 6 persons.

Seasonable at any time

2078.—ANGELS ON HORSEBACK. (*Fr.*—Anges â Cheval.)

Ingredients.—1 doz. of large plump oysters, a few slices of bacon, some herbs for seasoning, Nepaul pepper, a few drops of lemon-juice, 12 croûtons.

Mode.—Trim the bacon, which must be cut very thin, into neat squares, each large enough to roll round an oyster, sprinkle with the herbs finely chopped, and a little pepper; lay on the oysters, and on each squeeze a drop or two of lemon; roll them up, run them on a skewer, and fry till the bacon is cooked. Have ready some croûtons, nicely fried; upon each of which place an oyster, and serve hot and quickly, garnished with parsley and cut lemon.

Time.—About 3 minutes to fry the oysters. **Average Cost,** 2*s.*

Sufficient for 6 persons.

Seasonable from September to March.

2079.—CAVIARE.

Ingredients.—Some fried croûtons, or small squares of toasted bread, plain butter, or Montpellier butter, caviare, Nepaul pepper.

Mode.—Fry the croûtons, or toast the bread, and let them get cold; spread them thinly with butter, spread over this the caviare, seasoned with pepper, and run over this, in a pattern, a little plain or Montpellier butter.

Average Cost, 1*d.* each.

Sufficient.—Allow 2 for each person.

Seasonable at any time.

2080.—CAVIARE SANDWICHES.
(*Fr.*—Tartines aux Caviare.)

Ingredients.—Thin slices of brown bread-and-butter, caviare, pepper, lemon-juice.

Mode.—Spread the caviare over half the slices, squeeze over a little lemon, and season with pepper or cayenne; then put the slices together, and cut into fingers, which pile together like bricks, putting a little watercress in the centre of the plate or dish, which should be first covered with a stamped paper.

Average Cost, 1*d.* each.

Sufficient.—Allow 2 for each person.

Seasonable at any time.

2081.—CUCUMBER SANDWICHES.
(*Fr.*—Tartines aux Concombres.)

Ingredients.—Thin slices of bread-and-butter, cucumber, oil, vinegar and pepper.

Mode.—Stamp out rounds of bread-and-butter, the size of the rounds of cucumber, which should be cut very thin and steeped for a little while in oil and vinegar. Lay the rounds of cucumber between those of bread-and-butter, and sprinkle over a little pepper.

Average Cost, 4*d.* for a small dish.

Sufficient for 4 persons.

Seasonable at any time.

2082.—PÂTÉ DE FOIE GRAS.

This is usually served as it comes to England as a pâté, but it may be had in china pots, and can then be spread upon croûtons and served as caviare, garnished with parsley or watercress.

2083.—FOIE GRAS SANDWICHES.
(*Fr.*—Tartines au Pâté de Foie Gras.)

Make them in the same manner as anchovy sandwiches with the foie gras paste.

2084.—LOBSTER CANAPÉS.
(*Fr.*—Canapés aux Homards.)

Ingredients.—12 round croûtons fried in butter, a little lobster butter, a few capers, the tail of a small lobster, oil, vinegar and pepper.

Mode.—Cut small slices of the lobster, and soak them a few minutes in oil and vinegar, spread the croûtons with lobster butter, lay a slice on each, and two or three capers on the top, add a slight seasoning of pepper, and serve on a stamped paper garnished with parsley or cresses.

Average Cost, 10*d.*

Sufficient for 4 persons.

Seasonable at any time.

2085.—OYSTER SANDWICHES.
(*Fr.*—Tartines aux Huîtres.)

Ingredients.—6 large oysters, thin brown bread-and-butter, lemon-juice, cayenne.

Mode.—Pound the oysters with the lemon-juice and cayenne, lay them between the slices of bread-and-butter and cut into small neat sandwiches, which arrange on a silver plate, one over the other in a ring, like cutlets.

Average Cost, 9*d.*

Sufficient for 3 persons.

Seasonable from September to March.

2086.—PRAWNS. (*Fr.*—Crevettes.)

These may be served with the heads stuck into a lemon neatly and evenly so that they make a pretty little dish, and should be accompanied by very thin slices of brown bread-and butter, or they may be peeled and put upon fried croûtons spread with lobster or Montpellier butter.

PRAWNS.

Average Cost, 1*s.* per dozen.
Sufficient.—Allow 3 prawns for each person.
Seasonable at any time.

2087.—STUFFED OLIVES. (*Fr.*—Olives Farcies.)

Ingredients.—12 olives, forcemeat made from sardines, anchovies or tunny, 12 croûtons, Montpellier or lobster butter, 12 capers, cayenne, a little lemon-juice.

OLIVES.

Mode.—Pound the fish, which must be freed from scales and bone, in a mortar with a squeeze of lemon and a seasoning of cayenne, stone the olives and fill them with the forcemeat, butter each croûton, and put an olive upon it with a caper on the top; serve, garnished with a little coloured aspic jelly and sprigs of parsley.

Average Cost, 9*d.*
Sufficient for 4 persons.
Seasonable at any time.

2088.—SARDINE SAVOURIES.

Ingredients.—8 sardines, 8 croûtons, a dessertspoonful of anchovy sauce, the same of Worcester sauce, 2½ oz. of butter, a dessertspoonful of flour, cayenne, lemon-juice, water.

Mode.—Fry the croûtons in butter, bone the sardines and pound them in a mortar with the butter and spread them on the croûtons. Make a mixture of the other ingredients and about half a pint of boiling water and simmer till the flour is properly cooked. Pour the same over the croûtons and serve very hot.

Time.—About 15 minutes. **Average Cost,** 1*s.* 6*d.*
Sufficient for 6 persons.
Seasonable at any time.

2089.—SARDINES AND EGGS.

Ingredients.—6 eggs, 6 sardines, a little parsley, cayenne and salt, a little fresh salad dressed with oil and vinegar, aspic jelly.

Mode.—Boil the eggs hard, and when cold shell them, cut them in half

and take out the yolks. Pound the sardines in a mortar, after freeing them from scales and bone, with the yolks of eggs and seasoning. Arrange the salad on a glass or silver dish, to which a pretty garnish may be given by some finely-chopped celery shaken in a saucer with a few drops of cochineal, putting this in little heaps round the edge; fill the half-eggs with the mixture, and arrange them upon the salad in a ring with the jelly in the centre. Anchovies may be used instead of sardines.

Average Cost, 1*s.* 8*d.*
Sufficient for 6 persons.
Seasonable at any time.

2090.—SAVOURY CANAPÉS.

Ingredients.—3 anchovies, 1 sardine, 6 oysters, a few shrimps, a small head of celery, 1 small shalot, Mayonaise sauce, a little cress, some tarragon, Montpellier butter, 1 hard-boiled egg, lobster coral, aspic jelly.

Mode.—Pound the shalot, shred the celery, and mix with the fish, which must be shred, with the cress and tarragon in the Mayonaise sauce. Fill small brioche cases with the mixture and run a little butter round the edges; strew some chopped hard-boiled egg and lobster coral on the top and garnish with the aspic jelly roughed with a fork, and some fresh parsley.

Average Cost, 2*s.*
Sufficient for 6 persons.
Seasonable from September to March.

2091.—SAVOURY SHRIMPS.

Ingredients.—3 eggs, a spoonful of anchovy sauce, 2 rounds of buttered toast, ½ pint of picked shrimps.

Mode.—Beat the yolks of the eggs, and warm in a saucepan with the sauce. Steep the toast in this, lay over it the shrimps, cut in quarters and put in the oven for a minute to get hot before serving.

Average Cost, 6*d.*
Sufficient for 4 persons.
Seasonable at any time.

2092.—DEVILLED BISCUITS.

Ingredients.—6 milk biscuits, 1 oz. of butter, cayenne and salt.

Mode.—Butter the biscuits on both sides, seasoning well with cayenne, and salt, and put them in the oven on a tin to get thoroughly hot.

Average Cost, 2*d.*
Sufficient for 6 persons.
Seasonable at any time.

2093.—TOMATOES AND MUSHROOMS.

Ingredients.—2 tomatoes, 8 mushrooms, buttered toast, butter, salt pepper.

Mode.—Cut the toast into 8 rounds, peel the tomatoes, cut in slices, and lay one on each, on them put a little seasoning and a mushroom and pour over a little oiled butter. Cook in a Dutch oven before the fire, basting continually.

Time.—15 minutes. **Average Cost,** 8*d.*

Sufficient for 8 persons.

Seasonable in Autumn.

2094.—RUSSIAN SALAD. (*Fr.*—Salade Russe.)

Ingredients.—Equal quantities of any cold vegetables and lettuce, endive, cress, a few anchovies, stoned olives, cold fish flaked, aspic jelly for garnish, Mayonaise sauce.

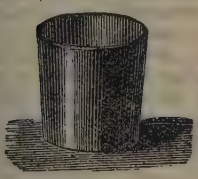
SALAD IN JELLY.

Mode.—Cut up all the vegetables very small, add the fish and mix all well in a bowl with the same, turn out into the dish in which it is to be served and garnish with the anchovies filleted, the olives and the aspic jelly; or the aspic jelly to fill a border mould, coating it first, adding the fish, then filling up with jelly, and when cold and turned out filling the centre with the salad.

Seasonable at any time.

2094A.—DARIOLES OF OYSTERS.

Ingredients.—2 oz. of flour, 2 eggs, 1 oz. of butter, ½ a pint of milk, 1 dozen oysters, seasoning of nutmeg, cayenne, salt and lemon juice.



DARIOLE MOULD.

Mode.—Beard the oysters and scald them in their liquor, strain, cut each into 4 or 5 pieces, and set aside. Put the flour and butter in a saucepan, add the liquor from the oysters, and the milk and stir till boiling, then add the seasoning, and the eggs well beaten, and lastly the oysters. Butter some Dariole moulds, pour in the mixture, and steam gently for 20 minutes.

CHAPTER XXXV.

GENERAL OBSERVATIONS ON PRESERVES, PICKLES, AND STOCK SAUCES.

PRESERVES.

2095 ***From the nature of vegetable substances,*** and chiefly from their not passing so rapidly into the putrescent state as animal bodies, the mode of preserving them is somewhat different, although the general principles are the same. All the means of preservation are put in practice occasionally for fruits and the various parts of vegetables, according to the nature of the species, the climate, the uses to which they are applied, &c. Some are dried, as nuts, raisins, sweet herbs, &c.; others are preserved by means of sugar, such as many fruits whose delicate juices would be lost by drying; some are preserved by means of vinegar, and chiefly used as condiments or pickles; a few also by salting, as French beans; while others are preserved in spirits. We have in this place to treat of the best methods of preserving fruits. Fruit is a most important item in the daily dietary; therefore, when we cannot have it fresh, we must have it preserved. It has long been a desideratum to preserve fruits by some cheap method yet by such as would keep them fit for the various culinary purposes, as making tarts and other similar dishes. The expense of preserving them with sugar is a serious objection. By most home methods, unless sugar is used in considerable quantities, the success is very uncertain, and sugar overpowers and destroys the sub-acid taste so desirable in many fruits: so that the tinned fresh fruits, now so common, though introduced so few years since, are a reliable addition to our food. Fruits intended for preservation should be gathered in the morning, in dry weather, with the morning sun upon them, if possible; they will then have their fullest flavour, and keep in good condition longer than when gathered at any other time. Until fruit can be used, it should be placed in the dairy, an ice-house or a

refrigerator. In an ice-house it will remain fresh and plump for several days. Fruit gathered in wet or foggy weather will soon be mildewed, and be of no service for preserves unless it is used immediately, and very thoroughly boiled, when it may be made into preserve or jam that will keep, though of course of inferior quality and doubtful wholesomeness. There is no mistake more common than to suppose that any half-ripe or over-ripe fruit is good enough for jam.

2096. ***Preserves and pickles*** are both of them food—generally vegetable food—preserved by means of some antiseptic. Sugar is used in preserves, and in pickles vinegar; but sometimes the two are used together. Salt or spices are often added to preserves, and always to pickles.

The chief dietetic value of pickles lies in the abundance of vegetable acid that it affords. We have already had occasion to speak of the acids in fresh fruits and vegetables, and of the bad results of a lack of them in our daily food. Acetic acid is what we find in vinegar, which is indeed a weak mixture of acetic acid and water, flavoured and coloured with burnt sugar or malt extract. We buy it under two different names—malt vinegar and wine vinegar—and it is also made of starch, sugar, and the destructive distillation of wood. Weak alcohol is readily changed into vinegar by simple exposure to air, but the change is generally hastened by the employment of some vegetable organism, like the yeast plant, or the vinegar plant. Vinegar is also the basis of most store sauces, and of ketchup. It is also commonly flavoured with herbs and vegetables, to be kept for use when these cannot be obtained fresh.

To make pickles successfully, the vegetables must be perfectly dry and quite fresh. Any commencing fermentation or mouldiness would prevent it from keeping. They must also be covered with vinegar. Any vinegar left over is an excellent substitute for ketchup.

They can usually be kept for any length of time.

2097. ***Adulteration in Pickles.***—Sulphuric acid is often present in vinegar in larger amount than the law allows, *i.e.*, 1 part in 1,000, and it is very injurious to the health even in small amount. But good vinegar and unadulterated pickles are, no doubt, good for health. Vinegar is an old remedy for scurvy, and, as complaints of that character are common enough, especially in our large towns, there is abundant evidence for the use of pickles, especially in those houses where fresh fruit and vegetables are not obtainable all the year round. Pickles sometimes contain copper, added in order to fix the chlorophyll, or green colouring matter, in the vegetables. It is poisonous, and, if present, leaves a coppery tinge on silver, whereby it may be detected.

2098. ***Sugar for Preserving.***—Of the various kinds of sugar in common use, the white refined lump is generally sold for preserving, and, indeed, is the only kind admissible for the more delicate kinds of preserves. Coarse brown sugar conceals the flavour of any fruit, and the whiter moist sugar has little sweetening power. Crystallised Demerara makes good preserves, is very sweet, seldom adulterated, and is sold cheaper than lump sugar, so that for common household preserves it is very suitable. A well-known writer says: "Sugar candy is the purest form of sugar; white loaf sugar comes next; then the pale, dry, large-grained crystallised sugars; while all the moist sugars are of inferior purity, invariably containing not only water and uncrystallisable sugar, but also mineral and organic compounds. They are not infrequently largely infested by a small insect, the sugar-mite, many thousands of which have been detected in a single pound of brown sugar. Whatever may have been the case, sugar is not now adulterated save, perhaps, with the kind of artificial sugar called glucose, or grape sugar; but sugar is often insufficiently purified." Cane-sugar and grape-sugar, otherwise known as sucrose and glucose, are obtained from various sources.

Most of the cane-sugar consumed in England is actually produced from the sugar-cane, but of beet-root sugar there is much in the market, and in America sugar is produced from the maple, from maize, and from the "sugar grass." From a chemical as well as from a culinary point of view it is all the same.

Grape sugar abounds in grapes and in many other fruits, and it may also be manufactured. It does not crystallise as cane sugar does, and is not nearly so sweet, so that admixture of grape with cane sugar is an adulteration greatly to the disadvantage of the purchaser, though in no way unwholesome.

2099. ***Barley Sugar.***—When a strong solution of sugar is allowed to solidify slowly and undisturbed, it deposits large crystals, such as we see in sugar candy: if it is agitated, the crystals are small, as in loaf sugar. But if the solution is heated up to a certain point it does not crystallise any more, but settles into a solid transparent mass which we know as barley sugar, so called because the old confectioners found that its return to the crystalline condition took place less quickly if it was boiled in barley water instead of water only. Any acid or mucilaginous matter helps forward the production of this particular form of sugar.

Caramel is crystallised sugar heated to about 4000 Fahr., when it decomposes, loses its power of crystallising and fermenting, and acquires a dark brown colour and a bitter flavour. It is most common in all sorts of cookery, both sweet and savoury, homely and elaborate.

2100. ***Syrup for Preserving.***—Having secured the most important contributions to the manufacture of preserves, the fruit and the sugar, the next consideration is the preparation of the syrup in which the fruit is to be suspended; and this requires much care. In the confectioner's art there is a great nicety in proportioning the degree of concentration of the syrup very exactly to each particular case; and they know this by signs, and express it by certain technical terms. But to distinguish these properly requires very great attention and considerable experience. The principal thing to be acquainted with is the fact that, in proportion as the syrup is longer boiled, its water will become evaporated, and its consistency will be thicker. Great care must be taken in the management of the fire, that the syrup does not boil over, and that the boiling is not carried to such an extent as to burn the sugar.

2101. ***The first degree of consistency*** is called *the thread*, which is sub-divided into the little and great thread. If you dip the finger into the syrup and apply it to the thumb, the tenacity of the syrup will, on separating the finger and thumb, afford a thread, which shortly breaks: this is the little thread. If the thread, from the greater tenacity, and, consequently, greater strength of the syrup, admits of a greater extension of the finger and thumb, it is called the great thread. There are half a dozen other terms and experiments for testing the various thicknesses of the boiling sugar towards the consistency called *caramel*; but that degree of sugar-boiling belongs to the confectioner. A solution of sugar prepared by dissolving two parts of double-refined sugar in one of water, and boiling this a little, affords a syrup of the right degree of strength, and which neither ferments nor crystallises. This appears to be the degree called *smooth* by the confectioners, and is proper to be used for the purposes of preserves. The syrup employed should sometimes be clarified, which is done in the following manner:—Dissolve 2 lbs. of loaf sugar in a pint of water; add to this solution the white of an egg, and beat it well. Put the preserving-pan upon the fire with the solution; stir it with a wooden spatula, and, when it begins to swell and boil up, throw in some cold water or a little oil to damp the boiling; for, as it rises suddenly, if it should boil over, it would take fire, being of a very inflammable nature. Let it boil up again, then take it off, and remove carefully the scum

that has risen. Boil the solution again, throw in a little more cold water, remove the scum, and so on for three or four times successively; then strain it. It is considered to be sufficiently boiled when some taken up in a spoon pours out like oil.

Although sugar passes so easily into the state of fermentation, and is, in fact, the only substance capable of undergoing the vinous stage of that process, yet it will not ferment at all if the quantity be sufficient to constitute a very strong syrup: hence, syrups are used to preserve fruits and other vegetable substances from the changes they would undergo if left to themselves. Before sugar was in use, honey was employed to preserve many vegetable productions, though this substance has now given way to the juice of the sugar-cane.

2102. ***The fruits that are the most fit for preservation*** in syrup are, apricots, peaches, nectarines, apples, greengages, plums of all kinds, and pears. As an example, take some apricots, not too ripe, make a small slit at the stem end, and push out the stone; simmer them in water till they are softened and about half done, and afterwards throw them into cold water. When they have cooled, take them out and drain them. Put the apricots into the preserving-pan with sufficient syrup to cover them; let them boil up three or four times, and then skim them; remove them from the fire, pour them into an earthen pan, and let them cool till next day. Boil them up three days successively, skimming each time, and they will then be finished and in a state fit to be put into pots for use. After each boiling, it is proper to examine into the state of the syrup when cold; if too thin, it will bear additional boiling; if too thick, it may be lowered with more syrup of the usual standard. The reason why the fruit is emptied out of the preserving-pan into an earthen pan is, that the acid of the fruit acts upon the copper, of which the preserving-pans are usually made. From this example the process of preserving fruits by syrup will be easily comprehended. The first object is to soften the fruit by blanching or boiling it in water, in order that the syrup by which it is preserved may penetrate through its substance.

2103. ***Many fruits, when preserved by drying,*** lose much of their peculiar and delicate flavour, as, for instance, pine-apples; and this inconvenience may, in some instances, be remedied by preserving them without heat. Cut the fruit in slices about one-fifth of an inch thick, strew powdered loaf sugar an eighth of an inch thick on the bottom of a jar, and put the slices on it. Put more sugar on this, and then another layer of the slices, and so on until the jar is full. Place the jar with the fruit up to the neck in boiling water, and keep it there till the sugar is completely dissolved, which may take half an hour, removing the scum as it rises. Lastly, tie a wet bladder over the mouth of the jar, or cork and wax it.

2104. ***Fruits Preserved in Syrup.***—Any of the fruits that have been preserved in syrup may be converted into dry preserves, by first draining them from the syrup and then drying them in a stove or very moderate oven, adding to them a quantity of powdered loaf sugar, which will gradually penetrate the fruit, while the fluid parts of the syrup gently evaporate. They should be dried in the stove or oven on a sieve, and turned every six or eight hours, fresh powdered sugar being sifted over them every time they are turned. Afterwards they are to be kept in a dry situation, in drawers or boxes. Currants and cherries may be preserved whole in this manner, in bunches. In this way it is, also, that orange and lemon chips are preserved.

Marmalades and jams differ little from each other: they are preserves of a half-liquid consistency, made by boiling the pulp of fruits, and sometimes part of the rinds, with sugar. The appellation of marmalade is applied to those confitures

which are composed of the firmer fruits, as pine-apples or the rinds of oranges; whereas jams are made of the more juicy berries, such as strawberries, raspberries, currants, mulberries, &c. Fruit pastes are a kind of marmalade, consisting of the pulp of fruits, first evaporated to a proper consistency, and afterwards boiled with sugar. The mixture is then poured into a mould, or spread on sheets of tin, and subsequently dried in the oven or stove till it has acquired the state of a paste. From a sheet of this paste, strips may be cut and formed into any shape that may be desired, as knots, rings, &c. Jams require the same care and attention in the boiling as marmalade; the slightest degree of burning communicates a disagreeable empyreumatic taste, and if they are not boiled properly they will not keep.

2105. ***Marmalades and jams*** are now so cheap that they are within reach of the poorest. They can also be bought so good that there is little inducement to make them at home if the fruit has to be bought dear. Nevertheless it must be confessed that they are seldom both cheap and good, so that housekeepers who desire both quality and economy, and are not prepared to spare their own trouble, will do well to study the following chapter.

2106. ***Rules for Making.***—It is possible, but not easy, to make good jam without a proper preserving pan; for an iron saucepan discolours, and, perhaps, flavours the fruit, and a tin pan is too thin and liable to burn. A long wooden spoon or stick is necessary. The end to be attained is to boil the juice of the fruit with sugar to such a consistency that it will neither ferment nor mildew. Some persons add a little water, some put only the fruit in with the sugar. From three-quarters of a lb. to 1 lb. of sugar for each lb. of fruit is the usual amount, but half a lb. is sometimes enough to preserve the fruit, and if it is, it is better to use no more, as jam is often unpleasantly sweet with very little flavour of the fruit left.

2107. ***Two methods of jam-making*** are common. Some boil it a long time and slowly, adding the sugar towards the end of the process. Others prefer to boil the sugar with a very little water first, then to put in the fruit and boil it very fast for a short time. The latter method is commonly employed in manufactories where time is money, and it certainly preserves the shape, colour and flavour of the fruit better than the former, which, however, has advantages for some fruits that require long stewing, and for those persons who find it difficult with the means at their disposal to make the jam boil as thoroughly and completely as it readily does in the manufacturer's pans, heated by steam coil or gas to the exact temperature required.

2108. ***The pots into which the jam*** is put must be perfectly dry, and the cupboard in which they stand neither so warm that the jam ferments, nor damp so that it becomes mouldy. The housekeeper will do well to remember that mould is a plant sowing itself by multitudes of seeds, so small that they penetrate the tiniest crack. It spreads, therefore, readily from one thing to another, and may sometimes lurk unsuspected on the shelves of a cupboard that is not well cleaned and aired.

2109. ***Fruit jellies*** are compounds of the juices of fruits combined with sugar, concentrated, by boiling, to such a consistency that the liquid, upon cooling, assumes the form of a jelly. But in spite of the resemblance in appearance and in name this jelly, which is known as pectin, is from a chemical or a feeding standpoint entirely different from gelatine. It is nearly allied to gum, and has about the same food value as the sugar with which it is boiled.

2110. ***Candied Fruit.***—Before fruits are candied they must first be boiled in syrup, after which they are taken out and dried on a stove, or before

the fire; the syrup is then to be concentrated, or boiled to a candy height, and the fruit dipped in it, and again laid on the stove to dry and candy: they are then to be put into the boxes, and kept dry.

2111. ***Conserves*** consist of fresh vegetable matters beat into a uniform mass with refined sugar, and they are intended to preserve the virtues and properties of recent flowers, leaves, roots, peels or fruits, unaltered, and as near as possible to what they were when fresh gathered, and to give them an agreeable taste.

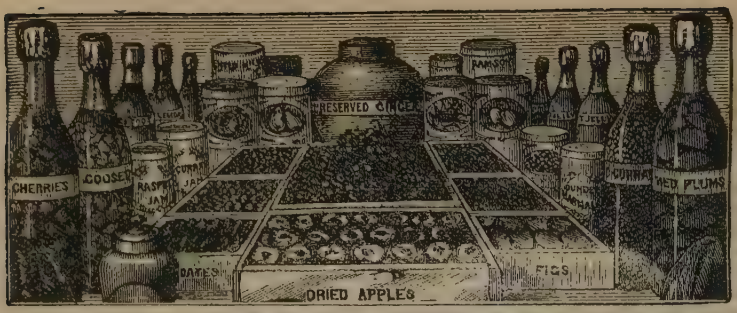
The last-mentioned, but not the least-important preparation of fruit, is the *compôte*, a confiture made at the moment of need, and with much less sugar than would be ordinarily put to preserves. They are wholesome dishes, suitable to some stomachs which cannot accommodate themselves to raw fruit; they are more luxurious than ordinary stewed fruit, though from the larger quantity of sugar more likely to disagree.

PICKLES.

2112. ***Although these may be purchased*** at shops at as low a rate as they can usually be made for at home, or perhaps even for less, yet we would advise all housewives, who have sufficient time and convenience, to prepare their own. The only general rules, perhaps, worth stating here—as in the recipes all necessary details will be explained—are, that the vegetables and fruits used should be sound, and not over ripe.

2113. ***Vinegar for Pickles*** should be of the best quality, for in this respect home-made pickles are, or should be, superior to those obtained from some manufacturers.

2114. ***Fruits may be pickled,*** as well as vegetables. There are many used in foreign pickles, and some of our unripe stone-fruit (often wasted) might in this way be utilised.



RECIPES FOR PRESERVES, PICKLES AND STORE SAUCES.

CHAPTER XXXVI.

2115.—TO MAKE SYRUPS FOR COMPOTES, &c.

Ingredients.—To every lb. of sugar allow 1½ pint of water.

Mode.—Boil the sugar and water together for a quarter of an hour, carefully removing the scum as it rises; the syrup is then ready for the fruit. The articles boiled in this syrup will not keep for any length of time, it being suitable only for dishes intended to be eaten immediately. A larger proportion of sugar must be added for a syrup intended to keep.

Time.—¼ hour.

2116.—TO CLARIFY SUGAR FOR SYRUP.

Ingredients.—To every lb. of sugar allow ½ pint of water and ½ the white of an egg.

Mode.—Put the sugar, water and the white of the egg, which should be well beaten, into a preserving-pan or lined saucepan; and do not put it on the fire till the sugar is dissolved. Then place it on the fire, and when it boils throw in a teacupful of cold water and do not stir the sugar after this is added. Bring it to the boiling-point again, and then place the pan by the side of the fire, for the preparation to settle. Remove all the scum, and the sugar will be ready for use. The scum should be placed on a sieve, so that what syrup runs from it may be boiled up again; this must also be well skimmed.

Time.—20 minutes for the sugar to dissolve; 5 minutes to boil.

Note.—The above two recipes are those used in the preparation of dishes usually made at home. There are many degrees of boiling sugar, which process requires great care, attention and experience. We give the recipes for those of our readers who care to attempt the operation of boiling sugar in the 1st, 2nd, 3rd, 4th and 5th degree. Caramel sugar, which makes an elegant cover for sweetmeats, is difficult to prepare, and is best left to an experienced confectioner.

2117.—CANDY OR THREAD SUGAR.

(*1st Degree.*)

Ingredients.—1 lb. of lump sugar, 1 gill of water.

Mode.—Having clarified the sugar by recipe, No. 2116, put it over the fire and let it boil until smooth; dip the hand into cold water, dip the skimmer into the sugar, touch it with thumb and forefinger, and instantly open them, when a fine short thread of sugar will form; a few minutes' more boiling and the thread will be longer and stronger, and has attained the first degree.

2118.—"SOUFFLÉ" SUGAR.

(*2nd Degree.*)

Boil the sugar still longer, then dip in the skimmer and blow the sugar off into the pan. If boiled long enough, bubbles will form on the holes of the skimmer. The second degree is reached.

2119.—FEATHERED SUGAR.

(*3rd Degree.*)

Boil still longer, again dip the skimmer, shake it, and give a sudden flirt; if boiled enough, the sugar will fly off like small feathers or down.

2120.—CRACKLING SUGAR.

(*4th Degree.*)

Boil still longer, till, on dipping a stick into the pan, and plunging it into cold water, the sugar snaps and becomes instantly hard.

2121.—TO BOIL SUGAR TO CARAMEL.

(*5th Degree.*)

Ingredients.—To every lb. of lump sugar allow 1 gill of spring water.

Mode.—Boil the sugar and water together very quickly over a clear fire, skimming it very carefully as soon as it boils. Keep it boiling until the sugar snaps when a little of it is dropped in a pan of cold water. If it remains hard, the sugar has attained the right degree; then squeeze in a little lemon-juice, and let it remain an instant on the fire. Set the pan into another of cold water, and the caramel is then ready for use. The insides of well-oiled moulds are often ornamented with this sugar, which with a fork should be spread over them in fine threads or network. A dish of light paste, tastefully arranged, looks very pretty with this sugar spun lightly over it. The sugar must be carefully watched, and taken up the instant it is done. Unless the cook is very experienced and

thoroughly understands her business, it is scarcely worth while to attempt to make this elaborate ornament, as it may be purchased quite as economically at a confectioner's, if the failures in the preparation are taken into consideration.

2122.—COMPOTE OF APPLES.

(Soyer's Recipe. A Dessert Dish.)

Ingredients.—6 ripe apples, 1 lemon, ½ lb. of lump sugar, ½ pint of water.

Mode.—Select the apples of a moderate size, peel them, cut them in halves, remove the cores, and rub each piece over with a little lemon. Put the sugar and water together into a lined saucepan, and let them boil until forming a thickish syrup, when lay in the apples with the rind of the lemon cut thin, and the juice of the same. Let the apples simmer till tender; then take them out very carefully, drain them on a sieve, and reduce the syrup by boiling it quickly for a few minutes. When both are cold, arrange the apples neatly on a glass dish, pour over the syrup, and garnish with strips of green angelica or candied citron. Smaller apples may be dressed in the same manner: they should not be divided in halves, but peeled, and the cores pushed out with a vegetable cutter.

COMPOTE OF APPLES.

Time.—10 minutes to boil the sugar and water together; from 15 to 25 minutes to simmer the apples. **Average Cost,** 6*d.*

Sufficient for 4 or 5 persons.

Seasonable from July to March.

2123.—APPLE GINGER.

(A Dessert Dish.)

Ingredients.—2 lbs. of any kind of hard apples, 2 lbs. of loaf sugar, 1½ pint of water, 1 oz. of tincture of ginger.

Mode.—Boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core and cut the apples into pieces; dip them in cold water to preserve the colour, and boil them in the syrup until transparent; but be careful not to let them break. Put the pieces of apple into jars, pour over the syrup, and carefully exclude the air, by well covering them. It will remain good some time, if kept in a dry place.

Time.—From 5 to 10 minutes to boil the syrup; about ½ hour to simmer the apples. **Average Cost,** 1*s.* 3*d.*

Sufficient for 7 or 8 persons.

Seasonable.—Make this in September, October, or November.

2124.—APPLE JAM.

Ingredients.—To every lb. of fruit, weighed after being pared, cored and sliced, allow ¾ lb. of preserving sugar, the grated rind of a lemon, the juice of half a lemon.

Mode.—Peel the apples, core and slice them very thin, and be particular that they are all of the same sort. Put them into a jar, stand this in a saucepan of boiling water, and let the apples stew until quite tender. Previously to putting the fruit into the jar, weigh it, to ascertain the proportion of sugar that may be required. Put the apples into a preserving-pan, crush the sugar to small lumps, and add it, with the grated lemon-rind and juice, to the apples. Simmer these over the fire for half an hour, reckoning from the time the jam begins to simmer properly; remove the scum as it rises, and when the jam is done, put it into pots for use. Place a piece of oiled paper over the jam, and to exclude the air, cover the pots with tissue-paper dipped in the white of an egg, and stretched over the top. This jam will keep good for a long time.

Time.—About 2 hours to stew in the jar; ½ hour to boil after the jam begins to simmer.

Seasonable.—Make this in September, October, or November.

2125.—APPLE JELLY.

Ingredients.—To 6 lbs. of apples allow 3 pints of water; to every quart of juice allow 2 lbs. of loaf sugar; the juice of half a lemon.

Mode.—Pare, core and cut the apples into slices, and put them into a jar, with water in the above proportion. Place them in a cool oven, with the jar well covered, and when the juice is thoroughly drawn and the apples are quite soft, strain them through a jelly-bag. To every quart of juice allow 2 lbs. of loaf sugar, which should be crushed to small lumps and put into a preserving-pan with the juice. Boil these together for rather more than half an hour, remove the scum as it rises, add the lemon juice just before it is done, and put the jelly into pots for use. This preparation is useful for garnishing sweet dishes, and may be turned out for dessert.

Time.—The apples to be put in the oven over-night, and left till morning; rather more than ½ hour to boil the jelly. **Average Cost,** for this quantity, *2s. 9d.*

Sufficient for 6 small pots of jelly.

Seasonable.—This should be made in September, October, or November.

2126.—APPLE JELLY.

(*Another Mode.*)

Ingredients.—Apples, water; to every pint of juice allow ¾ lb. of loaf sugar.

Mode.—Pare and cut the apples into pieces, remove the cores, and put them in a preserving-pan with sufficient cold water to cover them. Let them boil for an hour; then drain the syrup from them through a hair sieve or jelly-bag, and measure the juice; to every pint allow three-quarters of a lb. of loaf sugar, and boil these together for three-quarters of an hour, removing every particle of scum as it rises, and keeping the jelly well stirred, that it may not burn. A little lemon-rind may be boiled with the apples, and a small quantity of strained lemon-juice may be put in the jelly just before it is done, when the flavour is liked. This jelly may be ornamented with preserved greengages, or any other preserved fruit, and will turn out very prettily for dessert. It should be stored away in small pots.

Time.—1 hour to boil the fruit and water; ¾ hour to boil the juice with the sugar. **Average Cost,** for 6 lbs. of apples, with the other ingredients in proportion, 2*s.* 9*d.*

Sufficient for 6 small pots of jelly.

Seasonable.—Make this in September, October, or November.

2127.—TO PRESERVE APPLES IN QUARTERS.

(*In Imitation of Ginger.*)

Ingredients.—To every lb. of apples allow ¾ lb. of sugar, 1½ oz. of the best white ginger; 1 oz. of ginger to every ½ pint of water.

Mode.—Peel, core, and quarter the apples, and put the fruit, sugar, and ginger in layers into a wide-mouthed jar, and let them remain for 2 days; then infuse 1 oz. of ginger in half a pint of boiling water and cover it closely, and let it remain for 1 day; this quantity of ginger and water is for 3 lbs. of apples, with the other ingredients in proportion. Put the apples, &c., into a preserving-pan with the water strained from the ginger, and boil till the apples look clear and the syrup is rich, which will be in about an hour. The rind of a lemon may be added just before the apples have finished boiling; and great care must be taken not to break the pieces of apple in putting them into the jars. Serve on glass dishes for dessert.

Time.—2 days for the apples to remain in the jar with sugar, &c.; 1 day to infuse the ginger; about 1 hour to boil the apples. **Average Cost,** for 3 lbs. of apples, with the other ingredients in proportion, 2*s.*

Sufficient.—3 lbs. should fill 3 moderate-sized jars.

Seasonable.—Make this in September, October, or November.

2128.—COMPOTE OF APRICOTS.

(An Elegant Dish.)

Ingredients.—½ pint of syrup, No. 2115, 12 green apricots.

Mode.—Make the syrup by recipe No. 2115, and, when it is ready, put in the apricots whilst the syrup is boiling. Simmer them very gently until tender, taking care not to let them break; take them out carefully, arrange them on a glass dish, let the syrup cool a little, pour it over the apricots, and when cold, serve.

Time.—From 15 to 20 minutes to simmer the apricots. **Average Cost,** 9*d.*

Sufficient for 4 or 5 persons.

Seasonable in June and July, with green apricots.

2129.—APRICOT JAM OR MARMALADE.

Ingredients.— To every lb. of ripe apricots, weighed after being skinned and stoned, allow 1 lb. of sugar.

Mode.—Pare the apricots, which should be ripe, as thinly as possible, break them in halves, and remove the stones. Weigh the fruit, and to every lb. allow the same proportion of loaf sugar. Pound the sugar very finely in a mortar, strew it over the apricots, which should be placed on dishes, and let them remain for 12 hours. Break the stones, blanch the kernels, and put them with the sugar and fruit into a preserving-pan. Let these simmer very gently until clear; take out the pieces of apricot singly, as they become so, and, as fast as the scum rises, carefully remove it. Put the apricots into small jars, pour over them the syrup and kernels, cover the jam with pieces of paper dipped in the purest salad-oil, and stretch over the tops of the jars tissue-paper, cut about 2 inches larger, and brushed over with the white of an egg; when dry it will be perfectly hard and air-tight.

Time.—12 hours sprinkled with sugar; about ¾ hour to boil the jam. **Average Cost,** 9*d.* per pot.

Sufficient.—10 lbs. of fruit for 12 pots of jam.

Seasonable.—Make this in August or September.

2130.—BARBERRIES IN BUNCHES.

Ingredients.—1 pint of syrup, No. 2115, barberries.

Mode.—Prepare some small pieces of clean white wood, 3 inches long and a quarter of an inch wide, and tie the fruit to these in nice bunches. Have ready some clear syrup, made by recipe No. 2115; put in the barberries, and simmer them in it for 2 successive days, boiling them for nearly half an hour each day, and covering them each time with the syrup

when cold. When the fruit looks perfectly clear, it is sufficiently done, and should be stored away in pots, with the syrup poured over, or the fruit may be candied.

Time.—½ hour to simmer, each day.

Seasonable in autumn.

Note.—The berries in their natural state make a very pretty garnishing for dishes, and may even be used for the same purpose, preserved as above, and look exceedingly nice on sweet dishes.

2131.—CARROT JAM, TO IMITATE APRICOT PRESERVE.

Ingredients.—Carrots; to every lb. of carrot pulp allow 1 lb. of pounded sugar, the grated rind of 1 lemon, the strained juice of 2, 6 chopped bitter almonds, 2 tablespoonfuls of brandy.

Mode.—Select young carrots; wash and scrape them clean, cut them into round pieces, put them into a saucepan with sufficient water to cover them, and let them simmer until perfectly soft; then beat them through a sieve. Weigh the pulp, and to every lb. allow the above ingredients. Put the pulp into a preserving-pan with the sugar, and let this boil for 5 minutes, stirring and skimming all the time. When cold, add the lemon-rind and juice, almonds and brandy; mix these well with the jam; then put it into pots, which must be well covered and kept in a dry place. The brandy may be omitted, but the preserve will then not keep: with the brandy it will remain good for months.

Time.—About ¾ hour to boil the carrots; 5 minutes to simmer the pulp. **Average Cost,** 1*s.* 2*d.* for 1 lb. of pulp, with the other ingredients in proportion.

Sufficient to fill 3 pots.

Seasonable from July to December.

2132.—COMPOTE OF CHERRIES.

Ingredients.—2 lbs. of cherries, ½ lb. of sugar, the juice of 2 lemons.

Mode.—The cherries should be red, as they have a more piquant flavour. Cut the stalks with scissors, leaving an inch to each cherry, then put the fruit into a stewpan with the sugar and lemon-juice. Put them over a slow fire and shake the pan occasionally. Boil three minutes, then take them from the pan with a spoon, put them in a basin and carefully drain away all syrup. Return that to the pan and reduce it by boiling, then pour it on a plate to set. When the compote is required, pile the cherries in a pyramid on a glass dish and pour the jelly over them.

Time.—20 minutes. **Average Cost,** 1*s.* 3*d.*

Sufficient for 7 or 8 persons.

Seasonable in June, July and August.

2133.—DRIED CHERRIES.

Cherries may be put into a slow oven and thoroughly dried before they begin to change colour. They should then be taken out of the oven, tied in bunches, and stored away in a dry place. In the winter they may be cooked with sugar for dessert, the same as Normandy pippins. Particular care must be taken that the oven be not too hot. Another method of drying cherries is to stone them and to put them into a preserving-pan, with plenty of loaf sugar strewed amongst them. They should be simmered till the fruit shrivels, when they should be strained from the juice. The cherries should then be placed in an oven, cool enough to dry without baking them. About 5 oz. of sugar would be required for 1 lb. of cherries, and the same syrup may be used again to do another quantity of fruit.

2134.—CHERRY JAM.

Ingredients.—To every lb. of fruit, weighed before stoning, allow ½ lb. of sugar; to every 6 lb. of fruit allow 1 pint of red-currant juice, and to every pint of juice 1 lb. of sugar.

Mode.—Weigh the fruit before stoning, and allow half the weight of sugar; stone the cherries, and boil them in a preserving-pan until nearly all the juice is dried up; then add the sugar, which should be crushed to powder, and the currant-juice, allowing 1 pint to every 6 lbs. of cherries (original weight), and 1 lb. of sugar to every pint of juice. Boil all together until it jellies, which will be in from 20 minutes to half an hour; skim the jam well, keep it well stirred, and, a few minutes before it is done, crack some of the stones, and add the kernels; these impart a very delicious flavour to the jam.

Time.—According to the quality of the cherries, from ¾ to 1 hour to boil them; 20 minutes to ½ hour with the sugar. **Average Cost,** from 7*d.* to 8*d.* per lb. pot.

Sufficient.—1 pint of fruit for a lb. pot of jam.

Seasonable.—Make this in July or August.

2135.—TO PRESERVE CHERRIES IN SYRUP.

(*Very Delicious.*)

Ingredients.—4 lbs. of cherries, 3 lbs. of sugar, 1 pint of white-currant juice.

Mode.—Let the cherries be as clear and as transparent as possible, and perfectly ripe: pick off the stalks, and remove the stones, damaging the fruit as little as you can. Make a syrup with the above proportion of sugar, by recipe No. 2115; mix the cherries with it, and boil them for about 15 minutes, carefully skimming them; turn them gently into a pan, and

let them remain till the next day; then drain the cherries on a sieve, and put the syrup and white-currant juice into the preserving-pan again. Boil these together until the syrup is somewhat reduced and rather thick; then put in the cherries, and let them boil for about 5 minutes; take them off the fire, skim the syrup, put the cherries into small pots or wide-mouthed bottles; pour the syrup over, and when quite cold, tie them down carefully, so that the air is quite excluded.

Time.—15 minutes to boil the cherries in the syrup; 10 minutes to boil the syrup and currant-juice; 5 minutes to boil the cherries the second time. **Average Cost,** for this quantity, 3*s.* 3*d.*

Seasonable.—Make this in July or August.

2136.—COLOURING FOR CONFECTIONERY, JELLIES, &c.

Mode.—To colour red, use sliced beetroot, boiled in a little water and squeezed through a cloth. For green colouring, boil spinach leaves; and for yellow, any shade, steep a small piece of saffron in the liquid jelly.

2137.—STEWED CHESTNUTS.

Ingredients.—2 lbs. of chestnuts, 1 lb. of sugar, ¼ pint of water, juice of 1 lemon.

Mode.—Roast the chestnuts, peel and put them into a stewpan with the water and sugar. Stew fifteen minutes, then slowly add the lemon-juice.

Time.—½ hour. **Average Cost,** 8*d.*

Sufficient for 1 dish.

Seasonable from October to February.

2138.—BLACK-CURRANT JAM.

Ingredients.—To every lb. of fruit, weighed before being stripped from the stalks, allow 1 lb. of loaf sugar, 1 gill of water.

Mode.—Let the fruit be very ripe, and gathered on a dry day. Strip it from the stalks, and put it into a preserving-pan; boil these together for 10 minutes; then add the sugar, and boil the jam again for 45 minutes, reckoning from the time when the jam simmers equally all over, or longer should it not appear to set nicely when a little is poured on to a plate. Keep stirring it to prevent it from burning, carefully remove all the scum, and when done, pour it into pots. Let it cool; cover the top of the jam with oiled paper, and the top of the jars with a piece of tissue-paper brushed over on both sides with the white of an egg; this, when cold, forms a hard stiff cover, and perfectly excludes the air. Great attention must be paid to the stirring of this jam, as it is very liable to burn, on account of the thickness of the juice.

Time.—10 minutes to boil the fruit and water; 45 minutes with the sugar. **Average Cost,** from 6*d.* to 8*d.* for a pot capable of holding 1 lb.

Sufficient.—Allow from 6 to 7 quarts of currants to make 1 dozen pots of jam, each pot to hold 1 lb.

Seasonable.—Make this in July.

2139.—ECONOMICAL METHOD OF PRESERVING MORELLA CHERRIES.

Ingredients.—Ripe cherries, ½ lb. of brown sugar to every pound of fruit.

Mode.—Stone the fruit and weigh it and the juice, then boil for 1½ hour; then add the sugar and boil another hour and a half. Stir them occasionally to prevent their burning. They are excellent for pies, and should be stirred for a day or two to keep the syrup from settling at the bottom. Put them in rather small jars, for the preserve will become acid if exposed to the air when the jar is opened, if not soon used.

Time.—3 hours. **Average Cost,** 1*s.* per lb.

Seasonable in August and September.

2140.—BLACK-CURRANT JELLY.

Ingredients.—Black currants; 1 lb. of loaf sugar.

Mode.—Strip the currants from the stalks, which may be done in an expeditious manner by holding the bunch in one hand and passing a small silver fork down the currants; they will then readily fall from the stalks. Put them into a jar, place this jar in a saucepan of boiling water, and simmer them until their juice is extracted; then strain them, and to every pint of juice allow the above proportion of sugar and water; stir these ingredients together cold until the sugar is dissolved; place the preserving-pan on the fire and boil the jelly for about half an hour, reckoning from the time it commences to boil all over, and carefully remove the scum as it rises. If the jelly becomes firm when a little is put on a plate, it is done; it should then be put into *small* pots, and covered the same as the jam in recipe No. 2138. If the jelly is wanted very clear, the fruit should not be squeezed dry; but of course, so much juice will not be obtained. If the fruit is not much squeezed, it may be converted into a jam for immediate eating, by boiling it with a little common sugar; this answers very well for a nursery preserve.

Time.—About ¾ hour to extract the juice; ½ hour to boil the jelly. **Average Cost,** from 8*d.* to 10*d.* per ½-lb. pot.

Sufficient.—From 3 pints to 2 quarts of fruit should yield a pint of juice.

Seasonable.—Make this in July.

2141.—RED-CURRANT JAM.

Ingredients.—To every lb. of fruit allow ¾ lb. of loaf sugar.

Mode.—Let the fruit be gathered on a fine day; weigh it, and then strip the currants from the stalks; put them into a preserving-pan with sugar in the above proportion; stir them, and boil them for about three-quarters of an hour. Carefully remove the scum as it rises. Put the jam into pots, and, when cold, cover with oiled papers; over these put a piece of tissue-paper brushed over on both sides with the white of an egg; press the paper round the top of the pot, and, when dry, the covering will be quite hard and air-tight.

JAM-POT.

Time.—¾ hour, reckoning from the time the jam boils all over. **Average Cost,** for a lb. pot, from 6*d.* to 8*d.*

Sufficient.—Allow from 6 to 7 quarts of currants to make 12 1-lb. pots of jam.

Seasonable.—Make this in July.

2142.—CURRANT AND RASPBERRY JAM.

Ingredients.—To every lb. of red currants allow ½ lb. of raspberries, weighed after the stalks are removed, and 1 lb. of loaf sugar.

Mode.—Place the fruit in the above proportion in the preserving-pan, with 1 lb. of sugar to every lb. of fruit, stir and boil for three-quarters of an hour after the mixture boils fast; remove the scum as it rises. Put the jam into pots, and cover down by recipe No. 2141.

Time.—¾ hour. **Average Cost,** 8½*d.* per pot.

Sufficient.—6 to 7 quarts of fruit to make 12 1-lb. pots of jam.

Seasonable.—Make in July.

2143.—RED-CURRANT JELLY.

Ingredients.—Red currants; to every pint of juice allow ¾ lb. of loaf sugar.

Mode.—Have the fruit gathered in fine weather; pick it from the stalks, put it into a jar, and place this jar in a saucepan of boiling water over the fire, and let it simmer gently until the juice is well drawn from the currants; then strain them through a jelly-bag or fine cloth, and, if the jelly is washed very clear, do not squeeze them *too much*, as the skin and pulp from the fruit will be pressed through with the juice, and so make the jelly muddy. Measure the juice, and to each pint allow three-quarters of a lb. of loaf sugar; put these into a preserving-pan, set it over the fire, and keep stirring the jelly until it is done, carefully removing every particle of scum as it rises, using a wooden or silver spoon for the purpose, as

metal or iron ones would spoil the colour of the jelly. When it has boiled from twenty minutes to half an hour, put a little of the jelly on a plate, and if firm when cool, it is done. Take it off the fire, pour it into small gallipots, cover each of the pots with an oiled paper, and then with a piece of tissue-paper brushed over on both sides with the white of an egg. Label the pots, adding the year when the jelly was made, and store it away in a dry place. A jam may be made with the currants, if they are not squeezed too dry, by adding a few fresh raspberries, and boiling all together with sufficient sugar to sweeten it nicely. As this preserve is not worth storing away, but is only for immediate eating, a smaller proportion of sugar than usual will be found enough: it answers very well for children's puddings, or for a nursery preserve.

Time.—From ¾ to 1 hour to extract the juice; 20 minutes to ½ hour to boil the jelly. **Average Cost,** from 8*d.* to 10*d.* per ½-lb. pot.

Sufficient.—8 quarts of currants will make from 10 to 12 pots of jelly.

Seasonable.—Make this in July.

Note.—Should the above proportion of sugar not be sufficient for some tastes, add an extra ¼ lb. to every pint of juice, making altogether 1 lb.

2144.—WHITE-CURRANT JELLY.

Ingredients.—White currants; to every pint of juice allow ¾ lb. of good loaf sugar.

Mode.—Pick the currants from the stalks, and put them into a jar; place this jar in a saucepan of boiling water, and simmer until the juice is well drawn from the fruit, which will be in from three-quarters to one hour. Then strain the currants through a fine cloth or jelly-bag; do not squeeze them too much, or the jelly will not be clear, and put the juice into a very clean preserving-pan, with the sugar. Let this simmer gently over a clear fire until it is firm, and keep stirring and skimming until it is done; then pour it into small pots, cover them, and store away in a dry place.

Time.—¾ hour to draw the juice; ½ hour to boil the jelly. **Average Cost,** from 8*d.* to 10*d.* per ½-lb. pot.

Sufficient.—From 3 pints to 2 quarts of fruit should yield 1 pint of juice.

Seasonable in July and August.

2145.—BAKED DAMSONS FOR WINTER USE.

Ingredients.—To every lb. of fruit allow 8 oz. of pounded sugar; melted mutton suet.

Mode.—Choose sound fruit, not too ripe; pick off the stalks, weigh it, and to every lb. allow the above proportion of pounded sugar. Put the

fruit into large, dry stone jars, sprinkling the sugar amongst it; cover the jars with saucers, place them in a rather cool oven, and bake the fruit until it is quite tender. When cold, cover the top of the fruit with a piece of white paper cut to the size of the jar; pour over this melted mutton suet about an inch thick, and cover the tops of the jars with thick brown paper, well tied down. Keep the jars in a cool, dry place, and the fruit will remain good till the following Christmas, but not much longer.

Time.—From 5 to 6 hours to bake the damsons, in a very cool oven.

Seasonable in September and October.

2146.—DAMSON CHEESE.

Ingredients.—Damsons; to every lb. of fruit pulp allow 1 lb. of loaf sugar.

Mode.—Pick the stalks from the damsons, and put them into a preserving-pan; simmer them over the fire until they are soft, occasionally stirring them; then beat them through a coarse sieve, and put the pulp and juice into the preserving-pan, with sugar in the above proportion, having previously carefully weighed them. Stir the sugar well in, and simmer the damsons slowly for 2 hours. Skim well; then boil the preserve quickly for half an hour, or until it looks firm and hard in the spoon; put it quickly into shallow pots, or very tiny earthenware moulds, and, when cold, cover it with oiled papers, and the jars with tissue-paper brushed over on both sides with the white of an egg. A few of the stones may be cracked, and the kernels boiled with the damsons, which very much improve the flavour of the cheese.

Time.—1 hour to boil the damsons without the sugar; 2 hours to simmer them slowly, ½ hour quickly. **Average Cost,** from 6*d.* to 8*d.* per ¼-lb. pot.

Sufficient.—1 pint of damsons to make a *very small* pot of cheese.

Seasonable.—Make this in September or October.

2147.—COMPOTE OF DAMSONS.

Ingredients.—1 quart of damsons, 1 pint of syrup, No. 2115.

Mode.—Procure sound ripe damsons; pick the stalks from them, and put them into boiling syrup, made by recipe No. 2115. Simmer them gently until the fruit is tender, but not sufficiently soft to break; take them up, boil the syrup for 5 minutes; pour it over the damsons, and serve. This should be sent to table in a glass dish.

Time.—About ½ hour to simmer the damsons; 5 minutes to boil the syrup. **Average Cost,** 9*d.*

Sufficient for 4 or 5 persons.

Seasonable in September and October.

2148.—DAMSON JAM.

Ingredients.—Damsons; to every lb. of fruit allow 1 lb. of loaf sugar.

Mode.—Have the fruit gathered in dry weather; pick it over, and reject any that is at all blemished. Stone the damsons, weigh them, and to every lb. allow ¾ lb. of loaf sugar. Put the fruit and sugar into a preserving-pan; keep stirring them gently until the sugar is dissolved, and carefully remove the scum as it rises. Boil the jam for about an hour, reckoning from the time it commences to simmer all over alike; it must be well stirred all the time, or it will be liable to burn and stick to the pan, which will cause the jam to have a very disagreeable flavour. When the jam looks firm, and the juice appears to set, it is done. Then take it off the fire, put into pots, cover it down, when quite cold, with oiled and egged papers, the same as in recipe No. 2146, and store it away in a dry place.

Time.—1 hour after the jam simmers all over. **Average Cost,** from 6*d.* to 8*d.* per lb. pot.

Sufficient.—1½ pint of damsons for a lb. pot.

Seasonable.—Make this in September or October.

2149.—A VERY NICE PRESERVE OF DAMSONS.

Ingredients.—To every quart of damsons allow ½ lb. of loaf sugar.

Mode.—Put the damsons (which should be picked from the stalks and quite free from blemishes) into a jar, with pounded sugar sprinkled amongst them in the above proportion; tie the jar closely down, set it in a sauce-pan of cold water; bring it gradually to boil, and simmer gently until the damsons are soft, without being broken. Let them stand till cold; then strain the juice from them, boil it up well, strain it through a jelly-bag, and pour it over the fruit. Let it cool, cover with oiled papers, and the jars with tissue-paper brushed over on both sides with the white of an egg, and store away in a dry, cool place.

Time.—About ¾ hour to simmer the fruit after the water boils; ¼ hour to boil the juice.

Seasonable.—Make this in September or October.

2150.—TO PRESERVE DAMSONS, OR ANY KIND OF PLUMS.

(Useful in Winter.)

Ingredients.—Damsons or plums; boiling water.

Mode.—Pick the fruit into clean dry stone jars, taking care to leave out all that are broken or blemished. When full, pour boiling water on

the plums, until it stands one inch above the fruit; cut a piece of paper to fit the inside of the jar, over which pour melted mutton-suet; cover down with brown paper, and keep the jars in a dry, cool place. When required for use, the suet should be removed, the water poured off, and the jelly at the bottom of the jar used and mixed with the fruit.

Seasonable in September and October.

2151.—COMPOTE OF GREEN FIGS.

Ingredients.—1 pint of syrup, No. 2115, 1½ pint of green figs, the rind of ½ lemon.

Mode.—Make a syrup by recipe No. 2115, boiling it with the lemon-rind, and carefully remove all the scum as it rises. Put in the figs, and simmer them very slowly until tender; place them on a glass dish; reduce the syrup by boiling it quickly for 5 minutes; take out the lemon-peel, pour the syrup over the figs, and the compote, when cold, will be ready for table. A little port wine, or lemon juice, added just before the figs are done, will be found an improvement.

COMPOTE OF FIGS.

Time.—2 to 3 hours to stew the figs. **Average Cost,** figs, 2*s.* to 3*s.* per dozen.

Seasonable in August and September.

2152.—TO BOTTLE FRESH FRUIT.

(*Very Useful in Winter.*)

Ingredients.—Fresh fruit, such as currants, raspberries, cherries, gooseberries, plums of all kinds, damsons, &c.; wide-mouthed glass bottles, new corks to fit them tightly.

Mode.—Let the fruit be full grown, but not too ripe, and gathered in dry weather. Pick it off the stalks without bruising or breaking the skin, and reject any that is at all blemished; if gathered in the damp, or if the skins are cut at all, the fruit will mould. Have ready some *perfectly dry* glass bottles, and some nice *new* soft corks or bungs; burn a match in each bottle, to exhaust the air, and quickly place the fruit in to be preserved; gently cork the bottles, and put them into a very *cool* oven, where let them remain until the fruit has shrunk away a fourth part. Then take the bottles out; *do not open them*, but immediately beat the corks in tight, cut off the tops, and cover them with melted resin. If kept in a dry place, the fruit will remain good for months; and on this principally depends the success of the preparation; for if stored away in a place that is the least damp, the fruit will soon spoil.

Time.—From 5 to 6 hours in a very slow oven.

2153.—TO BOTTLE FRESH FRUIT.

(*Another Mode.*)

Ingredients.—Any kind of fresh fruit, such as currants, cherries, gooseberries, all kinds of plums, &c.; wide-mouthed glass bottles, new corks to fit them tightly.

Mode.—The fruit must be full-grown, not too ripe, and gathered on a fine day. Let it be carefully picked and put into the bottles, which must be clean and perfectly dry. Tie over the tops of the bottles pieces of bladder; stand the bottles in a large pot, copper, or boiler, with cold water to reach to their necks; kindle a fire under, let the water boil, and as the bladders begin to rise and puff, prick them. As soon as the water boils, extinguish the fire, and let the bottles remain where they are, to become cold. The next day remove the bladders, and strew over the fruit a thick layer of pounded sugar; fit the bottles with corks, and let each cork lie close at hand to its own bottle. Hold for a few moments, in the neck of the bottle, two or three lighted matches, and when they have filled the bottle-neck with gas, and before they go out, remove them very quickly; instantly cork the bottle closely, and dip it in bottle cement.

Time.—Altogether about 8 hours.

2154.—TO BOTTLE FRESH FRUIT WITH SUGAR.

(*Very Useful in Winter.*)

Ingredients.—Any kind of fresh fruit; to each quart bottle allow ½ lb. of pounded sugar.

Mode.—Let the fruit be gathered in dry weather. Pick it carefully, and drop it into *clean* and *very dry* quart glass bottles, sprinkling over it the above proportion of pounded sugar to each quart. Put the corks in the bottles, and place them in a copper of cold water up to their necks, with small hay-wisps round them, to prevent the bottles from knocking together. Light the fire under, bring the water gradually to boil, and let it simmer gently until the fruit in the bottles is reduced nearly one third. Extinguish the fire, *and let the bottles remain in the water until it is perfectly cold,* then take them out, make the corks secure, and cover them with melted resin or wax.

Time.—About ½ hour from the time the water commences to boil.

2155.—TO FROST HOLLY LEAVES.

(*For Garnishing and Decorating Dessert and Supper Dishes.*)

Ingredients.—Sprigs of holly, oiled butter, coarsely-powdered sugar.

Mode.—Procure some nice sprigs of holly; pick the leaves from the stalks, and wipe them with a clean cloth free from all moisture; then

place them on a dish near the fire, to get thoroughly dry, but not too near to shrivel the leaves; dip them into oiled butter; sprinkle over them some coarsely-powdered sugar, and dry them before the fire. They should be kept in a dry place, as the least damp would spoil their appearance.

Time.—About 10 minutes to dry before the fire.

Seasonable.—These may be made at any time; but are more suitable for winter garnishes, when fresh flowers are not easily obtained.

2156.—TO PRESERVE GREEN GINGER.

Ingredients.—Green ginger, sugar, water.

Mode.—Put the ginger regularly every night and morning into fresh boiling water for a fortnight. Remove the outside skin with a sharp knife, boil it in water till it is quite soft, and slice it in thin slices. Make ready a syrup of 1 lb. of loaf sugar to half a pint of water, clarify it, and put the ginger in it. Boil till it is clear.

Time.—14 days. **Average Cost,** 1*s.* per lb.

Seasonable at any time.

2157.—MOCK GINGER.

Ingredients.—Young carrots, sugar, ginger, lemon-peel, cayenne pepper.

Mode.—Boil small, tender carrots, scrape them till free of all spots, and cut out the heart or middle portion. Steep them for several days in frequently-changed water, until the flavour of the carrot has been completely destroyed. Allow one quart of water to every pound of prepared carrot, 2 lbs. of loaf sugar, 2 oz. of whole ginger, and the thin peel of a lemon. Boil for a quarter of an hour daily till the carrots are transparent; when done, add sufficient red pepper to render the preserve as hot as it is required.

Time.—6 or 7 days. **Average Cost,** 9*d.* per lb.

Seasonable.—Make this in spring.

2158.—BOTTLED GOOSEBERRIES FOR PASTRY.

Ingredients.—Unripe gooseberries, water.

Mode.—Cut off the green leaves, &c., of some gooseberries which have not attained their full growth, and put them into wide-necked bottles which have been well washed and dried. Cork them loosely, put them in a pan of cold water, which bring to boil very gradually. Leave the gooseberries to simmer until they have a shrunken appearance, then take the bottles out. If they are not full, take the contents of one bottle to fill up the rest, and pour sufficient boiling water into the bottles to cover the gooseberries. Cork the bottles closely, and tie a bladder over

the top, keeping them in a dry, cool place till wanted. When wanted for cooking purposes, pour some of the water away, and add as much sugar as would be necessary for fresh fruit, which they closely resemble in flavour and appearance.

Time.—1 hour. **Average Cost,** 4*d.* per quart.

Seasonable in May and June.

2159.—COMPOTE OF GOOSEBERRIES.

Ingredients.—Syrup made by recipe No. 2115; to a pint of syrup allow nearly a quart of gooseberries.

Mode.—Top and tail the gooseberries, which should not be very ripe, and pour over them some boiling water; then take them out, and plunge them into cold water, with which has been mixed a tablespoonful of vinegar, which will assist to keep the fruit a good colour. Make a pint of syrup by recipe No. 2115, and when it boils, drain the gooseberries and put them in; simmer them gently until the fruit is nicely pulped and tender, without being broken; then dish the gooseberries on a glass dish, boil the syrup for two or three minutes, pour over the gooseberries, and serve cold.

Time.—About 5 minutes to boil the gooseberries in the syrup; 3 minutes to reduce the syrup. **Average Cost,** 9*d.*

Sufficient.—A quart of gooseberries for 5 or 6 persons.

Seasonable in June.

2160.—GOOSEBERRY JAM.

Ingredients.—To every lb. of fruit allow ¾ lb. of loaf sugar; currant-juice.

Mode.—Select red, hairy gooseberries; have them gathered in dry weather, when quite ripe, without being too soft. Weigh them; with a pair of scissors cut off the tops and tails, and to every 6 lbs. of fruit have ready half a pint of currant-juice, drawn as for jelly. Put the gooseberries and currant-juice into a preserving-pan; let them boil tolerably quick, keeping them well stirred; when they begin to break, add to them the sugar, and keep simmering until the jam becomes firm, carefully skimming and stirring it, that it does not burn at the bottom. It should be boiled rather a long time, or it will not keep. Put it into pots (not too large); let it get perfectly cold; then cover the pots down with oiled and egged papers, as directed for red currant jelly, No. 2143.

Time.—About 1 hour to boil the gooseberries in the currant-juice; from ½ to ¼ hour with the sugar. **Average Cost,** per lb. pot from 6*d.* to 8*d.*

Sufficient.—Allow 1½ pint of fruit for a lb. pot.

Seasonable.—Make this in June or July.

2161.—GOOSEBERRY JAM.

(Another Mode.)

Ingredients.—To every 8 lbs. of red, rough, ripe gooseberries, allow 1 quart of red-currant juice, 5 lbs. of loaf sugar.

Mode.—Have the fruit gathered in dry weather, and cut off the tops and tails. Prepare 1 quart of red-currant juice, the same as for red-currant jelly, No. 2143; put it into a preserving-pan with the sugar and keep stirring until the latter is dissolved. Keep it boiling for about 5 minutes; skim well; then put in the gooseberries, and let them boil from half to three-quarters of an hour; then turn the whole into an earthen pan and let it remain for 2 days. Boil the jam up again until it looks clear; put it into pots, and when cold, cover with oiled paper, and over the jars put tissue paper, brushed over on both sides with the white of an egg, and store away in a dry place. Care must be taken in making this to keep the jam well stirred and well skimmed, to prevent it burning at the bottom of the pan, and to have it very clear.

Time.—5 minutes to boil the currant-juice and sugar, after the latter is dissolved; from ½ to ¾ hour to simmer the gooseberries the first time, ¼ hour the second time of boiling. **Average Cost,** from 8*d.* to 10*d.* per lb. pot.

Sufficient.—Allow 1½ pint of fruit for a lb. pot.

Seasonable.—Make this in June or July.

2162.—WHITE OR GREEN GOOSEBERRY JAM.

Ingredients.—Equal weight of fruit and sugar.

Mode.—Select the gooseberries not very ripe, either white or green, and top and tail them. Boil the sugar with water (allowing half a pint to every lb.) for about a quarter of an hour, carefully removing the scum as it rises; then put in the gooseberries, and simmer gently till clear and firm; try a little of the jam on a plate; if it jellies when cold it is done, and should be poured into pots. When cold, cover with oiled paper, and tissue paper, brushed over on both sides with the unbeaten white of an egg, and store away in a dry place.

Time.—¼ hour to boil the sugar and water, ¾ hour the jam. **Average Cost,** from 6*d.* to 8*d.* per lb. pot.

Sufficient.—Allow 1½ pint of fruit for a lb. pot.

Seasonable.—Make this in June.

2163.—GOOSEBERRY JELLY.

Ingredients.—Gooseberries; to every pint of juice allow ¾ lb. of loaf sugar.

Mode.—Put the gooseberries, after cutting off the tops and tails, into

a preserving-pan, and stir them over the fire until they are quite soft; then strain them through a sieve, and to every pint of juice allow three-quarters of a pound of sugar. Boil the juice and sugar together for nearly three-quarters of an hour, stirring and skimming all the time; and if the jelly appears firm when a little of it is poured on a plate, it is done, and should then be taken up and put into small pots. Cover the pots with oiled and egged papers, the same as for currant jelly, No. 2143, and store away in a dry place.

Time.—¾ hour to simmer the gooseberries without the ¾ hour necessary to boil the juice. **Average Cost,** from 8*d.* to 10*d.* per ½-lb. pot.

Seasonable in July.

2164.—GRAPE JAM.

Ingredients.—Unripe grapes, sugar.

Mode.—The grapes must not be quite ripe, and they should be most carefully picked, all unsound ones being taken out. Allow half a pound of sugar to 1 lb. of grapes. Use no water, but wash the fruit gently. Put the fruit into a preserving-pan, layer for layer with the sugar. Boil rather quickly, stirring always. Pour, when cool, into pots, as usual.

Time.—¾ hour. **Average Cost,** 5*d.* per lb.

Seasonable in July and August.

2165.—COMPOTE OF GREENGAGES.

Ingredients.—1 pint of syrup made by recipe No. 2115, 1 quart of greengages.

Mode.—Make a syrup by recipe No. 2115, skim it well, and put in the greengages when the syrup is boiling, having previously removed the stalks and stones from the fruit. Boil gently for a quarter of an hour, or until the fruit is tender; but take care not to let it break, as the appearance of the dish would be spoiled were the fruit reduced to a pulp. Take the greengages carefully out, place them on a glass dish, boil the syrup for another 5 minutes, let it cool a little, pour over the fruit, and, when cold, it will be ready for use.

Time.—¼ hour to simmer the fruit, 5 minutes the syrup. **Average Cost,** in full season, 10*d.*

Sufficient for 4 or 5 persons.

Seasonable in July, August and September

2166.—GREENGAGE JAM.

Ingredients.—To every lb. of fruit, weighed before being stoned, allow ¾ lb. of lump sugar.

Mode.—Divide the greengages, take out the stones, and put them into

a preserving-pan. Bring the fruit to a boil, then add the sugar, and keep stirring it over a gentle fire until it is melted. Remove all the scum as it rises, and just before the jam is done, boil it rapidly for 5 minutes. To ascertain when it is sufficiently boiled, pour a little on a plate, and if the syrup thickens and appears firm, it is done. Have ready half the kernels blanched; put them into the jam, give them one boil, and pour the preserve into pots. When cold, cover down with oiled papers, and over these tissue paper, brushed over on both sides with the white of an egg.

Time.—¾ hour after the sugar is added. **Average Cost,** from 6*d.* to 8*d.* per lb. pot.

Sufficient.—Allow about 1½ pint of fruit for every lb. pot of jam.

Seasonable.—Make this in August or September.

2167.—TO PRESERVE AND DRY GREENGAGES.

Ingredients.—To every lb. of sugar allow 1 lb. of fruit, ¼ pint of water.

Mode.—For this purpose the fruit must be used before it is quite ripe, and part of the stalk must be left on. Weigh the fruit, rejecting all that is in the least degree blemished, and put it into a lined saucepan with the sugar and water, which should have been previously boiled together to a rich syrup. Boil the fruit in this for 10 minutes, remove it from the fire, and drain the greengages. The next day, boil up the syrup and put in the fruit again, and let it simmer for 3 minutes, and drain the syrup away. Continue this process for 5 or 6 days, and the last time place the greengages, when drained, on a hair-sieve, and put them in an oven or warm spot to dry; keep them in a box, with paper between each layer, in a place free from damp.

Time.—10 minutes the first time of boiling.

Seasonable.—Make this in August or September.

2168.—PRESERVED GREENGAGES IN SYRUP.

Ingredients.—To every lb. of fruit allow 1 lb. of loaf sugar, ¼ pint of water.

Mode.—Boil the sugar and water together for about 10 minutes; divide the greengages, take out the stones, put the fruit into the syrup, and let it simmer gently until nearly tender. Take it off the fire, put it into a large pan, and, the next day, boil it up again for about 10 minutes with the kernels from the stones, which should be blanched. Put the fruit carefully into jars, pour over it the syrup, and, when cold, cover down, so that the air is quite excluded. Let the syrup be well skimmed both the first and second day of boiling, otherwise it will not be clear.

Time.—10 minutes to boil the syrup; ¼ hour to simmer the fruit the first day, 10 minutes the second day. **Average Cost,** from 6*d.* to 8*d.* per lb. pot.

Sufficient.—Allow about 1 pint of fruit to fill a 1-lb. pot.

Seasonable.—Make this in August or September.

2169.—ICED CURRANTS.

(*For Dessert.*)

Ingredients.—¼ pint of water, the whites of 2 eggs, currants, pounded sugar.

Mode.—Select very fine bunches of red or white currants, and well beat the whites of the eggs. Mix these with the water; then take the currants, a bunch at a time, and dip them in; let them drain for a minute or two, and roll them in very finely-pounded sugar. Lay them to dry on paper, when the sugar will crystallise round each currant, and have a very pretty effect. All fresh fruit may be prepared in the same manner; and a mixture of various fruits, iced in this manner and arranged on one dish, looks very well for a summer dessert.

Time.—¼ day to dry the fruit. **Average Cost,** 8*d.* for a pint of iced currants.

Seasonable in summer.

2170.—PRESERVED MULBERRIES.

Ingredients.—To 2 lbs. of fruit and 1 pint of juice allow 2½ lbs. of loaf sugar.

MULBERRY.

Mode.—Put some of the fruit into a preserving-pan, and simmer it gently until the juice is well drawn. Strain it through a bag, measure it, and to every pint allow the above proportion of sugar and fruit. Put the sugar into the preserving-pan, moisten it with the juice, boil it up, skim well, and then add the mulberries, which should be ripe, but not soft enough to break to a pulp. Let them stand in the syrup till warm through, then set them on the fire to boil gently; when half done, turn them carefully into an earthen pan, and let them remain till the next day; then boil them as before, and when the syrup is thick, and becomes firm when cold, put the preserve into pots. In making this, care should be taken not to break the mulberries: this may be avoided by very gentle stirring, and by simmering the fruit very slowly

Time.—¾ hour to extract the juice; ½ hour to boil the mulberries the first time, ¼ hour the second time.

Seasonable in August and September.

Mulberry.—Mulberries are esteemed for their highly aromatic flavour, and their sub-acid nature. They are considered as cooling, laxative and generally wholesome. This fruit was very highly esteemed by the Romans, who appear to have preferred it to every other. The mulberry-tree is stated to have been introduced into this country in 1548, being first planted at Sion House, where the original trees still thrive. The planting of them was much encouraged by King James I., about 1605; and considerable attempts were made at that time to rear silk-worms on a large scale, for the purpose of making silk; but these endeavours have always failed, the climate being scarcely warm enough.

2171.—TO PRESERVE MORELLA CHERRIES.

Ingredients.—To every lb. of cherries allow 1¼ lb. of sugar, 1 gill of water.

Mode.—Select ripe cherries; pick off the stalks and reject all that have any blemishes. Boil the sugar and water together for 5 minutes; put in the cherries, and boil them for 10 minutes, removing the scum as it rises. Then turn the fruit, &c., into a pan, and let it remain until the next day, when boil it all again for another 10 minutes, and, if necessary, skim well. Put the cherries into small pots; pour over them the syrup, and, when cold, cover down with oiled papers, and the tops of the jars with tissue paper brushed over on both sides with the white of an egg, and keep in a dry place.

Time.—Altogether, 25 minutes to boil. **Average Cost,** from 8*d.* to 10*d.* per lb. pot.

Seasonable.—Make this in July or August.

The Cherry-tree in Rome.—The cherry-tree was introduced into Rome by Lucullus, about seventy years before the Christian era; but the capital of the world knew not at first how to appreciate this present as it deserved; for the cherry-tree was propagated so slowly in Italy that more than a century after its introduction it was far from being generally cultivated. The Romans distinguished three principal species of cherries—the *Apronian*, of a bright red, with a firm and delicate pulp; the *Lutatian*, very black and sweet; the *Cæcilian*, round and stubby, and much esteemed. The cherry embellished the third course in Rome and the second at Athens.

2172.—PRESERVED NECTARINES.

Ingredients.—To every lb. of sugar allow ¼ pint of water; nectarines.

Mode.—Divide the nectarines in two, take out the stones, and make a strong syrup with sugar and water in the above proportion. Put in the nectarines, and boil them until they have thoroughly imbibed the sugar. Keep the fruit as whole as possible, and turn it carefully into a pan. The next day boil it again for a few minutes, take out the nectarines, put them into jars, boil the syrup quickly for 5 minutes, pour it over the fruit, and, when cold, cover the preserve down. The syrup and preserve must be carefully skimmed, or it will not be clear.

Time.—10 minutes to boil the sugar and water; 20 minutes to boil the fruit the first time, 10 minutes the second time; 5 minutes to boil the syrup.

Seasonable in August and September, but cheapest in September.

2173.—STEWED NORMANDY PIPPINS.

Ingredients.—1 lb. of Normandy pippins, 1 quart of water, ½ teaspoonful of powdered cinnamon, ½ teaspoonful of ground ginger, 1 lb. of moist sugar, 1 lemon.

Mode.—Well wash the pippins, and put them into 1 quart of water with the above proportion of cinnamon and ginger, and let them stand 12 hours; then put these all together into a stewpan, with the lemon sliced thinly, and half the moist sugar. Let them boil slowly until the pippins are half done; then add the remainder of the sugar, and simmer until they are quite tender. Serve on glass dishes for dessert.

Time.—2 to 3 hours. **Average Cost,** 1*s.*

Seasonable.—Suitable for a winter dish.

2174.—ICED ORANGES.

Ingredients.—Oranges; to every lb. of pounded loaf sugar allow the whites of 2 eggs.

Mode.—Whisk the whites of the eggs well, stir in the sugar, and beat this mixture for a quarter of an hour. Skin the oranges, remove as much of the white pith as possible without injuring the pulp of the fruit; pass a thread through the centre of each orange, dip them into the sugar, and tie them to a stick. Place this stick across the oven, and let the oranges remain until dry, when they will have the appearance of balls of ice. They make a pretty dessert or supper dish. Care must be taken not to have the oven too fierce, or the oranges would scorch and acquire a brown colour, which would entirely spoil their appearance.

Time.—From ½ to 1 hour to dry in a moderate oven. **Average Cost,** 1½*d.* each.

Sufficient.—½ lb. of sugar to ice 12 oranges.

Seasonable from November to May.

The First Orange-Tree in France.—The first orange-tree cultivated in the centre of France was to be seen a few years ago at Fontainebleau. It was called *Le Connétable* (the Constable), because it had belonged to the Connétable de Bourbon, and had been confiscated, together with all property belonging to that prince, after his revolt against the sovereign.

2175.—COMPOTE OF ORANGES.

Ingredients.—1 pint of syrup No. 2115, 6 oranges.

Mode.—Peel the oranges, remove as much of the white pith as possible,

and divide them into small pieces without breaking the thin skin with which they are surrounded. Make the syrup by recipe No. 2115, adding the rind of the orange cut into thin narrow strips. When the syrup has been well-skimmed, and is quite clear, put in the pieces of orange, and simmer them for 5 minutes. Take them out carefully with a spoon without breaking them, and arrange them on a glass dish. Reduce the syrup by boiling it quickly until thick; let it cool a little, pour it over the oranges, and, when cold, they will be ready for table.

COMPOTE OF ORANGES.

Time.—10 minutes to boil the syrup; 5 minutes to simmer the oranges; 5 minutes to reduce the syrup. **Average Cost,** 9*d.*

Sufficient for 5 or 6 persons.

Seasonable from November to May.

The Orange in Portugal.—The orange, known under the name of "Portugal Orange," came originally from China. Not more than two centuries ago, the Portuguese brought thence the first scion, which has multiplied so prodigiously that we now see entire forests of orange-trees in Portugal.

2176.—ORANGE MARMALADE.

Ingredients.—Equal weight of fine loaf sugar and Seville oranges; to 12 oranges allow 1 pint of water.

Mode.—Let there be an equal weight of loaf sugar and Seville oranges, and allow the above proportion of water to every dozen oranges. Peel them carefully, remove a little of the white pith, and boil the rinds in water 2 hours, changing the water three times to take off a little of the bitter taste. Break the pulp into small pieces, take out all the pips, and cut the boiled rind into chips. Make a syrup with the sugar and water; boil this well, skim it, and when clear, put in the pulp and chips. Boil all together from 20 minutes to ½ an hour; pour it into pots, and, when cold, cover down with bladders or tissue paper brushed over on both sides with the white of an egg. The juice and grated rind of 2 lemons to every dozen of oranges, added with the pulp and chips to the syrup, are a very great improvement to this marmalade.

Time.—2 hours to boil the orange rinds; 10 minutes to boil the syrup; 20 minutes to ½ hour to boil the marmalade. **Average Cost,** from 6*d.* to 8*d.* per lb. pot.

Seasonable.—This should be made in March or April, as Seville oranges are then in perfection.

2177.—ORANGE MARMALADE.

(*Another Mode.*)

Ingredients.—Equal weight of Seville oranges and sugar; to every lb. of sugar allow ½ pint of water.

Mode.—Weigh the sugar and oranges, score the skin across, and take it off in quarters. Boil these quarters in a muslin bag in water until they are quite soft, and they can be pierced easily with the head of a pin; then cut them into chips about 1 inch long, and as thin as possible. Should there be a great deal of white stringy pulp, remove it before cutting the rind into chips. Split open the oranges, scrape out the best part of the pulp, with the juice, rejecting the white pith and pips. Make a syrup with the sugar and water; boil it until clear; then put in the chips, pulp, and juice, and boil the marmalade from 20 minutes to ½ an hour, removing all the scum as it rises. In boiling the syrup, clear it carefully from the scum before the oranges are added to it.

Time.—2 hours to boil the rinds, 10 minutes the syrup, 20 minutes to ½ hour the marmalade. **Average Cost,** 6*d.* to 8*d.* per lb. pot.

Seasonable.—Make this in March or April, when Seville oranges are in perfection.

Orange and Cloves.—It appears to have been the custom formerly in England to make new year's presents with oranges stuck full with cloves. We read in one of Ben Jonson's pieces, the "Christmas Masque," "He has an orange and rosemary, but not a clove to stick in it."

2178.—AN EASY WAY OF MAKING ORANGE MARMALADE.

Ingredients.—To every lb. of pulp allow 1½ lb. of loaf sugar.

Mode.—Choose some fine large oranges; put them whole into a stew-pan with sufficient water to cover them, and stew them until they become perfectly tender, changing the water 2 or 3 times; drain them, take off the rind, remove the pips from the pulp, weigh it, and to every pound allow 1½ lb. of loaf sugar and half a pint of the water the oranges were last boiled in. Boil the sugar and water together for 10 minutes; put in the pulp, boil for another 10 minutes; then add the peel cut into strips, and boil the marmalade for another 10 minutes, which completes the process. Pour it into jars; let it cool; then cover down with bladders, or tissue paper brushed over on both sides with the white of an egg.

Time.—2 hours to boil the oranges; altogether ½ hour to boil the marmalade. **Average Cost,** from 6*d.* to 8*d.* per lb. pot.

Seasonable.—Make this in March or April.

2179.—MARMALADE (HOGARTH'S RECIPE).

Ingredients.—To every lb. of Seville oranges, weighed before boiling, add 2 lbs. of sugar, ½ pint of water.

Mode.—Carefully wipe the oranges and weigh them; boil them slowly in as much water as will float them; as soon as the rinds can be easily pierced with the head of a pin take them out and drain them. Halve and quarter them: remove with a silver spoon all the pulp and pips, and slice

the rinds as finely as possible, and add to the juice and pulp, having carefully removed every pip. Make a syrup of sugar and water in the above proportions by placing the sugar and water in a pan over-night, and in the morning boiling it until of the consistency of oil; let it cool, add the orange-pulp and rind, and slowly boil for half an hour after coming to the boiling-point.

Time.—¼ hour to boil the syrup; ½ hour to boil the marmalade. **Average Cost,** *7d.* per lb. pot.

Seasonable in March or April.

2180.—ORANGE MARMALADE MADE WITH HONEY.

Ingredients.—To 1 quart of the juice and pulp of Seville oranges allow 2 lbs. of honey, 1 lb. of the rind.

Mode.—Peel the oranges and boil the rind in water until tender, and cut it into strips. Take away the pips from the juice and pulp, and put it, with the honey and chips, into a preserving-pan; boil all together for about half an hour, or until the marmalade is of the proper consistency; put it into pots and, when cold, cover down with bladders.

Time.—2 hours to boil the rind, ½ hour the marmalade. **Average Cost,** from *9d.* to *11d.* per lb. pot.

Seasonable.—Make this in March or April.

2181.—TO PRESERVE ORANGES.

Ingredients.—Oranges; to every lb. of juice and pulp allow 2 lbs. of loaf sugar; to every pint of water ½ lb. of loaf sugar.

Mode.—Wholly grate or peel the oranges, taking off only the thin outside portion of the rind. Make a small incision where the stalk is taken out, squeeze out as much of the juice as can be obtained, and preserve it in a basin with the pulp that accompanies it. Put the oranges into cold water; let them stand for 3 days, changing the water twice; then boil them in fresh water till they are very tender, and put them to drain. Make a syrup with the above proportion of sugar and water, sufficient to cover the oranges; let them stand in it for 2 or 3 days; then drain them well. Weigh the juice and pulp, allow double their weight of sugar, and boil them together until the scum ceases to rise, which must all be carefully removed; put in the oranges, boil them for 10 minutes, place them in jars, pour over them the syrup, and, when cold, cover down. They will be fit for use in a week.

Time.—3 days for the oranges to remain in water, 3 days in the syrup; ½ hour to boil the pulp, 10 minutes the oranges.

Seasonable.—This preserve should be made in February or March, when oranges are plentiful.

2182.—ORANGES AND LEMONS PRESERVED WHOLE.

Ingredients.—8 lbs. of sugar-candy, 1 quart of water, oranges or lemons.

Mode.—Put the sugar and water on the fire in a saucepan and make a syrup of it. See that the fruit is good and sound, put it whole into the syrup and boil very slowly till only half the syrup is left. When quite cold put into jars, adding a wineglassful of rum to every pint of syrup made.

Time.—2 hours.

Seasonable.—February or March for oranges; November to April for lemons.

2183.—ORANGE SALAD.

Ingredients.—6 oranges, ¼ lb. of muscatel raisins, 2 oz. of pounded sugar, 4 tablespoonfuls of brandy.

Mode.—Peel 5 of the oranges; divide them into slices without breaking the pulp, and arrange them on a glass dish. Stone the raisins, mix them with the sugar and brandy and mingle them with the oranges. Squeeze the juice of the other orange over the whole, and the dish is ready for table. A little pounded spice may be put in when the flavour is liked; but this ingredient must be added very sparingly.

Average Cost, 1*s.* 3*d.*

Sufficient for 5 or 6 persons.

Seasonable from November to May.

2184.—COMPOTE OF PEACHES.

Ingredients.—1 pint of syrup, No. 2115, about 15 small peaches.

Mode.—Peaches that are not very large, and that would not look well for dessert, answer very nicely for a compote. Divide the peaches, take out the stones, and pare the fruit; make a syrup by recipe No. 2115, put in the peaches and stew them gently for about 10 minutes. Take them out without breaking, arrange them on a glass dish, boil the syrup for 2 or 3 minutes, let it cool, pour it over the fruit, and, when cold, it will be ready for table.

Time.—10 minutes. **Average Cost,** 1*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable in August and September.

Peach and Nectarine.—The peach and nectarine, which are among the most delicious of our fruits, are considered as varieties of the same species, produced by cultivation. The former is characterized by a very delicate down, while the latter is smooth; but as a proof of their identity as to species, trees have borne peaches on one part and nectarines on another; and even a single fruit has had down on one side, and on the other none; the trees are almost exactly alike, as well as the blossoms. Pliny states that the peach was originally brought from Persia, where it grows naturally. At Montreuil, a village near Paris, almost the whole population is employed in the cultivation of peaches; and this occupation has maintained the inhabitants for ages, and in

consequence they raise better peaches than anywhere else in France. In Maryland and Virginia peaches grow nearly wild, in orchards resembling forests; but the fruit is of very little value for the table, being employed only in fattening hogs and for the distillation of peach brandy. On the east side of the Andes, peaches grow wild among the cornfields and in the mountains, and are dried as an article of food. The young leaves of the peach are sometimes used in cookery, from their agreeable flavour: and a liqueur resembling the fine noyeau of Martinique may be made by steeping them in brandy sweetened with sugar and fined with milk; gin may also be flavoured in the same manner. The kernels of the fruit have the same flavour. The nectarine is said to have received its name from nectar, the particular drink of the gods. Though it is considered as the same species as the peach, it is not known which of the varieties come from the other, the nectarine is by some considered as the superior fruit.

2185.—PEACHES IN BRANDY.

(*A simple recipe for Preserve.*)

Ingredients.—6 lbs. of peaches, 3 lbs. of loaf sugar, 3 pints of best pale French brandy.

Mode.—The fruit must not be too ripe; peel it, then weigh, and put it into a jar with sugar and brandy in the above proportions. Cork it well, set it in a saucepan of boiling water, taking care the water does not come over the top of the jar. Boil till tender, then keep in a cool dry place.

Time.—½ hour.

Seasonable in August and September.

2186.—PEACHES PRESERVED IN BRANDY.

Ingredients.—To every lb. of fruit, weighed before being stoned, allow ½ lb. of finely pounded sugar; brandy.

Mode.—Let the fruit be gathered in dry weather; wipe and weigh it, and remove the stones as carefully as possible, without injuring the peaches much. Put them into a jar, sprinkle amongst them pounded loaf sugar in the above proportion, and pour brandy over the fruit. Cover the jar down closely, place it in a saucepan of boiling water over the fire, and bring the brandy to the simmering-point, but do not allow it to boil. Take the fruit out carefully, without breaking it; put it into small jars, pour over it the brandy, and when cold, exclude the air by covering the jars with bladders, or tissue paper brushed over on both sides with the white of an egg. Apricots may be done in the same manner, and, if properly prepared, will be found delicious.

Time.—From 10 to 20 minutes to bring the brandy to the simmering-point.

Seasonable in August and September.

2187.—BAKED PEARS.

Ingredients.—12 pears, the rind of 1 lemon, 6 cloves, 10 whole allspice; to every pint of water allow ½ lb. of loaf sugar.

Mode.—Pare and cut the pears into halves, and should they be very large, into quarters; leave the stalks on and carefully remove the cores.

Place them in a clean baking-jar, with a closely-fitting lid; add to them the lemon-rind cut in strips, the juice of half a lemon, the cloves, pounded allspice, and sufficient water just to cover the whole, with sugar in the above proportion. Cover the jar down closely, put it into a very cool oven, and bake the pears from 5 to 6 hours, but be very careful that the oven is not too hot. To improve the colour of the fruit, a few drops of prepared cochineal may be added; but this will not be found necessary if the pears are very gently baked.

Time.—Large pears, 5 to 6 hours, in a very slow oven. **Average Cost,** 1*d.* to 2*d.* each.

Sufficient for 7 or 8 persons.

Seasonable from September to January.

Pear.—The pear, like the apple, is indigenous in this country; but the wild pear is a very unsatisfactory fruit. The best varieties were brought from the East by the Romans, who cultivated them with care, and probably introduced some of their best sorts into this island, to which others were added by the inhabitants of the monasteries. The Dutch and Flemings, as well as the French, have excelled in the cultivation of the pear, and most of the large varieties introduced are from France and Flanders. The pear is a hardy tree, and a longer liver than the apple; it has been known to exist for centuries. There are now about 150 varieties of this fruit. Though perfectly wholesome when ripe, the pear is not so when green; but in this state it is fit for stewing. An agreeable beverage, called perry, is made from pears, and the varieties which are least fit for eating make the best perry.

2188.—PRESERVED PEARS.

Ingredients.—Jargonelle pears; to every lb. of sugar allow ½ pint of water.

Mode.—Procure some Jargonelle pears, not too ripe; put them into a stewpan, with sufficient water to cover them, and simmer them till rather tender, but do not allow them to break; then put them into cold water. Boil the sugar and water together for 5 minutes, skim well, put in the pears, and simmer them gently for 5 minutes. Repeat the simmering for 3 successive days, taking care not to let the fruit break. The last time of boiling, the syrup should be made rather richer, and the fruit boiled for 10 minutes. When the pears are done, drain them from the syrup, and dry them in the sun, or in a cool oven; or they may be kept in the syrup, and dried as they are wanted.

Time.—½ hour to simmer the pears in water, 20 minutes in the syrup. **Average Cost,** 1*d.* to 2*d.* each.

Seasonable.—Most plentiful in September and October.

2189.—STEWED PEARS.

Ingredients.—8 large pears, 5 oz. of loaf sugar, 6 cloves, 6 whole allspice, ½ pint of water, ¼ pint of port, a few drops of prepared cochineal.

Mode.—Pare the pears, halve them, remove the cores, and leave the

stalks on; put them into a *lined* saucepan with the above ingredients, and let them simmer very gently until tender, which will be in from 3 to 4 hours, according to the quality of the pears. They should be watched, and, when done, carefully lifted out on to a glass dish without breaking them. Boil up the syrup quickly for 2 or 3 minutes; allow it to cool a little, pour it over the pears, and let them get perfectly cold. To improve the colour of the fruit, a few drops of prepared cochineal may be added, which rather enhances the beauty of this dish. The fruit must not be boiled fast, but only simmered, and watched that it be not too much done.

STEWED PEARS.

Time.—3 to 4 hours. **Average Cost,** 1s. 6*d.*

Sufficient for 5 or 6 persons.

Seasonable from September to January.

The Bon Chrétien Pear.—The valuable variety of pear, called *Bon Chrétien*, which comes to our table in winter, either raw or cooked, received its name through the following incident:—Louis XI., King of France, had sent for St. François de Paule from the lower part of Calabria, in the hopes of recovering his health through his intercession. The saint brought with him the seeds of this pear; and as he was called at court *Le Bon Chrétien*, this fruit obtained the name of him to whom France owed its introducti on.

2190.—PINEAPPLE CHIPS.

Ingredients.—Pineapples; sugar to taste.

Mode.—Pare and slice the fruit thinly, put it on dishes, and strew over it plenty of pounded sugar. Keep it in a hot closet, or very slow oven, eight or ten days, and turn the fruit every day until dry; then put the pieces of pine on tins, and place them in a quick oven for ten minutes. Let them cool, and store them away in dry boxes with paper between each layer.

Time.—8 to 10 days.

Seasonable.—Foreign pines, in July and August.

2191.—PRESERVED PINEAPPLE.

Ingredients.—To every lb. of fruit, weighed after being pared, allow 1 lb. of loaf sugar; ¼ pint of water.

Mode.—The pines for making this preserve should be perfectly sound, but ripe. Cut them into rather thick slices, as the fruit shrinks very much in the boiling. Pare off the rind carefully, that none of the pine be wasted; and, in doing so, notch it in and out, as the edge cannot be smoothly cut without great waste. Dissolve a portion of the sugar in a preserving-pan with ¼ pint of water; when this is melted gradually add the remainder of the sugar, and boil it until it forms a clear syrup, skimming well. As soon as this is the case, put in the pieces of pine, and boil

well for at least half an hour, or until it looks nearly transparent. Put it into pots, cover down when cold, and store away in a dry place.

Time.—½ hour to boil the fruit. **Average Cost,** 10*d.* to 1*s.* per lb. pot.

Seasonable.—Foreign pines in July and August.

The Pineapple in Heathendom.—Heathen nations invented protective divinities for their orchards (such as Pomona, Vertumnus, Priapus, &c.), and benevolent patrons for their fruits: thus the olive-tree grew under the auspices of Minerva; the Muses cherished the palm-tree, Bacchus the fig and grape, and the pine and its cone were consecrated to the great Cybele.

2192.—PRESERVED PINEAPPLE.

(For Present Use.)

Ingredients.—Pineapple, sugar, water.

Mode.—Cut the pine into slices a quarter of an inch in thickness; peel them and remove the hard part from the middle. Put the parings and hard pieces into a stewpan with sufficient water to cover them, and boil for a quarter of an hour. Strain the liquor, and put in the slices of pine. Stew them for ten minutes, add sufficient sugar to sweeten the whole nicely, and boil again for another quarter of an hour; skim well, and the preserve will be ready for use. It must be eaten soon, as it will keep but a very short time.

Time.—¼ hour to boil the parings in water; 10 minutes to boil the pine without sugar, ¼ hour with sugar. **Average Cost,** Foreign pines, 1*s.* to 3*s.* each; English, 2*s.* to 12*s.* per lb.

Seasonable.—Foreign, in July and August; English, all the year.

2193.—PLUM JAM.

Ingredients.—To every lb. of plums, weighed before being stoned, allow ¾ lb. of loaf sugar.

Mode.—In making plum jam, the quantity of sugar for each lb. of fruit must be regulated by the quality and size of the fruit, some plums requiring much more sugar than others. Divide the plums, take out the stones, and put them on to large dishes, with roughly pounded sugar sprinkled over them in the above proportion, and let them remain for one day; then put them into a preserving-pan, stand them by the side of the fire to simmer gently for about half an hour, and then boil them rapidly for another 15 minutes. The scum must be carefully removed as it rises, and the jam must be well stirred all the time, or it will burn at the bottom of the pan, and so spoil the colour and flavour of the preserve. Some of the stones may be cracked, and a few kernels added to the jam just before it is done: these impart a very delicious flavour to the plums. The above proportion of sugar would answer for Orleans plums; the Imperatrice, Magnum-bonum and Winesour would not require quite so much;

Time.—¼ hour to simmer gently, ¼ hour to boil rapidly.

Best Plums for Preserving.—Violets, Mussels, Orleans, Imperatrice, Magnum-Bonum, and Winesour.

Seasonable from the end of July to the beginning of October.

Plums.—The Damson, or Damascene plum, takes it name from Damascus, where it grows in great quantities, and whence it was brought into Italy about 114 B.C. The Orleans plum is from France. The Greengage is called after the Gage family, who first brought it into England from the monastery of the Chartreuse, at Paris, where it still bears the name of Reine Claude. The Magnum-bonum is our largest plum, and greatly esteemed for preserves and culinary purposes. The best sort of plums are agreeable at the dessert, and, when perfectly ripe, are wholesome; but some are too astringent. They lose much of their bad qualities by baking, and are extensively used, from their cheapness, when in full season, in tarts and preserves, but they are not a very wholesome fruit, and should be eaten in moderation.

2194.—PRESERVED PLUMS.

Ingredients.—To every lb. of fruit allow ¾ lb. of loaf sugar; for the thin syrup, ¼ lb. of sugar to each pint of water.

Mode.—Select large ripe plums; slightly prick them, to prevent them from bursting, and simmer them very gently in a syrup made with the above proportion of sugar and water. Put them carefully into a pan, let the syrup cool, pour it over the plums, and allow them to remain for two days. Having previously weighed the other sugar, dip the lumps quickly into water, and put them into a preserving-pan with no more water than hangs about them; and boil the sugar to a syrup, carefully skimming it. Drain the plums from the first syrup; put them into the fresh syrup, and simmer them very gently until they are clear; lift them out singly into pots, pour the syrup over, and when cold, cover down to exclude the air. This preserve will remain good some time, if kept in a dry place, and makes a very nice addition to a dessert. The magnum-bonum plums answer for this preserve better than any other kind of plum. Greengages are also very delicious done in this manner.

Time.—¼ hour to 20 minutes to simmer the plums in the first syrup; 20 minutes to ½ hour very gently simmering in the second.

Seasonable from August to October.

2195.—TO PRESERVE PLUMS DRY.

Ingredients.—To every lb. of sugar allow ¼ pint of water.

Mode.—Gather the plums when they are full-grown and just turning colour; prick them, put them into a saucepan of cold water, and set them on the fire until the water is on the point of boiling. Then take them out, drain them, and boil them gently in syrup made with the above proportion of sugar and water; and if the plums shrink and will not take the sugar, prick them as they lie in the pan; give them another boil, skim, and set them by. The next day add some more sugar, boiled almost to candy, to the fruit and syrup; put all together into a wide-

mouthed jar, and place them in a cool oven for 2 nights; then drain the plums from the syrup, sprinkle a little powdered sugar over, and dry them in a cool oven.

Time.—15 to 20 minutes to boil the plums in the syrup.

Seasonable from August to October.

Plums.—The wild sloe is the parent of the plum, but the acclimated kinds come from the East. The cultivation of this fruit was probably attended to very early in England, as Gerrard informs us that in 1597, he had in his garden, in Holborn, threescore sorts. The sloe is a shrub common in our hedgerows, and belongs to the natural order *Amygdaleæ*; the fruit is about the size of a large pea, of a black colour, and covered with a bloom of a bright blue. It is one of the few indigenous to our island. The juice is extremely sharp and astringent, and was formerly employed as a medicine, where astringents were necessary. It now assists in the manufacture of a red wine made to imitate port, and also for adulteration. The leaves have been used to adulterate tea: the fruit, when ripe, makes a good preserve.

2196.—STEWED FRENCH PLUMS.

(*A Dessert Dish.*)

Ingredients.—1½ lb. of French plums, ¾ pint of syrup, No. 2115, 1 glass of port, the rind and juice of 1 lemon.

Mode.—Stew the plums gently in water for 1 hour; strain the water, and with it make the syrup. When it is clear, put in the plums with the port, lemon-juice and rind, and simmer very gently for 1½ hour. Arrange the plums on a glass dish, take out the lemon-rind, pour the syrup over the plums, and, when cold, they will be ready for table. A little allspice stewed with the fruit is by many persons considered an improvement.

Time.—1 hour to stew the plums in water, 1½ hour in the syrup. **Average Cost,** 2*s.*

Sufficient for 7 or 8 persons.

Seasonable in winter.

2197.—PRESERVED PUMPKIN.

Ingredients.—To each lb. of pumpkin allow 1 lb. of roughly pounded loaf sugar, 1 gill of lemon-juice.

Mode.—Obtain a good sweet pumpkin; halve it, take out the seeds, and pare off the rind; cut it into neat slices, or into pieces about the size of a five-shilling piece. Weigh the pumpkin, put the slices in a pan or deep dish in layers, with the sugar sprinkled between them; pour the lemon-juice over the top, and let the whole remain for 2 or 3 days. Boil altogether, adding half a pint of water to every 3 lbs. of sugar used, until the pumpkin becomes tender; then turn the whole into a pan, where let it remain for a week; then drain off the syrup, boil it until it is quite thick; skim, and pour it, boiling, over the pumpkin. A little bruised ginger, and lemon-rind thinly pared, may be boiled in the syrup to flavour the pumpkin.

Time.—From ½ to ¾ hour to boil the pumpkin tender. **Average Cost,** 5*d.* to 7*d.* per lb. pot.

Seasonable in September and October; but better when made in the latter month, as the pumpkin is then quite ripe.

Note.—Vegetable marrows are very good prepared in the same manner, but not quite so rich.

2198.—STEWED PRUNES.

(An Excellent Dish for Children.)

Ingredients.—Prunes, sugar, water.

Mode.—Wash the fruit, and for every pound allow half a pound of raw sugar and 1 pint of water. Boil the sugar and water together for 10 minutes, then put in the fruit, and let it boil gently for 2 hours, or until quite tender, so that it breaks if touched. Drain the syrup from the prunes, and boil it until it becomes thick, put the prunes back into it, and let them stand until the next day.

Time.—2½ hours. **Average Cost,** 8*d.* per lb.

Seasonable at any time.

2199.—QUINCE JELLY.

Ingredients.—To every pint of juice allow 1 lb. of loaf sugar.

Mode.—Pare and slice the quinces, and put them into a preserving-pan with sufficient water to float them. Boil them until tender, and the fruit is reduced to a pulp; strain off the clear juice, and to each pint allow the above proportion of loaf sugar. Boil the juice and sugar together for about three-quarters of an hour, remove all the scum as it rises; and, when the jelly appears firm upon a little being poured on a plate, it is done. The residue left on the sieve will answer to make a common marmalade, for immediate use, by boiling it with half a lb. of common sugar to every lb. of pulp.

Time.—3 hours to boil the quinces in water; ¾ hour to boil the jelly. **Average Cost,** 10*d.* per lb. pot.

Seasonable from August to October.

2200.—QUINCE MARMALADE.

Ingredients.—To every lb. of quince pulp allow ¾ lb. of loaf-sugar.

Mode.—Slice the quinces into a preserving-pan, adding sufficient water for them to float; place them on the fire to stew until reduced to a pulp, keeping them stirred occasionally from the bottom, to prevent their burning; then pass the pulp through a hair sieve to keep back the skin and seeds. Weigh the pulp, and to each pound add lump sugar in the above proportion, broken very small. Place the whole on the fire, and keep it well stirred from the bottom of the pan with a wooden spoon, until reduced to a marmalade, which may be known by dropping a little on a cold plate, when, if it jellies, it is done. Put it into jars whilst hot; let it cool, and cover with pieces of oiled paper cut to the size of the mouths

of the jars. The tops of them may be afterwards covered with pieces of bladder, or tissue-paper brushed over on both sides with the white of an egg.

Time.—3 hours to boil the quinces without the sugar; ¾ hour to boil the pulp with the sugar. **Average Cost,** 10*d.* per lb. pot.

Sufficient.—Allow 1 pint of sliced quinces for a lb. pot.

Seasonable in August, September and October.

2201.—PRESERVED QUINCES.

Ingredients.—Quinces, sugar, water.

Mode.—Pare and quarter the fruit; boil in enough water to keep them whole; when they are tender take them out, and to each pound of quinces add 1 lb. of white sugar; let them stand with the sugar on until the next day, when the syrup will be as light and clear as amber; put them in the pan and let them boil 20 minutes; they never get hard. The water they were boiled in may be used to make a jelly of the parings; add 1 lb. of white sugar to each pint of juice, and boil half an hour.

Time.—3 hours. **Average Cost,** 1*s.* per lb.

Seasonable August, September and October.

2202.—RAISIN CHEESE.

Ingredients.—To every lb. of raisins allow ½ lb. of loaf sugar; pounded cinnamon and cloves to taste.

Mode.—Stone the raisins; put them into a stewpan with the sugar, cinnamon and cloves, and let them boil for 1½ hour, stirring all the time. Let the preparation cool a little, pour it into a glass dish, and garnish with strips of candied lemon-peel and citron. This will remain good some time, if kept in a dry place.

Time.—1½ hour. **Average Cost,** for one dish, 9*d.*

Sufficient.—1 lb. for 4 or 5 persons.

Seasonable at any time.

2203.—RAISINÉ.

Ingredients.—Grapes, pears, sugar (if with unripe grapes).

Mode.—Get some very ripe but quite sound grapes, squeeze the juice from them, and boil it till it is reduced one half. Peel and core some pears, cut them into quarters, and put them in the grape syrup. Let it boil till it is reduced a third. Raisiné may be made with unripe grapes, but in this case sugar must be added, allowing a quarter of a pound to every pint of the grape juice.

Time.—1½ hour. **Average Cost,** 9*d.* per pint; with sugar, 10*d.*

Seasonable in September and October.

2204.—RASPBERRY JAM.

Ingredients.—To every lb. of raspberries allow 1 lb. of sugar, ½ pint of red-currant juice.

Mode.—Let the fruit for this preserve be gathered in fine weather, and used as soon after it is picked as possible. Take off the stalks, put the raspberries into a preserving-pan, break them well with a wooden spoon and let them boil for a quarter of an hour, keeping them well stirred. Then add the currant-juice and sugar, and boil again for half an hour. Skim the jam well after the sugar is added, or the preserve will not be clear. The addition of the currant-juice is a very great improvement to this preserve, as it gives it a piquant taste, which the flavour of the raspberries seems to require.

Time.—¼ hour to simmer the fruit without the sugar; ½ hour after it is added. **Average Cost,** from 6*d.* to 8*d.* per lb. pot.

Sufficient.—Allow about 1 pint of fruit to fill a 1-lb. pot.

Seasonable in July and August.

2205.—RASPBERRY JELLY.

Ingredients.—To each pint of juice allow ¾ lb. of loaf sugar.

Mode.—Let the raspberries be freshly gathered, quite ripe, and picked from the stalks; put them into a large jar, after breaking the fruit a little with a wooden spoon, and place the jar, covered, in a saucepan of boiling water. When the juice is well drawn, which will be in from three-quarters to one hour, strain the fruit through a fine hair sieve or cloth; measure the juice, and to every pint allow the above proportion of loaf sugar. Put the juice and sugar into a preserving-pan, place it over the fire, and boil gently until the jelly thickens upon a little being poured on a plate; carefully remove all the scum as it rises, pour the jelly into small pots, cover down, and keep in a dry place. This jelly answers for making raspberry cream, and for flavouring various sweet dishes, when, in winter, the fresh fruit is not obtainable.

Time.—¾ to 1 hour to draw the juice. **Average Cost,** from 9*d.* to 1*s.* per lb. pot.

Sufficient.—From 3 pints to 2 quarts of fruit should yield 1 pint of juice.

Seasonable.—This should be made in July or August.

2206.—RHUBARB JAM.

Ingredients.—To every lb. of rhubarb allow 1 lb. of loaf sugar, the rind of ½ a lemon.

Mode.—Wipe the rhubarb perfectly dry, take off the string or peel, and weigh it; put it into a preserving-pan, with sugar in the above pro-

portion ; mince the lemon-rind very finely, add it to the other ingredients, and place the preserving-pan by the side of the fire ; keep stirring to prevent the rhubarb from burning, and when the sugar is well dissolved, put the pan more over the fire, and let the jam boil until it is done, taking care to keep it well skimmed and stirred with a wooden or silver spoon. Pour it into pots, and cover down with oiled and egged papers.

Time.—If the rhubarb is young and tender, ¾ hour, reckoning from the time it simmers equally ; old rhubarb, 1¼ to 1½ hour. **Average Cost,** 5*d.* to 7*d.* per lb. pot.

Sufficient.—About 1 pint of sliced rhubarb to fill a lb. pot.

Seasonable from February to April.

2207.—RHUBARB AND ORANGE JAM.

(*To resemble Scotch Marmalade.*)

Ingredients.—1 quart of finely-cut rhubarb, 6 oranges, 1½ lb. of loaf sugar.

Mode.—Peel the oranges ; remove as much of the white pith as possible, divide them, and take out the pips ; slice the pulp into a preserving-pan, add the rind of half the oranges cut into thin strips, and the loaf sugar, which should be broken small. Peel the rhubarb, cut it into thin pieces, put it to the oranges, and stir all together over a gentle fire until the jam is done. Remove all the scum as it rises, put the preserve into pots, and, when cold, cover down. Should the rhubarb be very old, stew it alone for a quarter of an hour before the other ingredients are added.

Time.—¾ to 1 hour. **Average Cost,** from 6*d.* to 8*d.* per lb. pot.

Seasonable from February to April.

2208.—RASPBERRY AND CURRANT, OR ANY FRESH FRUIT SALAD.

(*A Dessert Dish.*)

Mode.—Fruit salads are made by stripping the fruit from the stalks, piling it on a dish, and sprinkling over it finely-pounded sugar. They may be made of strawberries, raspberries, currants, or any of these fruits mixed ; peaches also make a very good salad. After the sugar is sprinkled over, about 6 large tablespoonfuls of wine or brandy, or 3 tablespoonfuls of liqueur, should be poured in the middle of the fruit ; and, when the flavour is liked, a little pounded cinnamon may be added. In helping the fruit, it should be lightly stirred, that the wine and sugar may be equally distributed.

Sufficient.—1½ pint of fruit, with 3 oz. of pounded sugar, for 4 or 5 persons.

Seasonable in summer.

2209.—STRAWBERRIES AND CREAM.

Ingredients.—To every pint of picked strawberries allow ½ pint of cream, 2 oz. of finely-pounded sugar.

Mode.—Pick the stalks from the fruit, place it on a glass dish, sprinkle over it pounded sugar, and slightly stir the strawberries, that they may all be equally sweetened; pour the cream over the top, and serve. Devonshire cream, when it can be obtained, is exceedingly delicious for this dish; and, if very thick indeed, may be diluted with a little thin cream or milk.

Average Cost, for one dish, 1*s.* 6*d.*

Sufficient for 4 or 5 persons.

Seasonable in June and July.

2210.—STRAWBERRY JAM.

Ingredients.—To every lb. of fruit allow 1¼ lb. of loaf sugar.

Mode.—Select well-ripened but sound strawberries; pick them from the stalks, and put the fruit and sugar in a preserving-pan. Simmer the whole over a moderate fire from a half to three-quarters of an hour, carefully removing the scum as it rises. Stir the jam only enough to prevent it from burning at the bottom of the pan, as the fruit should be preserved as whole as possible. Put the jam into jars, and, when cold, cover down.

Time.—½ to ¾ hour, reckoning from the time the jam simmers all over. **Average Cost,** from 7*d.* to 8*d.* per lb. pot.

Sufficient.—12 pints of strawberries will make 10 lb.-pots of jam.

Seasonable in June and July.

2211.—PRESERVED STRAWBERRIES IN WINE.

Ingredients.—To every quart bottle allow ¼ lb. of finely-pounded loaf sugar; sherry or Madeira.

Mode.—Let the fruit be gathered in fine weather, and used as soon as picked. Have ready some perfectly dry glass bottles, and some rice soft corks or bungs. Pick the stalks from the strawberries, drop them into the bottles, sprinkling amongst them pounded sugar in the above proportion, and when the fruit reaches to the neck of the bottle, fill up with sherry or Madeira. Cork the bottles down with new corks, and dip them into melted resin.

Seasonable.—Make this in June or July.

2212.—TO PRESERVE STRAWBERRIES WHOLE.

Ingredients.—To every lb. of fruit allow 1½ lb. of good loaf sugar, 1 pint of red-currant-juice.

Mode.—Choose the strawberries not too ripe, of a fine large sort and of a good colour. Pick off the stalks, lay the strawberries in a dish, and sprinkle over them half the quantity of sugar, which must be finely pounded. Shake the dish gently, that the sugar may be equally distributed and touch the under-side of the fruit, and let it remain for 1 day. Then have ready the currant-juice, drawn as for red-currant jelly No. 2143; boil it with the remainder of the sugar until it forms a thin syrup, and in this simmer the strawberries and sugar, until the whole is sufficiently jellied. Great care must be taken not to stir the fruit roughly, as it should be preserved as whole as possible. Strawberries prepared in this manner are very good served in glasses and mixed with thin cream.

Time.—¼ hour to 20 minutes to simmer the strawberries in the syrup.

Seasonable in June and July.

2213.—TO PRESERVE STRAWBERRIES.

Ingredients.—To every lb. of fruit allow the same amount of double refined loaf sugar.

Mode.—Select fine large strawberries, and strip them of stalks, &c. Weigh the strawberries, and allow to each pound 1 lb. of the best double-refined loaf sugar, finely powdered. Divide the sugar into two equal portions. Put a layer of strawberries into the bottom of a preserving-pan, and cover them with a layer of sugar, then a layer of strawberries, then a layer of sugar, until half the sugar is in. Next set the pan over a moderate fire, and let it boil slowly till all the sugar is melted. Then put in, gradually, the remainder of the sugar, and, after it is all in, let it boil hard for 5 minutes, taking off the scum with a thin wooden spoon; there will be little scum if the sugar be of the very best quality. Afterwards remove the pan from the fire and take out the strawberries very carefully in a spoon. Spread out the fruit on large, flat dishes, so as not to touch each other, and set them immediately in a cold place, or on ice. Hang the pan again on the fire, and give the syrup one boil up, skimming it if necessary. Place a fine strainer over the top of a basin, and pour the syrup through it. Then put the strawberries into glass jars or tumblers; pour into each an equal portion of the syrup. Lay at the top a piece of white paper dipped in brandy. Seal the jars tightly.

Raspberries may be preserved in the same way. Also large, ripe gooseberries. To each lb. of gooseberries allow 1½ lb. of sugar.

Time.—20 minutes.

Seasonable in June and July

2214.—PRESERVED TOMATOES.

Ingredients.—7 lb. of tomatoes, 1 pint of vinegar, 3½ lbs. of sugar, 1 oz. each of cloves, allspice, cinnamon.

Mode.—Scald and peel the tomatoes, which must be ripe; drain them well; boil for five minutes the vinegar, sugar and spice (tied in a muslin bag), then put in the tomatoes and boil half an hour; use whole spices. Keep this in a stone jar covered tightly.

Time.—35 minutes. **Average Cost,** 5*s.* for this amount.

Seasonable.—August, September and October.

2215.—TO PRESERVE VEGETABLE MARROW.

Ingredients.—Equal quantities of marrows and sugar, lemon and ginger.

Mode.—Peel some good marrows, and take out the seeds. Cut the vegetables in pieces of the size of a large walnut, boil them with their weight of sugar (good preserving) till the pieces, which should be shapely, are transparent. Use no water. Flavour with lemon or ginger, or both, as preferred.

Time.—1 hour. **Average Cost,** 5*d.* per lb. pot.

Seasonable in July, August and September.

2216.—VEGETABLE MARROW PRESERVED WITH GINGER.

Ingredients.—Same as above.

Mode.—Cut the marrows in strips, remove the pulp and seeds, weigh them, and to each pound of marrow allow 1 lb. of lump sugar; lay the marrow and sugar in a pan all night; add to every 5 lbs. of marrows 2 oz. of ginger cut into pieces, and 3 lemons, the thin peel cut into small strips and the juice squeezed and strained; put into a preserving-pan and boil very gently for 4 hours. Take care not to let it boil fast, or it will crystallise.

Time.—4 hours. **Average Cost,** 6*d.* per lb. pot.

Seasonable in July, August and September.

PICKLES AND STORE SAUCES.

2217.—PICKLED BEETROOT. (*Fr.*—Betteraves Marinées.)

Ingredients.—Sufficient vinegar to cover the beets, 2 oz. of whole pepper, 2 oz. of allspice to each gallon of vinegar.

Mode.—Wash the beets free from dirt, and be very careful not to prick

the outside skin, or they would lose their beautiful colour. Put them into boiling water, let them simmer gently, and when about three-parts done, which will be in 1½ hour, take them out and let them cool. Boil the vinegar with pepper and allspice, in the above proportions, for 10 minutes, and when cold, pour it on the beets, which must be peeled and cut into slices about half an inch thick. Cover with bladder to exclude the air, and in a week they will be fit for use.

Average Cost, 1*s.* per dozen.

2218.—PICKLED RED CABBAGE.

(*Fr.*—Choux Marinés.)

Ingredients.—Red cabbages, salt and water; to each quart of vinegar, ½ oz. of ginger well bruised, 1 oz. of whole black pepper, and, when liked, a little cayenne.

Mode.—Take off the outside decayed leaves of a nice red cabbage, cut it into quarters, remove the stalks, and cut it across in very thin slices. Lay these on a dish, and strew them plentifully with salt, covering them with another dish. Let them remain for 24 hours, turn into a colander to drain, and, if necessary, wipe lightly with a clean soft cloth. Put them in a jar; boil up the vinegar with spices in the above proportion, and, when cold, pour it over the cabbage. It will be fit for use in a week or two, and if kept for a very long time, the cabbage is liable to get soft and to discolour. To be really nice and crisp, and of a good red colour, it should be eaten almost immediately after it is made. A little bruised cochineal boiled with the vinegar adds much to the appearance of this pickle. Tie down with bladder, and keep in a dry place.

Seasonable in July and August, but the pickle will be much more crisp if the frost has just touched the leaves.

Red Cabbage.—This plant, in its growth, is similar in form to that of the white, but is of a bluish-purple colour, which, however, turns red on the application of acid, as is the case with all vegetable blues. It is principally from the white vegetable that the Germans make their *sauer kraut*—a dish held in such high estimation with the inhabitants of Vaterland, but which requires, generally speaking, with strangers, a long acquaintance, in order to become sufficiently impressed with its numerous merits. The large red Dutch is the kind generally recommended for pickling.

2219.—PICKLED CAPSICUMS.

Ingredients.—Vinegar, ¼ oz. of pounded mace and ¼ oz. of grated nutmeg to each quart, brine.

Mode.—Gather the pods, with the stalks on, before they turn red, slit them down the side with a small pointed knife, and remove the seeds only; put them in a strong brine for 3 days, changing it every morning; then take them out, lay them on a cloth, with another one over them, until they are perfectly free from moisture. Boil sufficient vinegar to cover them, with mace and nutmeg in the above proportions; put the

pods in a jar, pour over the vinegar when cold, and exclude them from the air by means of a wet bladder tied over.

2220.—PICKLED CHERRIES.

Ingredients.—Cherries, 1 gallon of vinegar, 4 lbs. of sugar.

Mode.—Remove all specked ones; put the others into a jar and pour over them hot vinegar and sugar in the above proportions; see that the fruit is covered. Let it stand a week, then pour off the vinegar; boil and skim, and again pour hot over the fruit. As soon as it is cold, tie down.

Time.—7 days. **Average Cost,** 6*d.* per lb.

Seasonable in August and September.

2221.—PICKLED CUCUMBERS.

(*Fr.*—Concombres Marinés.)

Ingredients.—1 oz. of whole pepper, 1 oz. of bruised ginger; sufficient vinegar to cover the cucumbers.

Mode.—Cut the cucumbers in thick slices, sprinkle salt over them, and let them remain for 24 hours. The next day drain them well for 6 hours, put them into a jar, pour boiling vinegar over them, and keep them in a warm place. In a short time, boil up the vinegar again, add pepper and ginger in the above proportion, and instantly cover them up. Tie them down with bladder, and in a few days they will be fit for use.

Note.—Cucumber pickle may also be made by slicing it with one third the quantity of onions, covering the slices with salt and letting stand all night, then in the morning after draining, dressing it with oil, vinegar and pepper. It will be ready for use in a few days, and will keep crisp for a long time. The best oil and vinegar should be used.

2222.—GERMAN METHOD OF KEEPING CUCUMBERS FOR WINTER USE.

Ingredients.—Cucumbers, salt.

Mode.—Pare and slice the cucumbers (as for the table), sprinkle well with salt, and let them remain for 24 hours; strain off the liquor, pack in jars a thick layer of cucumbers and salt alternately; tie down closely, and, when wanted for use, take out the quantity required, wash them well in fresh water, and dress as usual with pepper, vinegar, and oil.

THE CUCUMBER.

The Cucumber.—Though the melon is far superior in point of flavour to this fruit, yet it is allied to the cucumber, which is known to naturalists as *Cucumis sativus*. The modern Egyptians, as did their forefathers, still eat it, and others of its class. Cucumbers were observed, too, by Bishop Heber, beyond the Ganges, in India; and Burckhardt noticed them in Palestine.

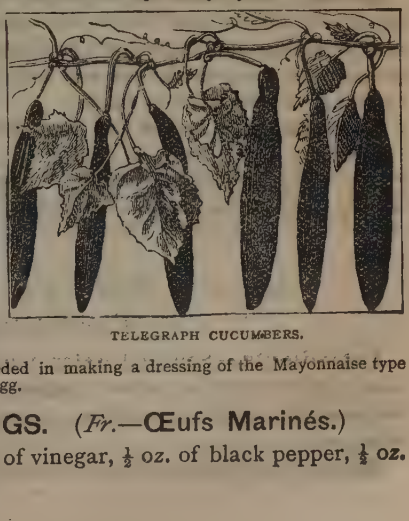
2223.—AN EXCELLENT WAY OF PRESERVING CUCUMBERS.

Ingredients.—Salt and water; 1 lb. of lump sugar, the rind of 1 oz. of ginger, cucumbers.

Mode.—Choose the greenest cucumbers, and those that are most free from seeds; put them in strong salt-and-water, with a cabbage-leaf to keep them down; tie a paper over them, and put them in a warm place till they are yellow; then wash them and set them over the fire in fresh water, with a very little salt, and another cabbage-leaf over them; cover very closely, but take care they do not boil. If they are not a fine green, change the water again, cover them as before, and make them hot. When they are a good colour, take them off the fire and let them cool; cut them in quarters, take out the seeds and pulp, and put them into cold water. Let them remain for 2 days, changing the water twice each day to draw out the salt. Put the sugar, with half a pint of water, in a saucepan over the fire; remove the scum as it rises, and add the lemon-peel and ginger with the outside scraped off; when the syrup is tolerably thick, take it off the fire, and when *cold*, wipe the cucumbers *dry*, and put them in. Boil the syrup once in 2 or 3 days for 3 weeks; strengthen it if required, and let it be quite cold before the cucumbers are put in. Great attention must be paid to the directions in the commencement of this recipe, as, if these are not properly carried out, the result will be far from satisfactory.

Seasonable.—This recipe should be used in June, July or August.

Salting Cucumbers and Salads.—It is thought by some people that the juice of a freshly-cut cucumber contains a certain amount of poison, which it is necessary to extract with salt sprinkled over the slices some time before the dish is required, when they are drained from the moisture that has escaped before the remainder of the dressing is added. This treatment, however, takes away much of the delightful crispness and freshness of a good cucumber, and renders it flabby, so cooks who really know how to serve vegetables (How few do in England?) omit the salt altogether, put pepper and oil on first, and the vinegar the moment before serving. If there be any poison in the cucumber, its proportion must be infinitesimal in the quantity consumed by each person, certainly not sufficient to do anyone any harm. Lettuces also suffer from the addition of salt when cut up for salad, and it should not be used for a plain one dressed with pepper, oil and vinegar; though a little is needed in making a dressing of the Mayonnaise type when the foundation is composed of yolk of egg.

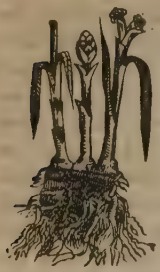


TELEGRAPH CUCUMBERS.

2224.—TO PICKLE EGGS. (*Fr.*—Œufs Marinés.)

Ingredients.—16 eggs, 1 quart of vinegar, ½ oz. of black pepper, ½ oz. of Jamaica pepper, ½ oz. of ginger.

Mode.—Boil the eggs for 12 minutes, then dip them into cold water, and take off the shells. Put the vinegar, with the pepper and ginger, into a stewpan, and let it simmer for 10 minutes. Now place the eggs in a jar, pour over them the vinegar, &c., boiling hot, and, when cold, tie them down with bladder to exclude the air. This pickle will be ready for use in a month.



GINGER.

Average Cost, for this quantity, 1*s.* 9*d.*

Seasonable.—This should be made about Easter, as at this time eggs are plentiful and cheap. A store of pickled eggs will be found very useful and ornamental in serving with many first and second course dishes.

Ginger. (*Fr.*—Gingembre). The ginger-plant, known to naturalists as *Zingiber officinale*, is a native of the East and West Indies. It grows somewhat like the lily of the valley, but its height is about three feet. In Jamaica it flowers about August or September, fading about the end of the year. The fleshy creeping roots, which form the ginger of commerce, are in a proper state to be dug when the stalks are entirely withered. This operation is usually performed in January and February; and when the roots are taken out of the earth, each one is picked, scraped, separately washed, and afterwards very carefully dried. Ginger is generally considered as less pungent and heating to the system than might be expected from its effects on the organs of taste, and it is frequently used, with considerable effect, as an anti-spasmodic and carminative.

2225.—AN EXCELLENT PICKLE. (*Fr.*—Marinade.)

Ingredients.—Equal quantities of medium-sized onions, cucumbers, and sauce-apples; 1½ teaspoonful of salt, ¾ teaspoonful of cayenne, 1 wineglassful of soy, 1 wineglassful of sherry; vinegar.

Mode.—Slice sufficient cucumbers, onions, and apples to fill a pint stone jar, taking care to cut the slices very thin; arrange them in alternate layers, shaking in as you proceed salt and cayenne in the above proportion; pour in the soy and wine, and fill up with vinegar. It will be fit for use the day it is made.

Seasonable in August and September.

Soy.—This is a sauce frequently made use of for fish, and comes from Japan, where it is prepared from the seeds of a plant called *Dolichos Soja*. The Chinese also manufacture it; but that made by the Japanese is said to be the best. All sorts of statements have been made respecting the very general adulteration of this article in England, and we fear that many of them are too true. When genuine, it is of an agreeable flavour, thick, and of a clear brown colour.

2226.—PICKLED GHERKINS. (*Fr.*—Cornichons Marinés.)

Ingredients.—Salt and water, 1 oz. of bruised ginger, ½ oz. of whole black pepper, ¼ oz. of whole allspice, 4 cloves, 2 blades of mace, a little horseradish. This proportion of pepper, spices, &c., for 1 quart of vinegar.

Mode.—Let the gherkins remain in salt and water for 3 or 4 days,

when take them out, wipe perfectly dry, and put them into a stone jar. Boil sufficient vinegar to cover them, with spices and pepper, &c., in the above proportion, for 10 minutes; pour it, quite boiling, over the gherkins, cover the jar with vine-leaves, and put over them a plate, setting them near the fire, where they must remain all night. Next day drain off the vinegar, boil it up again, and pour it hot over them. Cover up with fresh leaves, and let the whole remain till quite cold. Now tie down closely with bladder to exclude the air, and in a month or two they will be fit for use.

GHERKINS.

Time.—4 days.

Seasonable from the middle of July to the end of August.

Gherkins.—Gherkins are young cucumbers; and the only way in which they are used for cooking purposes is pickling them, as by the recipe here given. Not having arrived at maturity, they have not, of course, so strongly a developed flavour as cucumbers, and, as a pickle, they are very general favourites.

2227.—INDIAN PICKLE. (*Fr.*—Marinade à l'Indienne.)

(*Very Superior.*)

Ingredients.—To each gallon of vinegar allow 6 cloves of garlic, 12 shalots, 2 sticks of sliced horseradish, ¼ lb. of bruised ginger, 2 oz. of whole black pepper, 1 oz. of long pepper, 1 oz. of allspice, 12 cloves, ¼ oz. of cayenne, 2 oz. of mustard seed, ¼ lb. of mustard, 1 oz. of turmeric; a white cabbage, cauliflowers, radish pods, French beans, gherkins, small round pickling-onions, nasturtiums, capsicums, chilies, &c.

Mode.—Cut the cabbage, which must be hard and white, into slices, and the cauliflowers into small branches; sprinkle salt over them in a large dish, and let them remain two days; then dry them, and put them into a very large jar, with garlic, shalots, horseradish, ginger, pepper, allspice, and cloves, in the above proportions. Boil sufficient vinegar to cover them, which pour over, and, when cold, cover up to keep them free from dust. As the other things for the pickle ripen at different times, they may be added as they are ready; these will be radish pods, French beans, gherkins, small onions, nasturtiums, capsicums, chilies, &c. &c. As these are procured, they must, first of all, be washed in a little cold vinegar, wiped, and then simply added to the other ingredients in the large jar, only taking care that they are *covered* by the vinegar. If more vinegar should be wanted to add to the pickle, do not omit to boil it before adding it to the rest. When you have collected all the things you require, turn all out into a large pan, and thoroughly mix them. Now put

the mixed vegetables into smaller jars, without any of the vinegar; then boil the vinegar again, adding as much more as will be required to fill the different jars, and also cayenne, mustard-seed, turmeric and mustard, which must be well mixed with a little cold vinegar, allowing the quantities named above to each gallon of vinegar. Pour the vinegar, boiling hot, over the pickle, and, when cold, tie down with a bladder. If the pickle is wanted for immediate use, the vinegar should be boiled twice more, but the better way is to make it during one season for use during the next. It will keep for years, if care is taken that the vegetables are quite covered by the vinegar.

This recipe was taken from the directions of a lady whose pickle was always pronounced excellent by all who tasted it, and who has, for many years, exactly followed the recipe given above.

Note.—For small families, perhaps the above quantity of pickle will be considered too large; but this may be decreased at pleasure, taking care to properly proportion the various ingredients.

Keeping Pickles.—Nothing shows more, perhaps, the difference between a tidy, thrifty house wife and a lady to whom these desirable epithets may not honestly be applied, than the appearance of their respective storeclosets. The former is able, the moment anything is wanted, to put her hand on it at once; no time is lost, no vexation incurred, no dish spoilt for the want of "just a little something;" the latter, on the contrary, hunts all over her cupboard for the ketchup the cook requires, or the pickle the husband thinks he should like a little of with his cold roast beef or mutton-chop, and vainly seeks for the Embden groats, or arrowroot, to make one of her little boys some gruel. One plan, then, we strenuously advise all who do not follow to begin at once, and that is, to label all their various pickles and store sauces, in the same way as the cut here shows. It will occupy a little time at first, but there will be economy of it in the long run.

PICKLE JAR.

Vinegar.—The term is derived from two French words, *vin aigre*, "sour wine" and should, therefore, be strictly applied to that which is made only from wine. As the acid is the same, however it is procured, that made from ale also takes the same name. Nearly all ancient nations were acquainted with the use of vinegar. We learn in *Ruth*, that the reapers in the East, soaked their bread in it to freshen it. The Romans kept large quantities of it in their cellars, using it, to a great extent, in their seasonings and sauces. This people attributed very beneficial qualities to it, as it was supposed to be digestive, antibilious, and antiscorbutic, as well as refreshing. Spartianus, a Latin historian, tells us that, mixed with water, it was the drink of the soldiers, and that, thanks to this beverage, the veterans of the Roman army braved, by its use, the inclemency and variety of all the different seasons and climates of Europe, Asia, and Africa. It is said, the Spanish peasantry, and other inhabitants of the Southern parts of Europe, still follow this practice, and add to a gallon of water about a gill of wine vinegar, with a little salt; and that this drink, with a little bread, enables them, under the heat of their burning sun, to sustain the labours of the field.

2228.—PICKLED INDIAN MAIZE.

Ingredients.—Green corn, pickling spices, bay-leaves, shalots, mustard seed, salt, vinegar.

Mode.—Salt some water thoroughly, and boil in it the green corn ears of maize boil up once, and set them to drain. Put them in the pickling-jars with the usual spices, and an addition of bay leaves and a few shalots (the quantities of these must be as taste directs) boiled in vinegar. Pour the vinegar, when cold, over the corn. Put in a good

sprinkling of mustard seed, and tie the jars securely down with bladder.

Seasonable.—Make this in June.

2229.—LADIES' DELIGHT PICKLE.

Ingredients.—8 oz. of onions, 8 oz. of apples, 2 oz. of chilies, 1 pint of white wine vinegar, 1 tablespoonful of salt.

Mode.—Chop the onions, apples and chilies; then boil the vinegar and salt and pour it over the ingredients named before; mix well, and when quite cold put it into small jars. It is to be eaten with cold meat.

Seasonable in September.

[I believe this is fully as much the Gentlemen's Delight.—ED.]

2230.—TO PICKLE LEMONS WITH THE PEEL ON.
(*Fr.*—Citrons Marinés.)

Ingredients.—6 lemons, 2 quarts of boiling water; to each quart of vinegar allow ½ oz. of cloves, ½ oz. of white pepper, 1 oz. of bruised ginger, ¼ oz. of mace and chilies, 1 oz. of mustard seed, ½ stick of sliced horse-radish, a few cloves of garlic.

Mode.—Put the lemons into a brine that will bear an egg; let them remain in it 6 days, stirring them every day; have ready 2 quarts of boiling water, put in the lemons, and allow them to boil for a quarter of an hour; take them out and let them lie in a cloth until perfectly dry and cold. Boil up sufficient vinegar to cover the lemons, with all the above ingredients, allowing the same proportion as stated to each quart of vinegar. Pack the lemons in a jar, pour over the vinegar, &c. boiling hot, and tie down with a bladder. They will be fit for use in about 12 months, or rather sooner.

Seasonable.—This should be made from November to April.

The Lemon.—In the earlier ages of the world, the lemon does not appear to have been at all known, and the Romans only became acquainted with it at a very late period, and then only used it to keep moths from their garments. Its acidity would seem to have been unpleasant to them; and in Pliny's time, at the commencement of the Christian era, this fruit was hardly accepted, otherwise than as an excellent antidote against the effects of poison. Many anecdotes have been related concerning the anti-venomous properties of the lemon; Athenæus, a Latin writer, telling us, that on one occasion two men felt no effects from the bites of dangerous serpents, because they had previously eaten of this fruit.

2231.—TO PICKLE LEMONS WITHOUT THE PEEL.
(*Fr.*—Citrons Marinés.)

Ingredients.—6 lemons, 1 lb. of fine salt, to each quart of vinegar; the same ingredients as No. 2230.

Mode.—Peel the lemons, slit each one down 3 times, so as not to

divide them, and rub the salt well into the divisions; place them in a pan, where they must remain for a week, turning them every other day; then put them in a Dutch oven before a clear fire until the salt has become perfectly dry; then arrange them in a jar. Pour over sufficient boiling vinegar to cover them, to which have been added the ingredients mentioned in the foregoing recipe; tie down closely, and in about 9 months they will be fit for use.

Seasonable.—The best time to make this is from November to April.

Note.—After this pickle has been made from 4 to 5 months, the liquor may be strained and bottled, and will be found an excellent lemon ketchup.

Lemon-juice.—Citric acid is the principal component part of lemon-juice, which, in addition to the agreeableness of its flavour, is also particularly cooling and grateful. It is, likewise, an antiscorbutic; and this quality enhances its value. In order to combat the fatal effects of scurvy amongst the crews of ships at sea, a regular allowance of lemon-juice is served out to the men; and by this practice, the disease has almost entirely disappeared. By putting the juice into bottles, and pouring on the top sufficient oil to cover it, it may be preserved for a considerable time. Italy and Turkey export great quantities of it in this manner.

2232.—PICKLED MUSHROOMS.
(*Fr.*—Champignons Marinés.)

Ingredients.—Sufficient vinegar to cover the mushrooms; to each quart of mushrooms, 2 blades of pounded mace, 1 oz. of ground pepper, salt to taste.

Mode.—Choose some nice young button-mushrooms for pickling, and rub off the skin with a piece of flannel and salt, and cut off the stalks. A quicker and easier method is to throw the small mushrooms into a pan of salted water, rinse them round quickly, take them out, and wipe them dry. If very large, take out the red inside, and reject the black ones, as they are too old. Put them in a stewpan, sprinkle salt over them, with pounded mace and pepper in the above proportion; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for 1 minute, and store it away in stone jars for use. When cold, tie down with bladder and keep in a dry place; they will remain good for a length of time, and are generally considered delicious.

Seasonable.—Make this the same time as ketchup, from the beginning of September to the middle of October.

2233.—MIXED PICKLE. (*Fr.*—Marinade.)
(Very good.)

Ingredients.—To each gallon of vinegar allow ¼ lb. of bruised ginger, ¼ lb. of mustard, ¼ lb. of salt, 2 oz. of mustard-seed, 1½ oz. of turmeric, 1 oz. of ground black pepper, ¼ oz. of cayenne, cauliflowers,

onions, celery, sliced cucumbers, gherkins, French beans, nasturtiums capsicums.

Mode.—Have a large jar, with a tightly-fitting lid, in which put as much vinegar as required, reserving a little to mix the various powders to a smooth paste. Put into a basin the mustard, turmeric, pepper and cayenne; mix them with vinegar, and stir well until no lumps remain; add all the ingredients to the vinegar, and mix well. Keep this liquor in a warm place, and thoroughly stir every morning for a month with a wooden spoon, when it will be ready for the different vegetables to be added to it. As these come into season, have them gathered on a dry day, and after merely wiping them with a cloth, to free them from moisture, put them into the pickle. The cauliflowers, it may be said, must be divided into small bunches. Put all these into the pickle raw, and at the end of the season, when there have been added as many of the vegetables as could be procured, store it away in jars, and tie over with bladder. As none of the ingredients are boiled, this pickle will not be fit to eat till 12 months have elapsed. Whilst the pickle is being made, keep a wooden spoon tied to the jar; and its contents, it may be repeated, must be stirred every morning.

Seasonable.—Make the pickle-liquor in May or June, as the season arrives for the various vegetables to be picked.

2234.—PICKLED NASTURTIUMS.

(*A very good Substitute for Capers.*)

Ingredients.—To each pint of vinegar, 1 oz. of salt, 6 peppercorns nasturtiums.

Mode.—Gather the nasturtium-pods on a dry day, and wipe them clean with a cloth; put them in a dry glass bottle, with vinegar, salt and pepper, in the above proportion. If you cannot find enough ripe to fill a bottle, cork up what you have got until you have some more fit; they may be added from day to day. Bung up the bottles, and seal or rosin the tops. They will be fit for use in 10 or 12 months; and the best way is to make them one season for the next.

NASTURTIUMS.

Seasonable.—Look for nasturtium-pods from the end of July to the end of August.

Nasturtiums.—The elegant nasturtium-plant, called by naturalists *Tropæolum*, and which sometimes goes by the name of Indian cress, came originally from Peru, but was easily made to grow in these islands. Its young leaves and flowers are of a slightly hot nature, and many consider them a good adjunct to salads, to which they certainly add a pretty appearance. When the beautiful blossoms, which may be employed with great effect in garnishing dishes, are off, then the fruit is used as described in the above recipe.

2235.—PICKLED ONIONS. (*Fr.*—Oignons Marinés.)

Ingredients.—1 gallon of pickling onions, salt and water, milk; to each ½ gallon of vinegar, 1 oz. of bruised ginger, ¼ teaspoonful of cayenne, 1 oz. of allspice, 1 oz. of whole black pepper, ¼ oz. of whole nutmeg bruised, 8 cloves, ¼ oz. of mace.

Mode.—Gather the onions, which should not be too small, when they are quite dry and ripe; wipe off the dirt, but do not pare them; make a strong solution of salt and water, into which put the onions, and change this, morning and night, for 3 days, and save the *last* brine they are put in. Then take the outside skin off, and put them into a tin saucepan capable of holding them all, as they are always better done together. Now take equal quantities of milk and the last salt and water the onions were in, and pour this to them; to this add 2 large spoonfuls of salt, put them over the fire and watch them very attentively. Keep constantly turning the onions about with a wooden skimmer, those at the bottom to the top, and *vice versâ*; and let the milk and water run through the holes of the skimmer. Remember, the onions must never boil, for if they do they will be good for nothing; and they should be quite transparent. Keep the onions stirred for a few minutes, and, in stirring them, be particular not to break them. Then have ready a pan with a colander, into which turn the onions to drain, covering them with a cloth to keep in the steam. Place on a table an old cloth 2 or 3 times double; put the onions on it when quite hot, and over them an old piece of blanket; cover this closely over them, to keep in the steam. Let them remain till the next day, when they will be quite cold, and look yellow and shrivelled; take off the shrivelled skins, when they should be as white as snow. Put them in a pan, make a pickle of vinegar and the remaining ingredients, boil all these up, and pour hot over the onions in the pan. Cover very closely to keep in all the steam, and let them stand till the following day, when they will be quite cold. Put them into jars or bottles, well bunged, and a tablespoonful of the best olive-oil on the top of each jar or bottle. Tie them down with bladder, and let them stand in a cool place for a month or six weeks, when they will be fit for use. They should be beautifully white, and eat crisp, without the least softness, and will keep good many months.

Time.—5 days. **Average Cost,** 1*s.* 10*d.*

Seasonable from the middle of July to the end of August.

2236.—PICKLED ONIONS. (*Fr.*—Oignons Marinés.)

(A very Simple Method, and exceedingly Good.)

Ingredients.—Pickling onions; to each quart of vinegar, 2 teaspoonfuls of allspice. 2 teaspoonfuls of whole black pepper.

Mode.—Have the onions gathered when quite dry and ripe, and, with the fingers, take off the thin outside skin: then with a silver knife (steel should not be used, as it spoils the colour of the onions), remove one more skin, when the onion will look quite clear. Have ready some very dry bottles or jars, and as fast as they are peeled, put them in. Pour over sufficient cold vinegar to cover them, with pepper and allspice in the above proportions, taking care that each jar has its share of the latter ingredients. Tie down with bladder, and put them in a dry place, and in a fortnight they will be fit for use. This is a most simple recipe and very delicious, the onions being nice and crisp. They should be eaten within 6 or 8 months after being done, as the onions are liable to become soft.

Seasonable from the middle of July to the end of August.

2237.—SPANISH ONIONS—PICKLED.

(*Fr.*—Oignons Marinés.)

Ingredients.—Onions, vinegar; salt and cayenne to taste.

Mode.—Cut the onions in thin slices; put a layer of them in the bottom of a jar; sprinkle with salt and cayenne; then add another layer of onions and season as before, proceeding in this manner till the jar is full. Pour in sufficient vinegar to cover the whole, and the pickle will be fit for use in a month.

Seasonable.—May be had in England from September to February.

2238.—PICKLED OYSTERS.

Ingredients.—100 oysters; to each ½ pint of vinegar, 1 blade of pounded mace, 1 strip of lemon-peel, 12 black peppercorns.

Mode.—Get the oysters in good condition, open them, place them in a saucepan, and let them simmer in their own liquor for about 10 minutes, very gently; then take them out, one by one, and place them in a jar, and cover them, when cold, with a pickle made as follows:—Measure the oyster-liquor; add to it the same quantity of vinegar, with mace, lemon-peel, and pepper in the above proportion, and boil it for 5 minutes; when cold, pour over the oysters, and tie them down very closely, as contact with the air spoils them.

Seasonable from September to April.

Note.—Put this pickle away in small jars; because directly one is opened, its contents should be immediately eaten, as they soon spoil. The pickle should not be kept more than 2 or 3 months.

2239.—PICKLED TOMATOES AND ONIONS.

Ingredients.—1 doz. ripe tomatoes, their weight in onions, 1 quart of vinegar, 1 teaspoonful of allspice, 2 oz. of black pepper.

Mode.—Choose ripe tomatoes, and wipe them dry, take off the skin of the onions and put, with the other ingredients, in a stewpan, where let them gently simmer for 8 hours. When cold, bottle and tie over with bladder.

Time.—8 hours. **Average Cost,** for this quantity, 3*s.*

Seasonable.—This pickle should be made in autumn.

2240.—UNIVERSAL PICKLE. (*Fr.*—Marinade Universelle.)

Ingredients.—To 6 quarts of vinegar allow 1 lb. of salt, ¼ lb. of ginger, 1 oz. of mace, ½ lb. of shalots, 1 tablespoonful of cayenne, 2 oz. of mustard-seed, 1½ oz. of turmeric.

Mode.—Boil all the ingredients together for about 20 minutes; when cold, put them into a jar with whatever vegetables you choose, such as radish-pods, French beans, cauliflowers, gherkins, &c. &c., as these come into season; put them in fresh as you gather them, having previously wiped them perfectly free from moisture and grit. This pickle will be fit for use in about 8 or 9 months.

Time.—20 minutes. **Average Cost,** 1*s.* per quart.

Seasonable.—Make the pickle in May or June, to be ready for the various vegetables.

Note.—As this pickle takes 2 or 3 months to make—that is to say, nearly that time will elapse before all the different vegetables are added—care must be taken to keep the jar which contains the pickle well covered, either with a closely-fitting lid, or a piece of bladder securely tied over, so as perfectly to exclude the air.

2241.—PICKLED WALNUTS. (*Fr.*—Noix Marinées.)

(*Very Good.*)

Ingredients.—100 walnuts, salt and water. To each quart of vinegar allow 2 oz. of whole black pepper, 1 oz. of allspice, 1 oz. of bruised ginger.

Mode.—Procure the walnuts while young; be careful they are not woody, and prick them well with a fork; prepare a strong brine of salt and water (4 lbs. of salt to each gallon of water), into which put the walnuts, letting them remain 9 days, and changing the brine every third day; drain them off, put them on a dish, place it in the sun until they become perfectly black, which will be in 2 or 3 days; have ready dry jars, into which place the walnuts, and do not quite fill the jars. Boil sufficient vinegar to cover them, for 10 minutes, with spices in the above proportion, and pour it hot over the walnuts, which must be quite covered

with the pickle; tie down with bladder, and keep in a dry place. They will be fit for use in a month, and will keep good 2 or 3 years.

Time.—10 minutes. **Average Cost,** 1*s.* 9*d.* per hundred.

Seasonable.—Make this from the beginning to the middle of July, before the walnuts harden.

Note.—When liked, a few shalots may be added to the vinegar, and boiled with it.

SAUCES.

2242.—SAUCE ARISTOCRATIQUE.

(*A Store Sauce.*)

Ingredients.—Green walnuts. To every pint of juice, 1 lb. of anchovies, 1 drachm of cloves, 1 drachm of mace, 1 drachm of Jamaica ginger bruised, 8 shalots. To every pint of the boiled liquor, ½ pint of vinegar, ½ pint of port, 2 tablespoonfuls of soy.

Mode.—Pound the walnuts in a mortar, squeeze out the juice through a strainer, and let it stand to settle. Pour off the clear juice, and to every pint of it, add anchovies, spice and cloves in the above proportion. Boil all these together till the anchovies are dissolved, then strain the juice again, put in the shalots (8 to every pint), and boil again. To every pint of the boiled liquor add vinegar, wine and soy, in the above quantities, and bottle off for use. Cork well, and seal the corks.

Seasonable.—Make this sauce from the beginning to the middle of July, when walnuts are in perfection for sauces and pickling.

Average Cost, 3*s.* 6*d.* for a quart.

Manufacture of Sauces.—In France, during the reign of Louis XII., at the latter end of the 14th century, there was formed a company of sauce manufacturers, who obtained, in those days of monopolies, the exclusive privilege of making sauces. The statutes drawn up by this company inform us that the famous sauce à la cameline, sold by them, was to be composed of "good cinnamon, good ginger, good cloves, good grains of paradise, good bread, and good vinegar." The sauce Tence was to be made of "good sound almonds, good ginger, good wine, and good verjuice." May we respectfully express a hope—not that we desire to doubt it in the least—that the English sauce-manufacturers of the 19th century are equally considerate and careful in choosing their ingredients for their various well-known preparations.

2243.—CARRACK SAUCE.

(*For Cold Meat.*)

Ingredients.—1 quart of vinegar, 15 anchovies, 3 dessertspoonfuls of mango pickle, 8 dessertspoonfuls of walnut pickle, 5 dessertspoonfuls of mushroom-ketchup, 5 dessertspoonfuls of soy, 2 heads of garlic.

Mode.—Chop and slice the ingredients, then put all into a bottle and

set it in a dry warm place. Shake it regularly every day for a month when it will be ready to use.

Note.—The mango pickle may be omitted.

2244.—BENGAL RECIPE FOR MAKING MANGO CHETNEY.

Ingredients.—1½ lb. of moist sugar, ¾ lb. of salt, ¼ lb. of garlic, ¼ lb. of onions, ¾ lb. of powdered ginger, ¼ lb. of dried chilies, ¾ lb. of mustard-seed, ¾ lb. of stoned raisins, 2 bottles of best vinegar, 30 large unripe sour apples.

Mode.—The sugar must be made into syrup; the garlic, onions and ginger be finely pounded in a mortar: the mustard-seed be washed in cold vinegar, and dried in the sun; the apples be peeled, cored, and sliced and boiled in a bottle and a half of the vinegar. When all this is done, and the apples are quite cold, put them into a large pan, and gradually mix the whole of the rest of the ingredients, including the remaining half-bottle of vinegar. It must be well stirred until the whole is thoroughly blended, and then put into bottles for use. Tie a piece of wet bladder over the mouths of the bottles, after they are well corked. This chetney is very superior to any which can be bought, and one trial will prove it to be delicious.

GARLIC.

Note.—This recipe was given by a native to an English lady who had long been a resident in India, and who, since her return to her native country, has become quite celebrated amongst her friends for the excellence of this Eastern relish.

Garlic. (*Fr.*—**Ail.**)—The smell of this plant is generally considered offensive, and it is the most acrimonious in its taste of the whole of the alliaceous tribe. In 1548 it was introduced into England from the shores of the Mediterranean, where it is abundant, and in Sicily it grows naturally. It was in greater repute with our ancestors than it is with ourselves, although it is still used as a seasoning herb. On the Continent, especially in Italy, it is much used, and the French consider it an essential in many made-dishes. It is generally sufficient to cut a clove of garlic and with it to rub the dish on which the substance to be flavoured is going to be served.

2245.—INDIAN CHETNEY SAUCE.

Ingredients.—8 oz. of sharp, sour apples, pared and cored, 8 oz. of tomatoes, 8 oz. of salt, 8 oz. of brown sugar, 8 oz. of stoned raisins, 4 oz. of cayenne, 4 oz. of powdered ginger, 2 oz. of garlic, 2 oz. of shalots, 3 quarts of vinegar, 1 quart of lemon-juice.

Mode.—Chop the apples in small square pieces, and add to them the other ingredients. Mix the whole well together, and put in a well-covered jar. Keep this is a warm place, and stir every day for a month, taking care to put on the lid after this operation; strain, but do not squeeze it

dry; store it away in clean jars or bottles for use, and the liquor will serve as an excellent sauce for meat or fish.

Seasonable.—Make this sauce when tomatoes are in full season, that is, from the beginning of September to the end of October.

Pickles.—The ancient Greeks and Romans held their pickles in high estimation. They consisted of flowers, herbs, roots, and vegetables, preserved in vinegar, and which were kept for a long time, in cylindrical vases with wide mouths. Their cooks prepared pickles with the greatest care, and the various ingredients were macerated in oil, brine and vinegar, with which they were often impregnated drop by drop. Meat, also, after having been cut into very small pieces, was treated in the same manner.

2246.—STORE SAUCE OR CHEROKEE.

Ingredients.—½ oz. of cayenne pepper, 5 cloves of garlic, 2 tablespoonfuls of soy, 1 tablespoonful of walnut ketchup, 1 pint of vinegar.

Mode.—Boil all the ingredients *gently* for about half an hour; strain the liquor, and bottle off for use.

Time.—½ hour.

Seasonable.—This sauce can be made at any time.

2247.—HARVEY SAUCE.

Ingredients.—1 dozen of anchovies, 6 dessertspoonfuls of soy, ditto of good walnut pickle No. 2241, 3 heads of garlic, 2 shalots, 1 oz. of cayenne pepper, ¼ oz. of cochineal, 1 gallon of vinegar.

Mode.—Cut the anchovies small but do not remove the bones. Chop the pickles, shalots, and garlic, then put all the ingredients into a deep jar and let it stand 14 days, stirring it well 2 or 3 times every day. Then strain through a jelly-bag till it is quite clear, bottle it and tie bladders over the corks.

2248.—SAUCE OF HERBS.

(*For Bottling.*)

Ingredients.—1 stick of horseradish, 2 shalots, 1 sprig each of winter savoury, basilicum, marjoram and thyme, a little tarragon, 4 cloves, juice of 1 lemon, 1 wineglassful of vinegar, 1 pint of water, 1 teaspoonful of browning, No. 616.

Mode.—Wash and scrape the horseradish, strip the sprigs of their leaves, slice the shalots thinly and put all into a saucepan with the vinegar, lemon-juice and water. Put in the browning, and as soon as the mixture boils simmer very gently for 15 minutes, then strain, and when quite cold put up in small bottles. This sauce is an excellent addition to gravies or may be used in their stead.

Time.—About ½ hour. **Average Cost,** 3*d.* for this quantity.

Seasonable at any time.

2249.—SAUCE À LA MILITAIRE.

(Good with all kinds of Meat, Game, Fish.)

Ingredients.—6 shalots, 1 clove of garlic, a handful each of thyme, basil, tarragon leaves, ½ oz. of bruised mustard seed, 2 laurel leaves, ¼ oz. of mace, ditto of cloves, ½ oz. of long pepper, 2 oz. of salt, 6 dessertspoonfuls of very strong vinegar, juice of 1 lemon, 1 teaspoonful of grated Seville orange peel, ½ pint of white wine.

Mode.—Shred the shalots and split the garlic, then put all the ingredients into an earthen jar, cover very closely and put into an oven or on a hot hearth to infuse. Allow it to settle, then strain till quite clear, then bottle and cork closely. A small quantity only is required with the viands.

Time.—2 to 3 hours. **Average Cost,** 8*d.* per pint.

Seasonable at any time.

2250.—LEAMINGTON SAUCE.

(An excellent Sauce for flavouring Gravies, Hashes, Soups, &c. Author's Recipe.)

Ingredients.—Walnuts. To each quart of walnut-juice allow 3 quarts of vinegar, 1 pint of Indian soy, 1 oz. of cayenne, 2 oz. of shalots, ¾ oz. of garlic, ½ pint of port.

Mode.—Be very particular in choosing the walnuts as soon as they appear in the market; for they are more easily bruised before they become hard and shelled. Pound them in a mortar to a pulp, strew some salt over them and let them remain thus for two or three days, occasionally stirring and moving them about. Press out the juice, and to *each quart* of walnut-liquor allow the above proportion of vinegar, soy, cayenne, shalots, garlic, and port. Pound each ingredient separately in a mortar, then mix them well together, and store away for use in small bottles. The corks should be well sealed.

Seasonable.—This sauce should be made as soon as walnuts are obtainable, from the beginning to the middle of July.

2251.—FRENCH MUSTARD.

(To keep.)

Ingredients. — Mustard, whole mixed spice, 3 lumps of sugar, vinegar.

Mode.—Boil the spices and sugar in some of the vinegar. Take some good mustard and mix it into a stiff paste with cold vinegar. With a *red-hot* iron heater, or other suitable piece of iron, stir quickly while you mix

in the boiling vinegar, after straining it from the spices. Put into wide-mouthed bottles. Will keep for years if kept well corked.

Seasonable at any time.

Note.—A substitute for French mustard may be had by making 2 quarts of vinegar hot and pouring it over 6 oz. of salt, ½ lb. of scraped horseradish, ½ oz. of sugar and half a clove of garlic. This should stand for 24 hours before it is strained and bottled.

2252.—A GOOD MUSTARD.

(*A. Soyer's recipe.*)

Ingredients.—Mustard seed 1 part, weak wood vinegar 2 parts.

Mode.—Pour the vinegar on the mustard seed and let them soak for a fortnight; then grind the whole into a paste in a mill and put it into pots, then thrust a red-hot poker into each of the pots.

Seasonable at any time.

2253.—INDIAN MUSTARD. (*Fr.*—Moutarde à l'Indienne.)

(*An excellent Relish to Bread-and-Butter, or any Cold Meat.*)

Ingredients.—¼ lb. of best mustard, ¼ lb. of flour, ½ oz. of salt, 4 shalots, 4 tablespoonfuls of vinegar, 4 tablespoonfuls of ketchup, ¼ bottle of anchovy sauce.

Mode.—Put the mustard, flour and salt into a basin, and make them into a stiff paste with boiling water. Boil the shalots with the vinegar, ketchup, and anchovy sauce, for 10 minutes, and pour the whole, *boiling*, over the mixture in the basin; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shalot at the bottom, and store away for use. This makes an excellent relish, and if properly prepared will keep for years.

MUSTARD.

Mustard. (Fr.—**Moutarde.**)—Before the year 1729, mustard was not known at English tables. About that time an old woman, of the name of Clements, residing in Durham, began to grind the seed in a mill, and to pass the flour through several processes necessary to free the seed from its husks. She kept her secret for many years to herself, during which she sold large quantities of mustard throughout the country, but especially in London. Here it was introduced to the royal table, when it received the approval of George I. From the circumstance of Mrs. Clements being a resident at Durham, it obtained the name of Durham mustard. In the county of that name it is still principally cultivated, and the plant is remarkable for the rapidity of its growth. It is the best stimulant employed to impart strength to the digestive organs, and, even in its previously coarsely-pounded state, it had a high reputation with our ancestors.

2254.—READING SAUCE.

Ingredients.—2½ pints of walnut pickle, 1½ oz. of shalots, 1 quart of spring water, ¾ pint of Indian soy, ½ oz. of bruised ginger, ½ oz. of long

pepper, 1 oz. of mustard-seed, 1 anchovy, ½ oz. of cayenne, ¼ oz. of dried sweet bay leaves.

Mode.—Bruise the shalots in a mortar, and put them in a stone jar with the walnut-liquor; place it before the fire, and let it boil until reduced to 2 pints. Then, into another jar, put all the ingredients except the bay-leaves, taking care that they are well bruised, so that the flavour may be thoroughly extracted; put this also before the fire, and let it boil for 1 hour, or rather more. When the contents of both jars are sufficiently cooked, mix them together, stirring them well as you mix them, and submit them to a slow boiling for half an hour; cover closely, and let them stand for 24 hours in a cool place; then open the jar and add the bay-leaves; let it stand a week longer, closed down, when strain through a flannel bag, and it will be ready for use. The above quantities will make half a gallon.

Time.—Altogether, 3 hours.

Seasonable.—This sauce may be made at any time.

2255.—TOMATO SAUCE FOR KEEPING.

(*Excellent.*)

Ingredients.—To every quart of tomato-pulp allow 1 pint of cayenne vinegar, No. 685, ¾ oz. of shalots, ¾ oz. of garlic, peeled and cut in slices; salt to taste. To every 6 quarts of liquor, 1 pint of soy, 1 pint of anchovy sauce.

Mode.—Gather the tomatoes quite ripe; bake them in a slow oven till tender; rub them through a sieve, and to every quart of pulp add cayenne vinegar, shalots, garlic and salt, in the above proportion; boil the whole together till the garlic and shalots are quite soft; then rub it through a sieve; put it again into a saucepan, and to every 6 quarts of the liquor add 1 pint of soy and the same quantity of anchovy sauce, and boil together for about 20 minutes; bottle off for use, and carefully seal or rosin the corks. This will keep good for 2 or 3 years, but will be fit for use in a week. A useful and less expensive sauce may be made by omitting the anchovy and soy.

Time.—Altogether, 1 hour. **Average Cost,** 1*s.* 8*d.* per pint.

Seasonable.—Make this from the middle of September to the end of October.

2256.—TOMATO SAUCE FOR KEEPING.

(*Another Mode. Excellent.*)

Ingredients.—1 dozen tomatoes, 2 teaspoonfuls of the best powdered ginger, 1 dessertspoonful of salt, 1 head of garlic chopped fine, 2 tablespoonfuls of vinegar, 1 dessertspoonful of Chili vinegar (a small quantity of cayenne may be substituted for this).

Mode.—Choose ripe tomatoes, put them into a stone jar and stand them in a cool oven until quite tender; when cold, take the skins and stalks from them, mix the pulp with the liquor which is in the jar, but do not strain it; add all the other ingredients, mix well together, and put it into well-sealed bottles. Stored away in a cool dry place, it will keep good for years. It is ready for use as soon as made, but the flavour is better after a week or two. Should it not appear to keep, turn in out, and boil it up with a little additional ginger and cayenne. For immediate use, the skins should be put into a wide-mouthed bottle with a little of the different ingredients, and they will be found very nice for hashes or stews.

Time.—4 or 5 hours in a *cool* oven. **Average Cost,** 1*s.* 4*d.*

Seasonable from the middle of September to the end of October.

2257.—TOMATO SAUCE FOR KEEPING.

(*Another Mode. Excellent.*)

Ingredients.—3 dozen tomatoes; to every pound of tomato-pulp allow 1 pint of Chili vinegar, 1 oz. of garlic, 1 oz. of shalot, 2 oz. of salt, 1 large green capsicum, ½ teaspoonful of cayenne, 2 pickled gherkins, 6 pickled onions, 1 pint of common vinegar, and the juice of 6 lemons.

Mode.—Choose the tomatoes when quite ripe and red; put them in a jar with a cover to it, and bake them till tender. The better way is to put them in the oven over-night, when it will not be too hot, and examine them in the morning to see if they are tender. Do not allow them to remain in the oven long enough to break them; but they should be sufficiently soft to skin nicely and rub through the sieve. Measure the pulp, and to each pound of pulp add the above proportion of vinegar and other ingredients, taking care to chop very fine the garlic, shalot, capsicum, onion and gherkins. Boil the whole together till everything is tender; then again rub it through a sieve, and add the lemon-juice. Now boil the whole again till it becomes as thick as cream, and keep continually stirring; bottle it when quite cold, cork well, and seal the corks. If the flavour of garlic and shalot is very much disliked, diminish the quantities.

Time.—Bake the tomatoes in a *cool* oven all night.

Seasonable from the middle of September to the end of October.

Note.—A quantity of liquor will flow from the tomatoes, which must be put through the sieve with the rest. Keep it well stirred while on the fire, and use a wooden spoon.

2258.—TOMATO CHOW-CHOW.

Ingredients.—Take 6 large ripe tomatoes, 1 large onion, 1 green pepper, 1 tablespoonful of salt, 2 of brown sugar, 2 teacupfuls of vinegar.

Mode.—Peel and cut fine the tomatoes, chop fine the onion and pepper, add the salt, sugar, and vinegar. Stew gently for one hour.

Seasonable.—Make this in September.

2259.—A GOOD STORE SAUCE.

Ingredients.—2 wineglassfuls of port, 2 ditto of walnut ketchup (No. 2266), 4 ditto mushroom ketchup (2263), 4 anchovies, 2 shalots, 1 tablespoonful of cayenne pepper.

Mode.—Pound the anchovies in a mortar, then boil all the ingredients together for half an hour. When cold put into well-corked bottles. It will keep excellently over a year.

Time.—½ hour. **Average Cost,** 2*s.* per pint.

2260.—CAMP KETCHUP.

Ingredients.—2 quarts of strong old beer, 1 quart of white wine, ½ lb. of anchovies, 3 oz. of peeled shalots, ½ oz. of grated nutmeg, ditto mace, ditto sliced ginger.

Mode.—Put the ingredients on the fire in a saucepan, and stir them till they are reduced one-third. Bottle next day with the spice and shalots.

Time.—About 1½ hour. **Average Cost,** 1*s.* 8*d.* per quart.

Seasonable at any time.

2261.—GRAPE CATSUP.

Ingredients.—5 lbs. of ripe grapes, 2½ lbs. of sugar, 1 pint of vinegar, 1 teaspoonful each of cinnamon, cloves, allspice and pepper, ½ teaspoonful of salt.

Mode.—Boil the grapes in enough water to prevent burning, strain through a colander, add the other ingredients, and boil until a little thickened. Bottle, and cork and seal.

Seasonable.—Make this from August to October.

2262.—MUSTAPHA, OR LIVER KETCHUP.

Ingredients.—1 beef liver, 1 gallon of water, 1 oz. of ginger, 1 oz. of allspice, 2 oz. of whole black pepper, 2 lbs. of salt.

Mode.—Roll the salt, and well rub it into a very fresh beef liver, and place it in a vessel that will not crush it. Turn and rub it thoroughly for 10 days Then mince it into small dice, and boil in a gallon of water, closely covered, until reduced to three quarts. Then strain through a sieve, and let it settle till next day. Add the pepper, allspice and ginger, and boil slowly until further reduced to three pints. When cold, bottle and keep well corked.

Time.—12 days. **Average Cost,** 7*d.* per pint.

Seasonable at any time.

Note.—This recipe was forwarded by a correspondent to the Editress, for the new edition, as being a most excellent ketchup.

2263.—MUSHROOM KETCHUP.

Ingredients.—To each peck of mushrooms ½ lb. of salt; to each quart of mushroom-liquor ½ oz. of cayenne, ½ oz. of allspice, ½ oz. of ginger, 2 blades of pounded mace.

Mode.—Choose full-grown mushroom-flaps, and take care they are perfectly *fresh gathered* when the weather is tolerably dry; for, if they are picked during very heavy rain, the ketchup from which they are made is liable to get musty and will not keep long. Put a layer of them in a deep pan, sprinkle salt over them, and then another layer of mushrooms, and so on alternately. Let them remain for a few hours, when break them up; put them in a nice cool place for 3 days, occasionally stirring and mashing them well, to extract from them as much juice as possible. Now measure the quantity of liquor without straining, and to each quart allow the above proportion of spices, &c. Put all into a stone jar, cover it up very closely, put it in a saucepan of boiling water, set it over the fire, and let it boil for 3 hours. Have ready a nice clean stewpan; turn into it the contents of the jar, and let the whole simmer very gently for half an hour; pour it into a jug, where it should stand in a cool place till the next day; then pour it off into another jug, and strain it into very dry clean bottles, and do not squeeze the mushrooms. To each pint of ketchup add a few drops of brandy. Be careful not to shake the contents, but leave all the sediment behind in the jug; cork well, and either seal or rosin the cork, so as perfectly to exclude the air. When a very clear bright ketchup is wanted, the liquor must be strained through a very fine hair-sieve, or flannel bag, *after* it has been very gently poured off; if the operation is not successful, it must be repeated until you have quite a clear liquor. It should be examined occasionally, and if it is spoiling, should be re-boiled with a few peppercorns.

Seasonable from the beginning of September to the middle of October, when this ketchup should be made.

Note.—This flavouring ingredient, if genuine and well prepared, is one of the most useful store sauces to the experienced cook, and no trouble should be spared in its preparation. Double ketchup is made by reducing the liquor to half the quantity; for example, 1 quart must be boiled down to 1 pint. This goes farther than ordinary ketchup, as so little is required to flavour a good quantity of gravy. The sediment may also be bottled for immediate use, and will be found to answer for flavouring thick soups or gravies.

How to Distinguish Mushrooms from Toadstools.—The cultivated mushroom, known as *Agaricus campestris*, may be distinguished from the poisonous kinds of fungi by its having pink or flesh-coloured gills, or under side, and by its invariably having an agreeable smell, which the toadstool has not. When young, mushrooms are like a small round button, both the stalk and head being white. As they grow larger, they expand their heads by degrees into a flat form, the gills underneath being at first of a pale flesh-colour, but becoming, as they stand longer, dark brown or blackish. Nearly all the poisonous kinds are brown, and have in general a rank and putrid smell. Edible mushrooms are found in closely-fed pastures, but seldom grow in woods, where most of the poisonous sorts are to be found.

2264.—OYSTER KETCHUP.

Ingredients.—Sufficient oysters to fill a pint measure, 1 pint of sherry, 3 oz. of salt, 1 drachm of cayenne, 2 drachms of pounded mace.

Mode.—Procure the oysters very fresh, and open sufficient to fill a pint measure; save the liquor, and scald the oysters in it with the sherry; strain the oysters, and put them in a mortar with the salt, cayenne and mace; pound the whole until reduced to a pulp, then add it to the liquor in which they were scalded; boil it again five minutes, and skim well; rub the whole through a sieve, and, when cold, bottle and cork closely. The corks should be sealed.

Seasonable from September to April.

Note.—Cider may be substituted for the sherry.

2265.—PONTAC KETCHUP OR SAUCE.

(A Store Sauce.)

Ingredients.—Ripe elderberries, vinegar, cloves, mace, peppercorns, shalots, anchovies.

Mode.—Take ripe elderberries, as many as you wish to store, pick them from their stalks into a stone jar and just cover with strong good vinegar. Bake in a hot oven for 3 hours, then strain while hot. Boil the liquor thus obtained with the spices and shalots, sufficient being put in to give a considerable flavour. Taste the mixture, and, when found sufficiently flavoured, put half a pound of the best anchovies to every quart of the liquor; then stir and boil till these are dissolved, and move at once from the fire. Put up in pint bottles, cork closely and tie bladders over the top.

Time.—From 3 to 4 hours. **Average Cost,** 1*s.* 6*d.* per quart.

Seasonable.—Prepare this in September.

2266.—WALNUT KETCHUP.

Ingredients.—100 walnuts, 1 handful of salt, 1 quart of vinegar, ½ oz. of mace, ½ oz. of nutmeg, ½ oz. of cloves, ½ oz. of ginger, ½ oz. of whole black pepper, a small piece of horseradish, 20 shalots, ½ lb. of anchovies, 1 pint of port.

Mode.—Procure the walnuts at the time when you can run a pin through them, slightly bruise and put them into a jar with the salt and vinegar; let them stand 8 days, stirring every day; then drain the liquor from them and boil it, with the above ingredients, for about half an hour. It may be strained or not, as preferred, and, if required, a little more vinegar or wine can be added, according to taste. When bottled well, seal the corks.

Time.—½ hour. **Average Cost,** 1*s.* 5*d.* per pint.

Seasonable.—Make this from the beginning to the middle of July, when walnuts are in perfection for pickling purposes.

2267.—WALNUT KETCHUP.

(Another Mode.)

Ingredients.—½ sieve of walnut-shells, 2 quarts of water, salt, ½ lb. of shalots, 1 oz. of cloves, 1 oz. of mace, 1 oz. of whole pepper, 1 oz. of garlic.

Mode.—Put the walnut-shells into a pan, with the water and a large quantity of salt; let them stand for 10 days, then break the shells up in the water, and let it drain through a sieve, putting a heavy weight on the top to express the juice; place it on the fire, and remove all scum that may arise. Now boil the liquor with the shalots, cloves, mace, pepper, and garlic, and let all simmer till the shalots sink; then put the liquor into a pan, and, when cold, bottle, and cork closely. It should stand 6 months before using; should it ferment during that time, it must be again boiled and skimmed.

Time.—About ¾ hour.

Seasonable in September, when the walnut-shells are obtainable.

THE WALNUT.

The Waluut.—This nut is a native of Persia, and was introduced into England from France. As a pickle, it is much used in the green state; and grated walnuts in Spain are much employed, both in tarts and other dishes. On the Continent it is occasionally employed as a substitute for olive oil in cooking; but it is apt, under such circumstances, to become rancid. The matter which remains after the oil is extracted is considered highly nutritious for poultry. It is called *amer*, and in Switzerland is eaten under the name of *pain amer* by the poor. The oil is frequently manufactured into a kind of soap, and the leaves and green husks yield an extract, which, as a brown dye, is used to stain hair, wool and wood.

2268.—CAMP VINEGAR. (*Fr.*—Vinaigre.)

Ingredients.—1 head of garlic, ½ oz. of cayenne, 2 teaspoonfuls of soy, 2 teaspoonfuls of walnut ketchup, 1 pint of vinegar, cochineal to colour.

Mode.—Slice the garlic, and put it, with all the above ingredients, into a clean bottle. Let it stand to infuse for a month, when strain it off quite clear, and it will be fit for use. Keep it in small bottles, well sealed to exclude the air.

Average Cost, for this quantity, 8*d.*

2269.—CRESS VINEGAR.

Ingredients.—½ oz. of cress seed, 1 quart of vinegar.

Mode.—Bruise the seed in a mortar and put it into the vinegar, previously boiled and allowed to grow cold. Let it infuse for a fortnight, then strain and bottle for use.

2270.—CUCUMBER VINEGAR.

(*Fr.*—Vinaigre aux Concombres.)

(A very nice Addition to Salads.)

Ingredients.—10 large cucumbers, or 12 smaller ones, 1 quart of vinegar, 2 onions, 2 shalots, 1 tablespoonful of salt, 2 tablespoonfuls of pepper, ½ teaspoonful of cayenne.

Mode.—Pare and slice the cucumbers, put them into a stone jar or wide-mouthed bottle with the vinegar; slice the onions and shalots, and add them, with all the other ingredients, to the cucumbers. Let it stand 4 or 5 days, boil it all up, and, when cold, strain the liquor through a piece of muslin, and store it away in small bottles well sealed. This vinegar is a very nice addition to gravies, hashes, &c., as well as a great improvement to salads, or to eat with cold meat.

2271.—GARLIC VINEGAR.

Ingredients.—2 oz. of garlic, 1 quart of wine vinegar.

Mode.—Chop the garlic finely and weigh it, then put it in the above proportion to the cold boiled vinegar. Infuse for a fortnight, strain and bottle.

2272.—HORSERADISH VINEGAR.

Ingredients.—½ lb. of scraped horseradish, 1 oz. of minced shalot, 1 drachm of cayenne, 1 quart of vinegar.

Mode.—Put all the ingredients into a bottle, which shake well every day for a fortnight. When it is thoroughly steeped, strain and bottle, and it will be fit for use immediately. This will be found an agreeable relish to cold beef, &c.

Seasonable.—This vinegar should be made either in October or November, as horseradish is then in its highest perfection.

2273.—MINT VINEGAR.

Ingredients.—Vinegar, mint.

Mode.—Procure some nice fresh mint, pick the leaves from the stalks, and fill a bottle or jar with them. Add vinegar to them until the bottle is full; *cover closely* to exclude the air, and let it infuse for a fortnight. Then strain the liquor, and put it into small bottles for use, of which the corks should be sealed.

Seasonable.—This should be made in June, July or August.

2274.—SHALOT VINEGAR.

Ingredients.—2 oz. of shalots, 1 quart of wine vinegar.
Mode.—Prepare precisely as directed for garlic vinegar.
Seasonable.—Make this in October.

2275.—INDIAN CURRY-POWDER.

(*Founded on Dr. Kitchener's Recipe.*)

Ingredients.—¼ lb. of coriander-seed, ¼ lb. of turmeric, 2 oz. of cinnamon seed, ½ oz. of cayenne, 1 oz. of mustard, 1 oz. of ground ginger, ½ oz. of allspice, 2 oz. of fenugreek-seed.

Mode.—Put all the ingredients in a cool oven, where they should remain one night: then pound them in a mortar, rub them through a sieve, and mix thoroughly together: keep the powder in a bottle, from which the air should be completely excluded.

Note.—We have given this recipe for curry powder, as some persons prefer to make it at home; but that purchased at any respectable shop is, generally speaking, far superior, and, taking all things into consideration, very frequently more economical.

2276.—TO DRY HERBS FOR WINTER USE.

On a very dry day, gather the herbs, just before they begin to flower. If this is done when the weather is damp, the herbs will not be so good a colour. (It is very necessary to be particular in little matters like this, for trifles constitute perfection, and herbs nicely dried will be found very acceptable when frost and snow are on the ground. It is hardly necessary, however, to state that the flavour and fragrance of fresh herbs are incomparably finer.) They should be perfectly freed from dirt and dust, and be divided into small bunches, with their roots cut off. Dry them quickly in a very hot oven, or before the fire, as by this means most of their flavour will be preserved; be careful not to burn them; tie them up in paper bags, and keep in a dry place. This is a very general way of preserving dried herbs; but we would recommend the plan described in the next recipe.

Seasonable.—From the month of July to the end of September is the proper time for storing herbs for winter use.

2277.—HERB POWDER FOR FLAVOURING.

(*When fresh Herbs are not obtainable.*)

Ingredients.—1 oz. of dried lemon-thyme, 1 oz. of dried winter savory, 1 oz. of dried sweet marjoram and basil, 2 oz. of dried parsley, 1 oz. of dried lemon-peel.

Mode.—Prepare and dry the herbs by recipe No. 2276; pick the leaves

from the stalks, pound them, and sift them through a hair-sieve; mix in the above proportions and keep in glass bottles, carefully excluding the air. This we think a far better method of keeping herbs, as the flavour and fragrance do not evaporate so much as when they are merely put in paper bags. Preparing them in this way, you have them ready for use at a moment's notice.

Mint, sage, parsley, &c., dried, pounded, and each put into separate bottles, will be found very useful in winter.

CORK WITH WOODEN TOP

Corks with Wooden Tops.—These are the best corks to use when it is indispensable that the air should not be admitted to the ingredients contained in bottles which are in constant use. The top, which, as will be seen by the accompanying little cut, is larger than the cork, is made of wood; and, besides effectually covering the whole top of the bottle, can be easily removed and again used, as no corkscrew is necessary to pull it out.

Savory.—This we find described by Columella, a voluminous Roman writer on agriculture, as an odoriferous herb, which, "in the brave days of old," entered into the seasoning of nearly every dish. Verily, there are but few new things under the sun, and we don't find that we have made many discoveries in gastronomy, at least beyond what was known to the ancient inhabitants of Italy. We possess two varieties of this aromatic herb, known to naturalists as *Satureja*. They are called summer and winter savory, according to the time of the year when they are fit for gathering. Both sorts are in general cultivation throughout England.

2278.—MUSHROOM POWDER.
(*Fr.*—Champignons en Poudre.)

(A Valuable Addition to Sauces and Gravies, when Fresh Mushrooms are not Obtainable.)

Ingredients.—½ peck of large mushrooms, 2 onions, 12 cloves, ¼ ounce of pounded mace, 2 teaspoonfuls of white pepper.

Mode.—Peel the mushrooms, wipe them perfectly free from grit and dirt, remove the black fur, and reject all those that are at all wormeaten; put them into a stewpan with the above ingredients, but without water; shake them over a clear fire till all the liquor is dried up, and be careful not to let them burn; arrange them on tins, and dry them in a slow oven; pound them to a fine powder, which put into small *dry* bottles; cork well, seal the corks, and keep it in a dry place. In using this powder, add it to the gravy just before serving, when it will merely require one boil up. The flavour imparted by this means to the gravy ought to be exceedingly good.

Seasonable.—This should be made in September, or at the beginning of October.

Note.—If the bottles in which it is stored away are not perfectly dry, as also the mushroom powder, it will keep good but a very short time.

2279.—TO DRY MUSHROOMS. (*Fr.*—Champignons Secs.)

Mode.—Wipe them clean, take away the brown part, and peel off the skin; lay them on sheets of paper to dry, in a cool oven, when they will

shrivel considerably. Keep them in paper bags, which hang in a dry place. When wanted for use, put them into cold gravy, bring them gradually to simmer, and it will be found that they will regain nearly their usual size.

THE MUSHROOM.

The Mushroom.—The cultivated or garden mushroom is a species of fungus, which, in England, is considered the best, and is there usually eaten. The tribe, however, is numerous, and a large proportion of them are poisonous; hence it is always dangerous to make use of mushrooms gathered in their wild state. In some parts of Europe, as in Germany, Russia, and Poland, many species grow wild, and are used as food; but in Britain, two only are generally eaten. These are mostly employed for the flavouring of dishes, and are also dried and pickled. CATSUP, or KETCHUP, is made from them by mixing spices and salt with their juice. The young, called buttons, are the best for pickling when in the globular form.

2280.—TO PRESERVE PARSLEY THROUGH THE WINTER. (*Fr.*—Persil Sec.)

Use freshly-gathered parsley for keeping, and wash it perfectly free from grit and dirt; put it into boiling water which has been slightly salted and well skimmed, and then let it boil for 2 or 3 minutes; take it out, let it drain, and lay it on a sieve in front of the fire, when it should be dried as expeditiously as possible. Store it away in a very dry place in bottles, and when wanted for use, pour over it a little warm water, and let it stand for about 5 minutes.

Seasonable.—This may be done at any time between June and October.

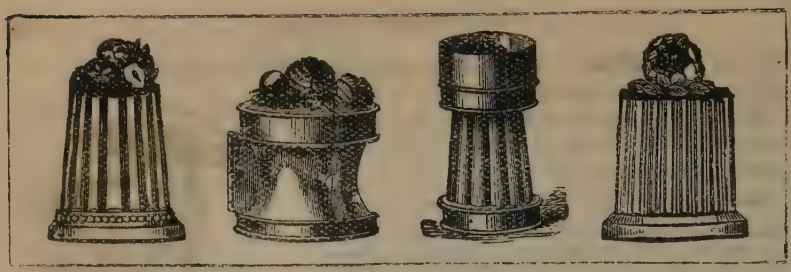
2281.—TO HAVE WALNUTS FRESH THROUGHOUT THE SEASON.

Ingredients.—To every pint of water allow 1 teaspoonful of salt.

Mode.—Place the walnuts in the salt and water for 24 hours at least; then take them out, and rub them dry. Old nuts may be freshened in this manner; or walnuts, when first picked, may be put into an earthen pan with salt sprinkled amongst them, and with damped hay placed on the top of them, and then covered down with a lid. They must be well wiped before they are put on table.

Seasonable.—Should be stored away in September or October.

Walnuts.—The walnut is a native of Persia, the Caucasus, and China, but was introduced to this kingdom from France. The ripe kernel is brought to the dessert on account of its agreeable flavour: and the fruit is also much used in the green state, before the stone hardens, as a pickle. In Spain, grated walnuts are employed in tarts and other dishes. The walnut abounds in oil, which is expressed, and which, being of a highly drying nature, and very limpid, is much employed for delicate painting. This, on the Continent, is sometimes used as a substitute for olive-oil in cooking, but is very apt to turn rancid. It is also manufactured into a kind of soap. The mare, or refuse matter after the oil is extracted, proves very nutritious for poultry or other domestic animals. In Switzerland, this is eaten by poor people under the name of *pain amer.*



CHAPTER XXXVII.

GENERAL OBSERVATIONS ON ICES AND CONFECTIONERY.

ICES.

2282. ***Ice.***—Ice has of late years become very cheap and easily obtained, so that it is constantly used in the kitchen, not only to prepare ices of cream and water with various flavouring, but also to assist in many processes of cookery. At one time we were chiefly dependent upon our home ponds and lakes for our supply of ice, which was stored through the winter in immense ice-houses, still to be seen in the grounds of most old-fashioned mansions. But such rough ice is now-a-days only used on the fishmongers' stalls, and the ice-house stands empty, while a weekly, or bi-weekly, block of ice comes from the importers to replenish the refrigerator with which a cook now thinks it nearly impossible to dispense.

Most of the ice we use comes from Norway, and is brought to London by water. Very often the passenger on a "below-bridge" steamer is conscious of a sudden blast of cold air, and, looking round, he sees men staggering from ship to shore with great blocks of ice on their shoulders. Hundreds of tons are imported annually. The chief thing to remember in the storage of ice is that it must be in such a position that the water drains away from it. It melts in no time if it lies in the bottom of a basin. Two sticks over a basin, for the block of ice to rest upon them, is all that is required. It should also be wrapped up in thick flannel to keep the cold in. Another thing that is often forgotten is, that so long as *any* of the ice remains unmelted the temperature of the whole does not rise above freezing point, so that it is not necessary to renew the ice before it is all melted.

2283. ***Freezing Mixtures.***—Whenever any solid substance becomes liquid it absorbs heat in order to accomplish that change. This absorption of heat, which accompanies the liquefaction of solids, is the basis of action of all freezing mixtures. The commonest of such mixture is snow and salt, or ice and salt; there both substances become liquid, each by the action of the other. In all freezing mixtures there is, at least, one solid ingredient, which by the action of the rest is reduced to a liquid state. The degree of cold produced by the melting varies within a very wide range.

Two parts of snow, or of powdered ice, to one part of bay salt is the mixture employed almost invariably in the kitchen. It is cheap, harmless, and easily obtained, and it lowers the temperature many degrees below that of freezing water. Freezing mixtures are sold to be mixed with a certain proportion of water, some of which are advertised to serve for any number of times, if, after each time of using, they are evaporated to dryness, ready to melt again. But they waste in

using, even with the greatest care, and, as they are rather costly to buy, it is usually better to freeze on the old lines, with ice and salt.

2284. ***Freezing Machines.***—Many freezing machines are now sold that save much trouble in ice-making. The outer compartment needs to be packed with ice, and in the inner receptacle the mixture to be frozen is placed. The machine is then closed, and by means of a pivot, or a handle, or some other contrivance, the whole thing is turned about, until the cream or water begins to freeze, with very much less labour than is necessary to turn about the old-fashioned pewter pot, set upright in the middle of a pail. Much less ice is needed for a well-constructed machine than is used with an open pail. Some freezing machines are constructed after the manner of a churn, and instead of turning the whole machine about, the contents of the pot are stirred by a rod or piston

2285. ***To make Ices.***—Water ices are made of syrup, with fruit juice or other flavouring; cream ices of cream, milk, or custard, or all three, mixed with an addition of fruit or essences, and sometimes of bread or cake-crumbs, or other farinacea. Many so-called cream ices are made of corn-flour and milk, or water, and are entirely innocent of any suspicion of cream. The more water and the less cream they contain, the easier are ices to freeze.

If it is desired to make a mould of ice of two colours, the two must first be frozen separately, then a piece of metal or cardboard fixed across the mould which is to be filled. Put in the ice, one sort on each side, withdraw the cardboard, and set the mould on ice till wanted for use.

2286. ***The new freezing machines*** have nearly superseded the old method of freezing, but for icing without these convenient machines the principal utensils required are ice-tubs, freezing-pots, spaddles, and a cellaret. The tub must be large enough to contain about a bushel of ice, pounded small, when brought out of the ice-house, and mixed very carefully with either *salt*, *nitre*, or *soda*. The freezing-pot is best made of pewter. If it be of tin, as is sometimes the case, the congelation goes on too rapidly in it for the thorough intermingling of its contents, on which the excellence of the ice greatly depends. The spaddle is generally made of copper, kept bright and clean. The cellaret is a tin vessel, in which ices are kept for a short time from dissolving. The method to be pursued in the freezing process must be attended to. When the ice-tub is prepared with fresh-pounded ice and salt, the freezing-pot is put into it up to its cover. The articles to be congealed are then poured into it and covered over; but to prevent the ingredients from separating and the heaviest of them from falling to the bottom of the mould, it is requisite to turn the freezing-pot round and round by the handle, so as to keep its contents moving until the congelation commences. As soon as this is perceived (the cover of the pot being occasionally taken off for the purpose of noticing when freezing takes place), the cover is immediately closed over it, ice is put upon it, and it is left in this state till it is served. The use of the spaddle is to stir up and remove from the sides of the freezing-pot the cream, which in the shaking may have washed against it, and by stirring it in with the rest, to prevent waste of it occurring. Any negligence in stirring the contents of the freezing-pot before congelation takes place will destroy the whole: either the sugar sinks to the bottom and leaves the ice insufficiently sweetened, or lumps are formed, which disfigure and discolour it.

Ices should be taken after food, because the taking these substances *during* the process of digestion is apt to retard it. It is also necessary to abstain from them when persons are very warm, or immediately after taking violent exercise, as in some cases they have produced illnesses which have ended fatally. At no time can they be said to be very wholesome. Ices are said to have been introduced by Catherine de'Medici in the sixteenth century

CONFECTIONERY.

2287. ***In speaking of confectionery,*** it should be remarked that all the various preparations of syrups come, strictly speaking, under that head; for the various fruits, flowers, herbs, roots and juices, which, when boiled with sugar, were formerly employed in pharmacy as well as for sweetmeats, were called *confections*, from the Latin word *conficere*, "to make up;" but the term confectionery embraces a very large class indeed of sweet food, many kinds of which need not be attempted in the ordinary cuisine. The thousand-and-one ornamental dishes that adorn the tables of the wealthy may be purchased from the confectioner, if they cannot profitably be made at home. Apart from these, cakes, biscuits and tarts, &c., the class of sweetmeats called confections may be thus classified:—1. Liquid confects, or fruits either whole or in pieces, preserved by being immersed in a fluid transparent syrup; as the liquid confects of apricots, green citrons, and many foreign fruits. 2. Dry confects are those which, after having been boiled in the syrup, are taken out and put to dry in an oven, as citron and orange-peel, &c. 3. Marmalades, jams and pastes, a kind of soft compounds made of the pulp of fruits or other vegetable substances, boiled with sugar or occasionally honey; such as oranges, apricots, pears, &c. 4. Jellies are the juices of fruits boiled with sugar to a pretty thick consistency, so as, upon cooling, to form a trembling jelly, known as pectin; as currant, gooseberry, apple jelly, &c. 5. Conserves are a kind of dry confects, made by beating up flowers, fruits, &c., with sugar, not dissolved. 6. Candies are fruits candied over with sugar after having been boiled in the syrup.

2288. ***Home-made Confectionery.***—A few years ago this art was almost entirely in the hands of experienced confectioners; now, however, it is not at all unusual for a lady to prepare, with her own hands, very many of the pretty decorations one likes to see upon one's table in the shape of sweets. It is well known that the bought sweetmeats, unless they come from a high firm of confectioners originally, are exceedingly injurious. Many a poor little child has gone to an untimely grave because of the "pennyworth of sweets bought at the little sweet-shop, and *so* pretty." We have given a few recipes, by the aid of which mothers can themselves make their children wholesome, nice and "pretty" sweeties.

2289. ***Decorative pastry,*** as one of the highest and most interesting branches of the art of confectionery or pastry making, is the moulding of ornamental stands, or *pièces montées*, as they are called by the French chefs by whom they are most often made.

Perfection in this, as in every other branch of art, can only be attained by time and labour, but that is no reason why one should shrink from making a beginning. It will be found by those who possess patience as well as dexterity, that the difficulties of erecting such models as those for which we give designs, are not insurmountable. The villa on page 1072, is one that has been made to look very pretty from pure confectionery, free from any injurious matter or colouring that was not vegetable, and therefore edible, and we give full instructions and plans for its construction, as well as recipes for the various pastes of which it is composed, the latter also serving for all the other models.

Those who have some little talent for drawing will find it a great help to them in making, as well as copying, designs in pastry, and modelling is always a rather fascinating employment.

2290. ***Modelling in Paste.***—This particular kind of modelling is one that, giving work for both tasteful imagination and delicate fingers, makes it specially

adapted for ladies who take an interest in culinary arts, and we venture to suggest that some may find the decoration of a cake as interesting as that of an antimacassar; while patterns as pretty as those they can embroider can be made in much less time with a paper cone, to serve as ornamentation for all sorts of viands.

Cookery is now considered part of the education of our girls, no matter to what rank they belong, and the fanciful decorative part is the one that generally holds the most attraction for them. We trust that some of the recipes and illustrations we give for fancy cakes may tempt some to try if they cannot make for themselves the christening, birthday, tennis, or other cakes now so generally bought at the pastrycook's.

We do not recommend beginners to start by trying to model a bridge or a house, but rest to try their skill upon such little things as those small cakes generally known as *petits fours*, and they will be surprised what a pretty variety of ornaments can be made out of ordinary sponge or pound cake alone. These cut into fanciful shapes, iced, decorated with such ornamental things as preserved cherries and other crystallised fruits, Angelica, or finely-cut candied peel.

In commencing pastry modelling, waste of material will be saved by first making a cheap paste, and trying the work and your own dexterity with that, before attempting the use of nougat or almond paste.

It is most essential that the groundwork of the ornamental stands should be firm and level, and it is best to cut out the model in cardboard first, and see that the parts fit, then, laying them upon the paste, they can be cut from that without fear of mistake.

2291. ***Cone decoration.***—The next step will be the cone decoration, which can be done with butter or meringue paste, according to the material of the dish requiring ornamentation, for this cone decoration is wanted quite as much for savouries as sweets. Those who have not tried this kind of ornamentation will be surprised what pretty effects can be obtained with the simplest of materials, consisting of a paper cone, cut according to accompanying illustration and descriptions, and either white of egg and sugar, or plain butter, according to the dish to be decorated.

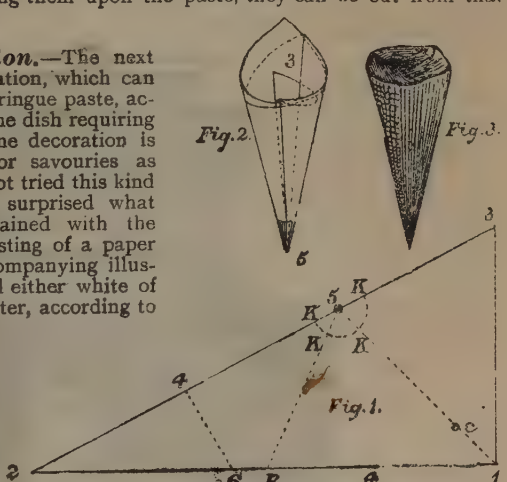


FIG. 1, PAPER FOR CONE. FIG. 2, FOLDED PAPER. FIG. 3, CONE FILLED.

2292. ***To Make a Paper Cone.***—Cut a sheet of stiff kitchen paper diagonally, so as to get a right angle triangle 1, 2, 3; 1, 2 being twice the length of 1, 3. Divide the hypothenuse 2, 3, into equal parts at 4 and 5. Fold from 5 to 1, so that 3 may come on P between 2 and 1. Fold 2 over to 5 at 4, 6

Shape the cone, the apex of which is 5, thus:—Open the paper and hold it before you with the line 3, 2 facing you, the thumb of the left hand being on 5, 3, with 2 on your right, and with the right hand bring 5 to 3, and keep it in this position, which will give the size and shape of the cone.

Next, withdraw the thumb of the left hand from 5, and keeping 3 on 3; with

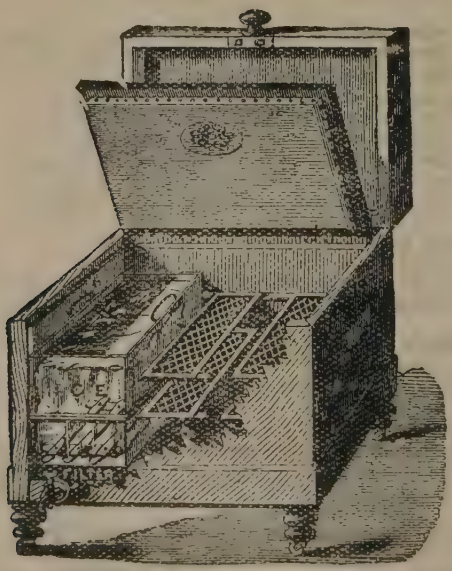
the thumb and forefinger of the right hand roll the paper round the cone, so that the point P shall turn round 1, 5; continue rolling till the point 4 comes on c; the line 4, 6 will then coincide with the opening, and the triangle 4, 2, 6 remaining, can be folded down into the centre of the cone, so that 2 shall coincide with 5 at the apex of the cone.

2293 ***To use the cone,*** fill it three-parts full, fold over one another the two sides at the top, and close by turning over the point in the middle. Cut the point according to the work, and for very fine work it is well to have a small metal nozzle that can be put inside the paper cone.

To press out the icing, hold the cone between the first and second fingers of the right hand, with the thumb on the base of the cone, so that the icing may be expelled by a slight pressure, the left hand directing its course.

A good way to begin cone decoration is to make a pencil sketch of the design you wish to illustrate, lay it under a piece of glass, and upon the glass trace with the icing. A little practice in this way will greatly help the amateur.

2294. ***Materials for Cone Decoration.***—Whipped white of egg and sugar can be coloured in a variety of ways and serve for all kinds of ornamentation, both for cakes and pastry, which can be hardened if necessary in the oven. Butter serves for savoury dishes such as hams and tongues, this also being coloured according to taste.



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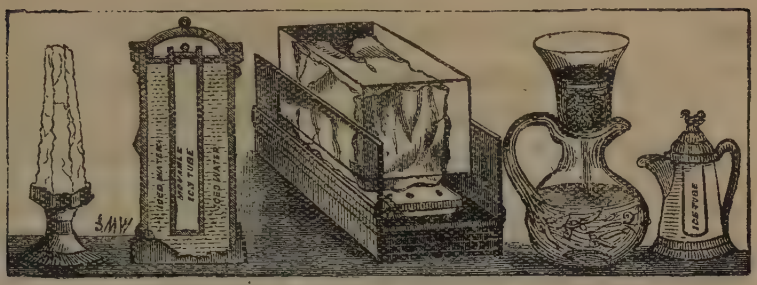


RECIPES FOR MAKING ICES AND CONFECTIONERY.

CHAPTER XXXVIII.

2295.—TO FREEZE WITH OR WITHOUT A MACHINE.

Ingredients.—Ice, half its weight in bay salt.

Mode.—Break up the ice into pieces and put it in the outer receptacle in alternate layers with the salt. Put the mixture to be frozen in the inner receptacle, and let it be well covered with the freezing mixture. Stir or shake the mixture that you want to make ice of until it begins to set. If then it is to be served in rough pieces on plates, there is nothing more to be done; but if it is to be turned out of a mould, it must be moulded before it gets too hard, when it would not fill up the interstices and take a good shape, and then the mould must be set in the ice again, but this time without stirring. If fruit is to be set in the ice, it must be kept in a refrigerator until the last moment, and then set as a jelly mould is set. To turn it out, dip it into cold, but not freezing water.

Time.—20 to 25 minutes. **Average Cost** of freezing, 2*d.*

Sufficient.—1 pint for 7 or 8 people. **Seasonable** at any time.

2296.—TO FREEZE WITH FREEZING MIXTURE.

Ingredients.—1 measure of each freezing powder, and one measure of water.

Mode.—Proceed to freeze by preceding recipe, No. 2295, using the above mixture in place of the ice and salt.

Time.—30 minutes. **Average Cost,** 3*d.*

Sufficient to freeze 2 pints of cream ice and 2 pints of block ice.

Seasonable at any time

2297.—APRICOT ICE CREAM.
(*Fr.*—Crême aux Abricots Glacées.)

Ingredients.—½ lb. of apricot jam, 1 pint of cream, the juice of 1 lemon, 1 glass of noyeau, 6 bitter almonds.

Mode.—Pound the almonds, stir in the strained lemon-juice; add the cream and noyeau, mix thoroughly, rub through a hair sieve; freeze by recipe No. 2295.

Time.—25 minutes. **Average Cost,** 2*s.* 3*d.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

2298.—BISCUIT ICE CREAM.
(*Fr.*—Crême au Biscuit Glacée.)

Ingredients.—1 pint of cream, ½ pint of new milk, 2 oz. of Naples biscuits, the yolks of 2 eggs, ½ lb. of sugar, 1 glass of sherry.

Mode.—Crumble the biscuits into the milk, add the cream and yolks of the eggs and the sugar, stir over a slow fire till the mixture thickens like custard, press through a sieve and freeze. When frozen, add the wine before moulding.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

2299.—BROWN BREAD ICE CREAM.
(*Fr.*—Crême aux Miettes Glacée.)

Ingredients.—3 slices of stale brown bread, ½ lb. of sugar, ½ pint of milk, 2 sponge biscuits, 1 pint of cream, 1 glass of maraschino.

Mode.—Crumble one slice of bread and the biscuits into a jug, add by degrees the sugar, milk and cream; place the jug in a saucepan of water, and stir over a gentle fire like custard until it thickens. Let the mixture get quite cold, crumble the remaining slices, and sift them as for bread-crumbs; add them, with the maraschino, to the mixture, and freeze.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

2300.—CHOCOLATE ICE CREAM.
(*Fr.*—Crême au Chocolat Glacée.)

Ingredients.—6 oz. of chocolate, 1 pint of cream, ½ pint of new milk, ½ lb. of sugar.

Mode.—Scrape the chocolate into the milk, and blend thoroughly; add the cream and sugar, strain and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

2301.—COFFEE ICE CREAM.

(*Fr.*—Crême au Café Glacée.)

Ingredients.—6 oz. of Turkey coffee berries, well roasted, 1 pint of cream, ½ pint of milk, 1 oz. of arrowroot, ½ lb. of sugar.

Mode.—Place the berries on a tin in the oven for 5 minutes, boil the cream and milk together, and put them into a can; take the berries from the oven, and throw them in the scalding cream; cover till cold, strain, add the arrowroot and sugar, and stir over the fire like custard. Freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

2302.—TO MAKE FRUIT ICE CREAM.

Ingredients.—To every pint of fruit juice allow 1 pint of cream; sugar to taste.

Mode.—Let the fruit be well ripened; pick it off the stalks, and put it into a large earthen pan. Stir it about with a wooden spoon, breaking it until it is well mashed; then, with the back of the spoon, rub it through a hair sieve. Sweeten it nicely with pounded sugar; whip the cream for a few minutes, add it to the fruit, and whisk the whole again for another 5 minutes. Put the mixture into the freezing-pot, and freeze as directed in recipe No. 2295. Raspberry, strawberry, currant, and all fruit ice-creams are made in the same manner. A little pounded sugar sprinkled over the fruit before it is mashed assists to extract the juice. In winter, when fresh fruit is not obtainable, a little jam may be substituted for it; it should be melted and worked through a sieve before being added to the whipped cream; and if the colour should not be good, a little prepared cochineal may be put in to improve its appearance.

Time.—25 minutes to freeze the mixture. **Average Cost,** 4*d.* each ice.

Seasonable, with fresh fruit, in June, July, and August.

2303.—GINGER ICE CREAM.

(*Fr.*—Crême au Gingembre Glacée.)

Ingredients.—6 oz. of preserved ginger, the juice of 1 lemon, 1 pint of cream ½ lb. of sugar.

Mode.—Bruise 4 oz. of the ginger in a mortar, add the sugar, lemon-juice, and cream; mix well, strain through a hair sieve, slice the remaining 2 oz. of ginger into small pieces, add and freeze.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* per quart.

Sufficient for 1 quart of ice.

Seasonable in winter.

2304.—MIXED FRUIT ICE CREAMS.

Ingredients.—Juice of 2 lemons, 1 pint of cream, ½ lb. of sugar, 1 glass of sherry, 1 glass of grape syrup; ¼ lb. of preserved fruit.

Mode.—Mix the cream, sugar, wine, syrup, and lemon-juice thoroughly, and freeze. Cut the preserved fruit into small pieces, add them, mixing them well with the ice set in the moulding pots, and freeze as directed in recipe No. 2295.

Time.—35 minutes to freeze. **Average Cost,** 2*s.* 3*d.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

2305.—PINE-APPLE ICE CREAM.
(*Fr.*—Crême d'Ananes Glacée.)

Ingredients.—½ lb. of preserved pineapple, 1 pint of cream, the juice of a small lemon, 1 gill of new milk, ¼ lb. of sugar.

Mode.—Cut the pineapple into small pieces, bruise it in a mortar, add the sugar, lemon-juice, cream and milk; mix well together, press through a hair sieve, and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* 3*d.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

2306.—RASPBERRY ICE CREAM.
(*Fr.*—Crême aux Framboises Glacée.)

Ingredients.—1 lb. of raspberry jam, the juice of 1 lemon, 1 pint of cream, 1 gill of milk, few drops of cochineal.

Mode.—Strain the lemon-juice over the jam, stir in the cochineal, add the milk and cream, beat up in a basin, and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* per quart

Sufficient for 1 quart.

Seasonable at any time.

2307.—STRAWBERRY ICE CREAM.
(*Fr.*—Crême aux Fraises Glacée.)

Ingredients.—½ lb. of fresh strawberries, ½ lb. of sugar, 1 pint of cream, ½ lb. of good strawberry jam, the juice of 1 lemon, ½ pint of milk.

Mode.—Beat up the strawberries, lemon-juice and sugar into a pulp, add the preserved cream and milk, and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* per quart.

Sufficient for 1 quart.

Seasonable in May and June.

2308.—VANILLA ICE CREAM.
(*Fr.*—Crême à la Vanille Glacée.)

Ingredients.—1 pod of vanilla, ½ lb. of sugar, 1 pint of cream, juice of 1 lemon, yolks of 2 eggs, ½ pint of milk.

Mode.—Pound the vanilla pod in a mortar with the sugar, press it through a sieve, place in a stewpan with the milk and eggs, stir over a gentle fire until the mixture thickens like custard; add the cream and lemon-juice, strain and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 2*s.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

WATER ICES.

2309.—CHERRY-WATER ICE.

Ingredients.—1 lb. of Kentish cherries, the juice of 2 lemons, ½ pint of water, 1 pint of clarified sugar, No. 2316, 1 glass of noyeau, 4 or 5 drops of cochineal.

Mode.—Stone and bruise the cherries in a mortar with the kernels; add the lemon-juice, water and sugar; mix well, add the cochineal and noyeau; strain and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 1*s.* 4*d.* per quart.

Sufficient for 8 persons.

Seasonable in June and July.

2310.—TO MAKE FRUIT-WATER ICES.

Ingredients.—To every pint of fruit-juice allow 1 pint of syrup made by recipe No. 2316.

Mode.—Select nice ripe fruit; pick off the stalks and put it into a large earthen pan, with a little pounded sugar strewed over; stir it about with a wooden spoon until it is well broken, then rub it through a hair sieve. Make the syrup by recipe No. 2316, omitting the white of the egg; let it cool, add the fruit-juice, mix well together, and put the mixture into the freezing-pot. Proceed as directed in recipe No. 2295, and when the mixture is equally frozen, put it into small glasses. Raspberry, strawberry, currant and other fresh fruit-water ices are made in the same manner.

DISH OF ICES.

Time.—½ hour to freeze the mixture. **Average Cost,** 3*d.* to 4*d.* each
Seasonable, with fresh fruit, in June, July and August.

2311.—GINGER-WATER ICE.

Ingredients.—6 oz. of preserved ginger, 1 quart of lemon-water ice, No. 2313.

Mode.—Pound 4 oz. of the ginger in a mortar, cut the remainder into very fine slices; add the lemon-water ice, mix, mould and freeze as directed in No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 1*s.* 8*d.* per quart.
Sufficient for 8 persons.
Seasonable at any time.

2312.—GRAPE-WATER ICE.

Ingredients.—The juice of 4 lemons, the raspings of 1 orange, ½ pint of water, 1 pint of clarified sugar, No. 2316, 2 glasses of grape syrup, 1 glass of sherry.

Mode.—Thoroughly incorporate the above ingredients, strain and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 1*s.* 6*d.* per quart.
Sufficient for 8 persons.
Seasonable in August, September and October.

2313.—LEMON-WATER ICE.

Ingredients.—To every pint of syrup, made by recipe No. 2316, allow ½ pint of lemon-juice; the rind of 4 lemons.

Mode.—Rub the sugar on the rinds of the lemons, and with it make the syrup by recipe No. 2316, omitting the white of egg. Strain the lemon-juice, add it to the other ingredients, stir well, and put the mixture

into a freezing-pot. Freeze as directed in recipe No. 2295, and when the mixture is thoroughly and equally frozen, put it into ice-glasses.

Time.—½ hour to freeze the mixture. **Average Cost,** 3*d.* to 4*d.* each.

Seasonable at any time.

2314.—LEMON-WATER ICE.

(*Another Mode.*)

Ingredients.—6 lemons, 1 orange, 1 pint of clarified sugar, No. 2316, ½ pint of water, 12 lumps of sugar.

Mode.—Take 3 lemons and rasp them on sugar, express and strain the juice, and take the juice alone of the remaining lemons and orange, mix well with the sugar, water and clarified sugar; strain and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 11*d.* per quart.

Sufficient for 8 persons.

Seasonable at any time.

Note.—Orange-Water Ice can be made by the preceding recipe by substituting oranges for lemons.

2315.—PINE-APPLE-WATER ICE.

Ingredients.—½ lb. of fresh or tinned pine-apple, the juice of 1 lemon, ½ pint of water, 1 pint of clarified sugar.

Mode.—Bruise the pine-apple fine in a mortar, add the lemon-juice, water and sugar; pass through a sieve, and freeze as directed in recipe No. 2295.

Time.—25 minutes to freeze. **Average Cost,** 1*s.* 6*d.* or 10*d.*

Sufficient for 8 persons.

Seasonable in August and September.

2316.—TO CLARIFY SUGAR FOR WATER ICES.

Mode.—Melt 6 lbs. of sugar in 5 pints of water, and place over a gentle fire; let it boil, well beat the white of an egg and add it to the water; boil ten minutes, strain, and bottle for use.

2317.—TO MOULD DESSERT ICE WHEN NOT FROZEN IN THE PATENT MOULDING POTS.

Dessert ices, iced puddings, &c., when required to be moulded, must not be frozen too hard, or they will not fill the crevices of the mould.

After the mould is filled with the dessert ice, make it air-tight by placing a piece of writing paper round the edges, and then shutting the top and bottom cover of the mould upon it.

The mould should be immediately inserted into a tub of rough ice and salt, seeing that every part of the mould is well covered, and in contact with the ice and salt. In about an hour, or longer, if convenient, the mould may be withdrawn and the ice turned out and sent to table.

Note.—All dessert ices and puddings should contain only a certain amount of sweetness; the proper richness is shown by using a "Saccharometer," which can be had with each machine, price 3*s.* 6*d.*

2318.—THE SACCHAROMETER.

Directions for its Use.—Nearly fill a tumbler with the sweet mixture, place the Saccharometer gently into it, and if mixed correctly for freezing with ice and salt, it will sink to the lowest red mark; for freezing with freezing powders, it will sink to the highest red mark; to make the Saccharometer sink, add milk to a cream ice, and water to a water ice; to make it rise, add more sugar or sweet syrup.

Ices, puddings, and confections will not freeze unless mixed by this scale.

Note.—We are indebted to the courtesy of the manager of the Piston Freezing Machine Company, 301 and 303, Oxford Street, W., for many of these recipes and for much valuable information.

DROPS OR SWEETMEATS.

All these are now more commonly and more cheaply bought than made at home, but we add a few recipes for those who prefer them home-made.

2319.—PRESERVED FRUIT IN CAKES.

Ingredients.—Fruit, sugar.

Mode.—Any fruit you may chance to have may be preserved most economically as follows: To every lb. of fruit allow half a pound of sugar, with a little water. When the water and sugar are heated, take up the fruit in your skimmer, as much as it will hold, and dip it for about a minute into the sugar; after this spread it on tins. All the fruit must be done thus. Then boil down the sugar till you get a rich thick syrup, and pour it over the fruit. The fruit must now be put either in the sun, or in a warm oven, till it is in a dried gelatinous condition. Let it remain till quite dry, when put it in bags, dividing it into cakes. These cakes will keep a long time, and, when wanted for use, merely require a little hot water put to them and probably extra sugar.

2320.—CINNAMON DROPS OR SWEETMEATS.

Ingredients.—1 oz. of cinnamon, 1 lb. of pounded loaf sugar, ½ pint of water, the whites of 2 eggs, whisked to a froth.

Mode.—Pound the cinnamon in a mortar, sifting it afterwards through a very fine hair or silk sieve; mix with the other ingredients. Take the mixture up in a teaspoon and let drops fall on stiff, white writing-paper; dry or bake in a very cool oven. Let them get cold, when they will come off easily.

2321.—CLOVE DROPS.

Ingredients.—1 oz. of cloves, 1 lb. of fine loaf sugar finely pounded, the whites of two eggs whisked to a froth, ½ pint of water.

Mode.—Pound and sift the cloves, and make the drops by recipe No. 2320.

2322.—STRAWBERRY DROPS.

Ingredients.—½ lb. of juice, ½ lb. of fine white powdered sugar, 2 whites of eggs, whisked to a very stiff froth.

Mode.—Mix all together, and drop on tins; bake or stand in a very cool oven till dry.

2323.—GINGER FLAVOUR DROPS.

Ingredients.—Ginger, sugar, water.

Mode.—Pound and sift as much ginger as you wish the drops to taste of, add sugar and water, as in the other directions; boil up and drop on paper.

2324.—ORANGE DROPS.

Ingredients.—3 large lemons, 6 small oranges, sifted white sugar.

Mode.—Squeeze the juice from the lemons and add the sugar to it; rasp the oranges, then put all in a shallow pan on the fire, till it is of a nice thickness; turn continuously with a wooden spoon for 5 or 6 minutes. Take the mixture from the fire and drop it in small drops on thick white paper.

2325.—FRESH DAMSON DROPS.

Ingredients.—Damsons, sugar.

Mode.—Bake some damsons, then skin, stone, and strain them through a sieve. Mix enough loaf sugar, sifted, to make a thin paste of them. Drop them on to paper in drops and let them get quite dry; then put them on a sieve, wetting it a little, or they will stick. They must again dry on a stove, and be kept in a box.

2326.—DROPS FLAVOURED WITH BERGAMOT.

Ingredients.—Loaf sugar, bergamot-water.

Mode.—Pound and sift loaf sugar, adding bergamot-water, mixing them well together over the fire for about 5 minutes. Drop in very round drops on paper.

2327.—ORGEAT DROPS.

Ingredients.—4 oz. of almonds, ½ lb. of white sugar, orange-flower water.

Mode.—Pound the blanched almonds well in a mortar, moistening them with a little water, which must be as clear as possible; make a paste of these. Add orange-flower-water to flavour, and strain the whole through a cloth or fine silk sieve; moisten the sugar with it, and form into drops on paper.

2328.—LEMON DROPS.

Ingredients.—6 lemons, sugar.

Mode.—Squeeze the juice of the lemons into a basin; pound and sift loaf sugar, adding it to the juice till it is so thick it can hardly be stirred; put it into a shallow saucepan and stir it upon the fire for 5 minutes. Drop it from a spoon on to thick paper.

2329.—LITTLE CHOCOLATE CAKES OR DROPS.

Ingredients.—To each lb. of sugar allow 1 oz. of chocolate.

Mode.—Scrape some good chocolate to a powder, and mix 1 oz. to each pound of sugar (pounded and sifted). Make it into a paste with water (cold), and boil up gently. Drop on thick white paper, with a silver or bone spoon. Coffee Drops are made this way, allowing 1 oz. of coffee to 1 lb. of sugar.

2330.—ORANGE PASTE.

Ingredients.—2 lbs. of sugar to each lb. of pulp.

Mode.—Press out the juice of 5 Seville oranges, boiling the rinds till they are all very soft indeed. With a thin wooden or bone spoon scoop out the pulp; pound the rinds in a mortar, as fine as possible, with half the extracted juice of the oranges. Rub all through a hair sieve, and keep it on the fire till it becomes like marmalade. Empty it out and weigh it, allowing 2 lbs. of fine pounded sugar to each pound of pulp. Boil it for 10 minutes, spread it out thin on tin plates or tins, and cut it to any shape; dry it and keep it in tin boxes. Make lemon paste in the same manner, but do not use any of the juice.

2331.—CURRANT PASTE.

Ingredients.—To each lb. of pulp 1¼ lb. of loaf sugar.

Mode.—Take red or white currants, rub them through a sieve, after having picked them over thoroughly; put the mashed fruit in a pan upon the fire, stirring it till it forms a paste; remove it, and to every lb. of pulp put 1¼ lb. of finely-pounded sugar. Mix them together, and boil for 20 minutes; spread it out on tin plates, cut it into shapes, and dry it on a tin in a cool oven.

2332.—PLUM PASTE.

Ingredients.—Equal quantities of sugar and fruit-pulp.

Mode.—Any sorts of preserving plums will do; take out the stones, put them in a pan with a small quantity of water, boil to a jam, rub them with a wooden spoon through a hair sieve. Put it on the fire and reduce it to a paste, and allow to each pound of pulp 1 lb. of finely-sifted sugar. Boil for 20 minutes, then spread and dry it, or you may turn it into little moulds.

2333.—PEACH PASTE.

Ingredients.—½ lb. of sugar to each lb. of pulp.

Mode.—Cut into small pieces some fine Michaelmas peaches, put them into a pan with hardly enough water to cover them; boil till they are reduced; weigh them, and to every pound of the pulp allow ½ lb. of finely-sifted sugar. Put it on the fire, boil for 20 minutes, pour it out and dry it by spreading it on tins and putting it on a stove or in a cool oven.

2334.—APRICOT PASTE.

Ingredients.—½ lb. of sugar to each lb. of pulp.

Mode.—Get ripe apricots, and put them in a preserving-pan with a little sugar; place them on the side of the fire to reduce them to a paste, then rub them through a hair sieve, allowing half a pound of sifted sugar to every pound of pulp. Put it on the fire and boil for 10 minutes. Spread it on tins to dry.

2335.—APPLE PASTE.

Ingredients.—Equal quantities of sugar and fruit.

Mode.—Get good, sound, ripe apples, peel and core them, and put them in water till they are quite soft; rub them, with a wooden spoon, through a hair sieve; weigh the pulp, put it in a preserving-pan with the same weight in sugar, boil for 20 minutes, remove it, and pour it out thin on plates or in moulds. These pastes may be cut into rings or any shapes. They can be coloured by adding a few drops of the usual colouring. Dry on a cool stove or in a cool oven.

2336.—PISTACHIO PRALINES.

Ingredients.—1 lb. of pistachio nuts, 1 lb. of loaf sugar, rose-water.

Mode.—Dissolve the loaf sugar in very little water, so that it can be formed into a ball. Add to this the blanched pistachio nuts; take the pan from the fire, stirring them till they have taken all the sugar; put them on again and boil to a caramel: put them then on a sieve, and sprinkle them with rose or orange-water, to flavour them.

2337.—LEMON PRALINES.

Ingredients.—Lemons, sugar.

Mode.—Pare some lemons, and cut the rind into pieces about an inch long and *very* narrow. Boil some syrup till it almost comes to a caramel, put in the lemon-shreds, stirring them about well with a large wooden spoon till cold. Set them on a sieve, shaking the loose sugar off. Keep very dry in boxes.

2338.—TO MAKE BARLEY-SUGAR.

Ingredients.—To every lb. of sugar allow ½ pint of water, ½ the white of an egg.

Mode.—Put the sugar into a well-tinned saucepan, with the water, and when the former is dissolved, set it over a moderate fire, adding the well-beaten egg before the mixture gets warm, and stir it well together. When it boils, remove the scum as it rises, and keep it boiling until no more appears, and the syrup looks perfectly clear; then strain it through a fine sieve or muslin bag, and put it back into the saucepan. Boil it again like caramel, until it is brittle when a little is dropped in a basin of cold water; it is then sufficiently boiled. Add a little lemon-juice and a few drops of the essence of lemon, and let it stand for a minute or two. Have ready a marble slab or large dish rubbed over with salad-oil; pour the sugar on it, and cut it into strips with a pair of scissors; these strips should then be twisted, and the barley-sugar stored away in a very dry place. It may be formed into lozenges or drops by dropping the sugar, in a very small quantity at a time, on to the oiled slab or dish.

Time.—¼ hour.

Sufficient for 5 or 6 sticks.

2339.—TO MAKE EVERTON TOFFEE.

Ingredients.—1 lb. of powdered loaf sugar, 1 teacupful of water, ¼ lb. of butter, 6 drops of essence of lemon.

Mode.—Put the water and sugar into a brass pan, and beat the butter to a cream. When the sugar is dissolved, add the butter, and keep stirring the mixture over the fire until it sets when a little is poured on to

a buttered dish; and just before the toffee is done, add the essence of lemon. Butter a dish or tin, pour on it the mixture, and when cool it will easily separate from the dish. Butter-Scotch, an excellent thing for coughs, is made with brown, instead of white sugar, omitting the water, and flavoured with half an ounce of powdered ginger. It is made in the same manner as toffee.

Time.—18 to 35 minutes. **Average Cost,** 8*d.*

Sufficient to make a lb. of toffee.

2340.—EVERTON TOFFEE.

(*Another Mode.*)

Ingredients.—1 lb. of treacle, 1 lb. of moist sugar, ½ lb. of butter.

Mode.—Put the above ingredients into a saucepan large enough to allow of fast boiling over a clear fire; put in the butter first, and rub it well over the bottom of the saucepan, then add the treacle and sugar, stirring together gently with a knife. After it has boiled about 10 minutes, ascertain if it is done, in the following way:—Have ready a basin of cold water, and drop a little of the mixture into it from the point of a knife. If it is sufficiently done, when you take it from the water it will be quite crisp. Now prepare a large shallow tin pan, or dish, rubbed all over with butter, to prevent its adhering, and into this pour the toffee from the saucepan to get cold, when it can be easily removed. To keep it good it should be excluded from the air.

Time.—10 to 15 minutes. **Average Cost,** 1*s.*

Sufficient to make 2 lbs. of toffee.

2341.—EVERTON ALMOND TOFFEE.

Ingredients.—1½ lb. of brown sugar, 9 oz. of butter, 1 teacupful of water, 1 lemon, ½ lb. of almonds.

Mode.—Boil the sugar, butter, water, and half the rind of the lemon together, and when sufficiently done, let it stand aside till the boiling has ceased, then stir in the juice of the lemon. To try when the toffee is done, drop a little into a cup of cold water. Blanch the almonds and divide them in halves. Butter a shallow tin and lay them close together flat-side downwards upon it, then pour in the toffee.

Time.—10 to 15 minutes. **Average Cost,** 1*s.* 9*d.*

Sufficient for 2 lbs. of toffee.

2342.—CANDIED CHESTNUTS.

Ingredients.—Chestnuts, lemon-juice, syrup.

Mode.—Remove the outer skin of the nuts, and put them into a pan of boiling water for a minute or so till the second skin comes off easily; after

this throw them into another pan of boiling water and boil till tender. Squeeze the juice of a lemon into a basin of lukewarm water, and put the chestnuts in this when done. When cool, dry them, dip each in clarified sugar, and lay on a slab to dry.

Note.—For the clarified sugar use 3 lbs. of sugar to 1½ pint of water and the whites of 2 eggs, and make by recipe No. 2116.

2343.—CANDIED WALNUTS.

Ingredients.—Walnuts, liqueur, clarified sugar, lemon.

Mode.—Proceed in the same manner as for candied chestnuts, but flavour the sugar with a little liqueur, which may also be used for the chestnuts if liked.

2344.—CHOCOLATE ALMONDS.

Ingredients.—Almonds, chocolate.

Mode.—Blanch the almonds by putting them for a few minutes in hot water and rubbing off the skin. Melt some chocolate, take up each almond separately with a long pin or skewer, dip in the chocolate, and lay on a buttered slab to cool.

2345.—CHOCOLATE CREAM.

Ingredients.—1 lb. of sugar, 3 oz. of best arrowroot, rather more than ¾ pint of water, chocolate.

Mode.—Mix the arrowroot with the water, and put into a lined saucepan; add the sugar and boil about 10 minutes, stirring quickly the while, then take it off the fire and stir till it begins to cool. Flavour with vanilla essence or any that may be preferred, roll into little balls, melt some chocolate, and roll each ball in this, and lay on a buttered slab to cool.

2346.—COCOANUT CANDY.

Ingredients.—1½ lb. of sugar, ¾ pint of cold water, ½ lb. of grated cocoanut.

Mode.—Put the sugar, with the water, into a pipkin, and let it dissolve; boil it 5 minutes, then strain, put in the cocoanut, set the pipkin again on the fire and stir till the candy rises; then spread on sheets of writing-paper which have been warmed before the fire, and before the candy is quite cold take it off the paper and cut in squares. Let it be thoroughly dry before putting away.

2347.—TURKISH SWEETMEAT.

Ingredients.—2 lbs. of sugar, 2 eggs, 1 lemon, ¼ lb. of finest wheat starch, 2½ pints of water, flavouring of rose or lemon essence.

Mode.—Make a syrup with 2 pints of water and the sugar, and clear with the whites of the eggs and the juice of the lemon. Dissolve the starch in half a pint of cold water, strain and add it to the syrup when boiling and continue to boil till the mixture is stringy and thick, then flavour. Have ready two large dishes, one oiled, the other covered with sifted sugar, pour the syrup on the oiled one, let it cool a minute or so, then turn on to the sugared one, absorb the oil if necessary with white blotting paper, and cover with sugar after cutting into squares.

RECIPES FOR PREPARATIONS USED FOR ORNAMENTAL PASTRY.

2348.—ALMOND PASTE.

Ingredients.—1 lb. of Jordan almonds, 2 lbs. of pounded loaf sugar, 2 oz. of gum tragacanth, water.

Mode.—Steep the almonds for 15 hours, then blanch, dry and pound them, and press through a hair sieve. Soak the gum for 12 hours in half a pint of water, squeeze it through a cloth on to a marble slab, and mix with it, working it thoroughly, 1 lb. of the sugar in small quantities, mix the almonds also in small quantities, then the rest of the sugar, put it in a basin covered with a damp cloth in a cool place. When wanted, add more pounded sugar till it becomes a stiff paste, with whatever colouring is desired.

2349.—BISCUIT PASTE.

Ingredients.—½ lb. of flour, 8 eggs, 1 lb. of lump sugar, ½ pint of water.

Mode.—Put the sugar and water into a copper sugar boiler and boil till a little of the syrup, skimmed off and put quickly into cold water, can be rolled up into a ball. Break the eggs, dividing the yolks from the whites, mix the former with the flour, and when half cold add the sugar, and lastly the whites, previously well beaten.

2350.—CHOU PASTE.

Ingredients.—½ lb. of flour, ¼ lb. of butter, 8 eggs, ½ oz. of pounded sugar, 1 pint of water.

Mode.—Put the water, butter, and sugar into a stewpan, and when the mixture comes to the boil, add the flour, stirring over the fire for a few minutes. Break the eggs, and add them one by one, till the paste is of

such consistency that it will fall out of a spoon. Different flours absorb different quantities of moisture, and it is possible that in some cases an egg more or less will make the paste the required thickness.

2351.—CHOPPED ALMONDS FOR NOUGAT.

Mode.—Almonds should be blanched in boiling water, put to cool in cold, drained in a colander, the skins removed, rinsed again and dried, and left an hour or two before they are chopped. If wanted for small nougats, they should be cut across instead of lengthwise. Pistachios are treated in the same way, and if the colour is not bright enough, a little spinach green may be used for them.

2352.—COLOURED ALMONDS.

Mode.—Yellow almonds can be had by splitting them in two after blanching, and putting them into the oven till they get a light golden tinge. Pink and red colouring can be given with cochineal mixed with a little syrup, and when the almonds have been rubbed in this, they should be put in a cool oven to dry. Green colouring is given in the same manner, with spinach green. Violet is given with a little ultramarine blue mixed with liquid cochineal and a little anisette.

2353.—COLD WORKED BUTTER.

(*For Cone Work and Buttering Moulds.*)

Mode.—Put some fresh butter in a cloth, and press out all the water, then work it smooth with a wooden spoon in a basin.

2354.—COLOURING FOR ORNAMENTAL PASTRY.

This is sometimes given with ordinary paints and a brush, but this of course will render the pastry uneatable. In the colours we have mentioned in recipe No. 2352, with the addition of chocolate and the relief of white, sufficient variety may be found.

2355.—COLOURED SUGAR.

Sugar for colouring may be of any sized grains, by sifting it through colanders with different sized holes, after it has been broken up, first with a knife and then with a rolling pin. To colour it, put it with the colouring matter on a copper baking sheet, and rub it between the hands till sufficiently tinted, then spread it over the sheet and dry in a cool oven. It should be stirred occasionally to prevent its drying in lumps, and afterwards sifted. The vegetable colourings mentioned in recipe No. 2352 should be used.

2356.—FLAVOURED SUGAR.

Sugar may be flavoured in a variety of ways, by first pounding it, adding the flavouring during the process, then sifting through a silk sieve, and putting by in a tin in a dry place. For 1 lb. of sugar, 2 oz. of either lemon or orange peel dried will be sufficient, and to the same quantity of sugar, flavours may be given by 1 oz. of ginger, 2 oz. of cinnamon, 1½ oz. of vanilla, or ½ oz. of cloves.

2357.—FONDANT ICING.

This is made by boiling sugar as in recipe No. 2118, adding flavouring and colouring to correspond, then pouring it out upon a marble slab, and, when nearly cold, working it with a spatula till it is of a smooth paste. When wanted for use, melt the icing in a copper sugar boiler. Colouring for red fruit icing is given with cochineal; orange or lemon must have yellow vegetable colouring; Chartreuse icing may have a tinge of spinach green.

2358.—GUM PASTE.

Ingredients.—2 oz. of gum tragacanth, ¼ lb. of starch powder, 1 lb. of flour, ¼ pint of water.

Mode.—Dissolve the gum in the water, press it through a cloth on to a marble slab, and mix in by degrees the pounded sugar, working it to a smooth paste. Till wanted it should be kept in a basin covered with a wet cloth, when it must have equal quantities of starch and pounded sugar blended with it till it is sufficiently stiff.

2359.—MERINGUE PASTE.

Ingredients.—12 eggs (whites only), 1 lb. of finely-pounded sugar, a pinch of salt, any colouring or flavouring.

Mode.—Whip the whites thoroughly, adding the sugar slowly. This paste should be used directly it is mixed.

2360.—NOUGAT.

Mode.—Almonds and other nuts for nougat should be blanched, drained, and skinned some little time before they are chopped. The nougat is made by melting pounded sugar in a copper sugar boiler, putting a dessert-spoonful of lemon-juice to each pound, then adding double the weight of sugar in almonds either coloured or white, filberts, or pistachios, and a little liqueur. The almonds or nuts should be hot when put into the syrup. For lining moulds, small pieces of the nougat should be pressed in with a lemon till the mould is covered, when the nougat should be turned out.

2361.—NOUILLES PASTE.

(For Timbales and Ornaments.)

Ingredients.—½ lb. of flour, ½ oz. of butter, a saltspoonful of salt, 2 yolks of eggs, 1 whole egg.

Mode.—Put the flour on the board, make a hole in the centre, put in the yolks of eggs, butter and salt, and add as many whole eggs as are needed to make a smooth stiff paste. Probably not more than 1 egg will be needed, but different flours absorb different quantities of moisture.

1. VENETIAN VILLA OF PÂTE D'OFFICE AND NOUGAT.

2362.—SWEET PASTE. (*Fr.*—Pâte d'Office.)

Ingredients.—2 lbs. of flour, 1 lb. of pounded sugar, 1 pint of water.

Mode.—Melt the sugar in the water over the fire, put the flour on the

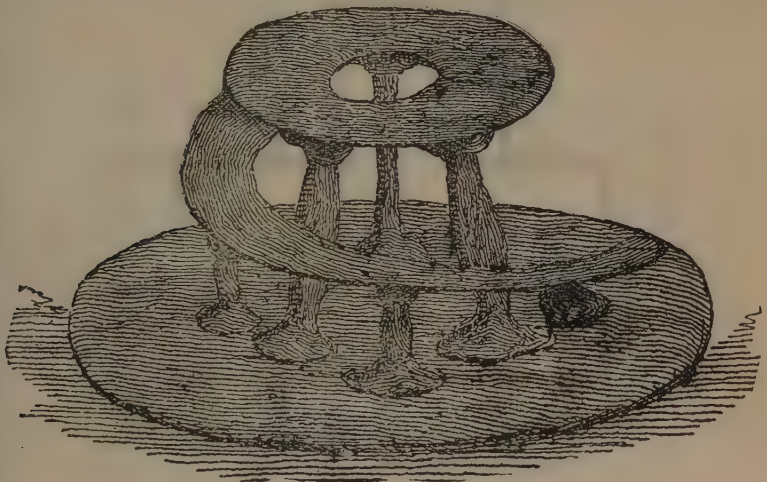
board, making a hole in the centre; pour in the syrup, and work into a smooth paste.

2363.—SPINACH GREEN.

Mode.—Pound some spinach in a mortar, press it through a coarse cloth into a pan, and boil for a few minutes, stirring the while; drain on a sieve, and squeeze out as much of the juice as possible, then rub the pulp through a sieve.

2364.—VENETIAN VILLA.

This illustrates most of the processes that are necessary for the con-



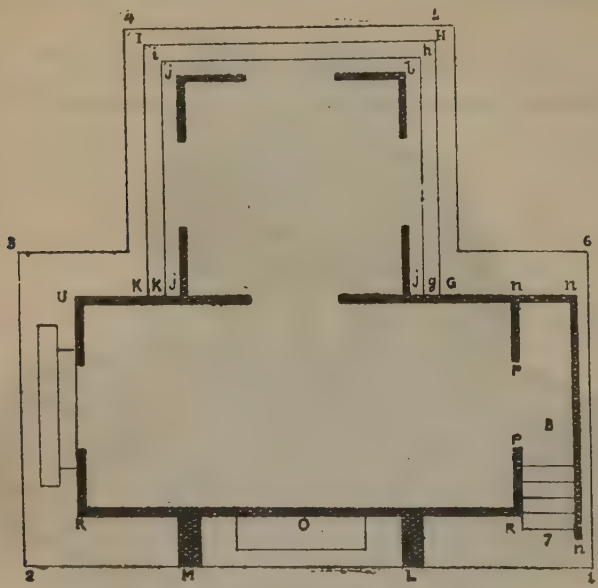
2. THE FOUNDATION (PÂTE D'OFFICE)

struction of all ornamental stands, and for it most of the materials made for this purpose are required.

The plans for this, showing the different parts, are all drawn *to scale*, so that having determined the size of the model, which might be four, six, or eight times as large as it is represented, it will be easy to enlarge each section to the desired size.

2365. THE FOUNDATION (Illustration No. 2).—The first part to be made is the rockwork or pathway upon which the villa stands. This is composed of pâte d'office, No. 2362. It is cut in two rounds, the upper one

held up by three uprights, kept in place with small pieces of paste, while four others support the pathway, which is made of three segments, the whole cemented by gum paste. The little hand-rail is next stuck on, and the base strewed with little fancy cakes made to look as much like rocks as possible. The effect of grass is given by coating the pathway and what is shown of the lower round with meringue paste, and then scattering over green sugar, while the moss and leaves are imitated by pressing green gum paste through a coarse sieve, then putting the scraps



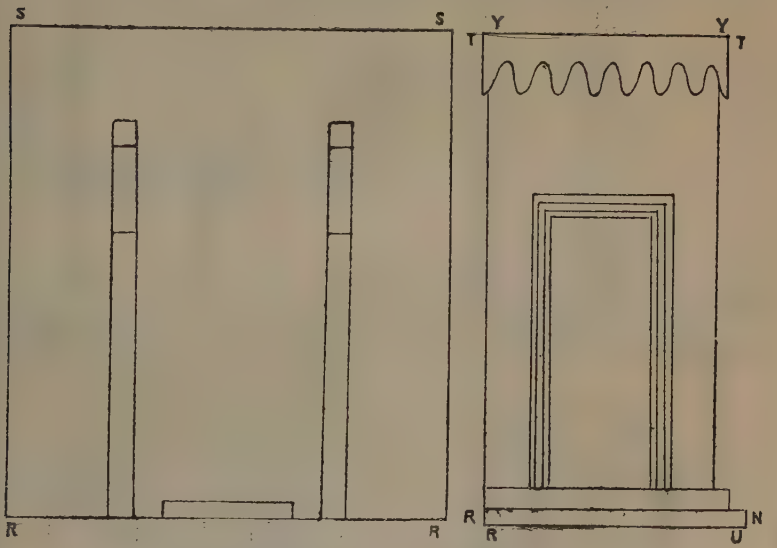
ORNAMENTAL PASTRY: VENETIAN VILLA.
3. GROUND PLAN.

in place with a small knife. The rail may be coloured with melted chocolate or chocolate icing laid on with a small brush.

2366. GROUND PLAN OF THE HOUSE (Illustration No. 3).—The villa is of nougat, and it will be advisable to make enough of this to allow for any little accident that may occur during modelling, while some sort of hot closet (a cool oven will serve for this) is necessary to keep one part of the paste from hardening while another is used. Having obtained the cardboard model, the nougat must be rolled out on a marble slab, slightly oiled, to a quarter of an inch in thickness the various parts cut out as

quickly as possible, and the spare pieces put by in the hot closet till wanted. The sheet of nougat, 1, 2, 3, 4, 5, 6, supports the whole villa, G, H, I, K, and g, h, i, k, are two layers of nougat put on this to raise the floor of the portico, and to show the steps. L and M are the bases of the buttresses of the back wall; N, N, N, are the small walls that front the steps; p, p, is the opening for the front door, and 7 and 8 the steps leading to it.

2367. The Walls of the Ground Floor are shown in Illustrations Nos. 4 and 5. The back wall of the ground floor, No. 4, is unpierced. The two

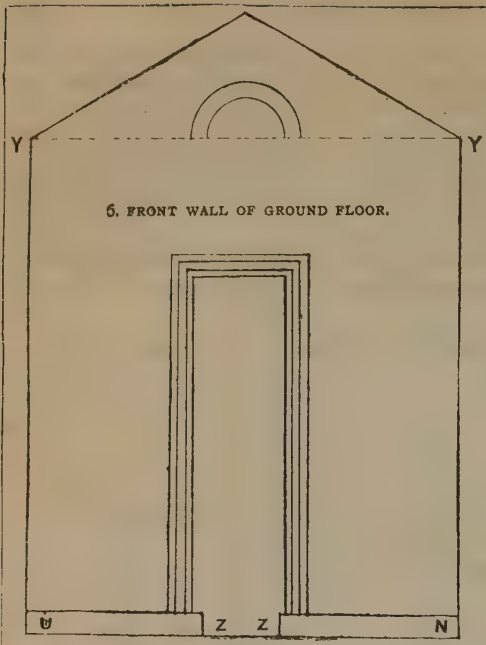


ORNAMENTAL PASTRY: VENETIAN VILLA.

4. BACK WALL OF GROUND FLOOR. 5. SIDES.

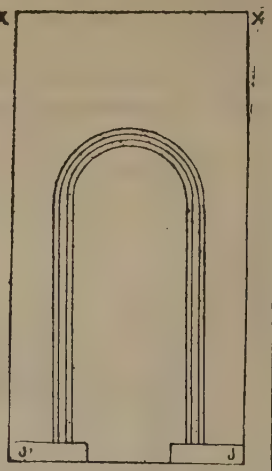
sides in Illustration No. 5 are lettered R, N, T, T, and R, U, Y, Y. The front wall (Illustration No. 6) U, N, Y, Y, has an opening for a doorway shown by *Z*, *Z*. The three sides of the portico supporting the terrace are alike, and lettered J, J, X, X (Illustration No. 7). These walls are placed upright upon the ground plan, the letters upon which will show how they are to be adjusted, and neatly joined.

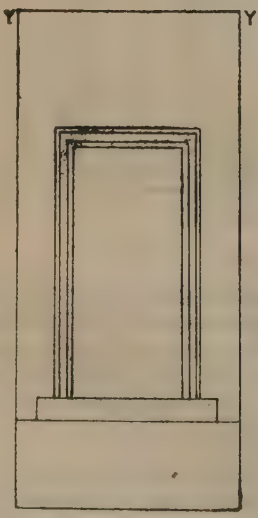
2368. Floor of Upper Storey.—This is composed of another layer of nougat like the ground plan, laid on the top of the walls of the first floor, round which the balcony is fixed.



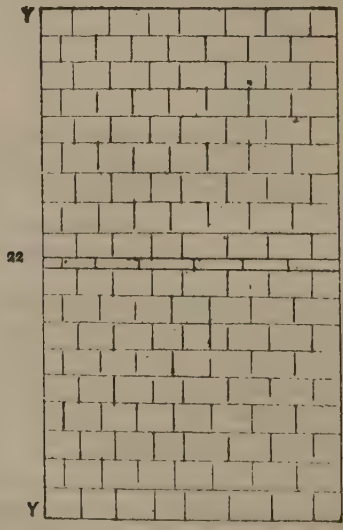
6. FRONT WALL OF GROUND FLOOR.

7. PORTICO





8. SIDE WALL OF FIRST FLOOR.



9. ROOF.

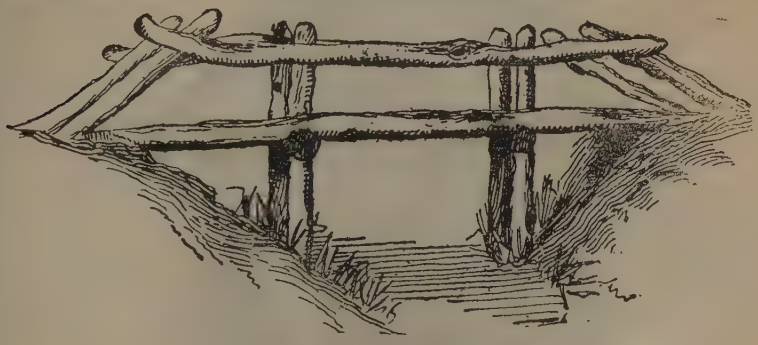
ORNAMENTAL PASTRY: VENETIAN VILLA.

2369. THE WALLS OF THE UPPER FLOOR are arranged in the same manner as the lower ones, and the Illustrations will show the order in

10. SWAN IN ITALIAN BISCUIT.

11. DETAIL OF SWAN.

which they should be taken. In Illustration No. 6 are shown:—1st. The front wall of the ground floor, lettered U, N, Y, Y, and N, *Z*, *Z*, U, resting on the ground plan upon the corresponding letters. 2ndly. The front wall of the first floor U, N, G, G, having a small arched window. 3rdly. The



12. BRIDGE OF BARLEY-SUGAR, ETC

back wall of the first floor, U, N, Y, Y, pierced by a window. The side walls of the first floor are shown in Illustration No. 8.

2370. THE ROOF is shown in Illustration No. 9, lettered Y, Y, Y, Y. The apex 22.

13. SWISS CHALET OF NOUGAT, ON BASE OF PÂTE D'OFFICE.

14. RUSTIC SUMMER HOUSE OF PÂTE D'OFFICE, NOUGAT AND MERINGUE PASTE.

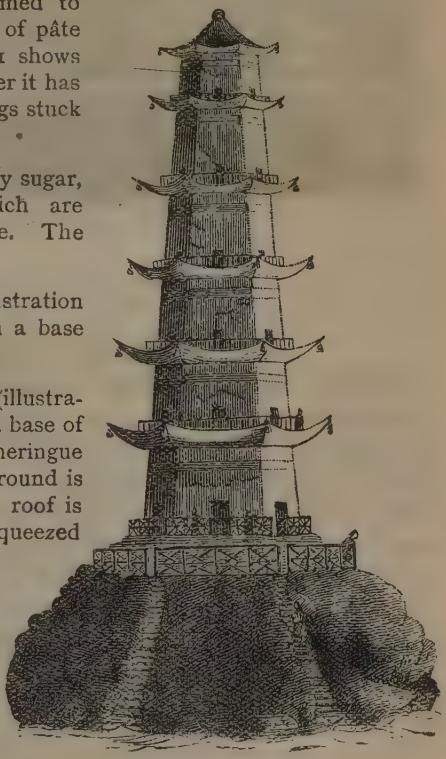
2371. Details of the Model.—The balustrade may be cast in a mould made of boxwood or sulphur. The moss and leaves upon it are made of green gum paste, in the manner before described. Colouring may be given with the vegetable colours named in recipe No. 2352. The ledges and raised ornaments are moulded from pâte d'office, and fixed by gum paste.

2372. The Swan is made of Italian biscuit, recipe No. 2349, baked in a shallow oval mould, then trimmed to shape. The wings and neck are of pâte d'office. The illustration No. 11 shows the swan in its second stage, after it has been cut to shape and the wings stuck in.

2373. The Bridge is of barley sugar, fixed on banks of cake, which are covered with green gum paste. The weeds are made of angelica.

2374. The Swiss Chalet (illustration No. 13) is made of nougat, upon a base of pâte d'office.

2375. The Summer House (illustration No. 14) is of nougat, upon a base of pâte d'office, covered with meringue paste and green sugar. The ground is covered with green sugar; the roof is made of the meringue paste, squeezed out of a paper cone to imitate straw for thatch. Instead of using nougat, the model might be made entirely of pâte d'office.



15. CHINESE PAGODA IN NOUGAT.

2376. Chinese Pagoda.—The pagoda in illustration No. 15 is hexagonal in shape, and made of nougat. It stands on a base made of roughly-cut iced cake, in which are flights of steps, this base being mounted on a flat piece of pâte d'office, like the other models. The small galleries or balconies are stuck on with gum paste.

ENGLISH AND FOREIGN LOAVES.

CHAPTER XXXIX.

GENERAL OBSERVATIONS ON BREAD, BISCUITS, AND CAKES.

2377. ***Cereals.***—Among the numerous vegetable products yielding articles of food for man, the Cereals hold the first place. They are so called from Ceres, the goddess of agriculture. The best known are Wheat and its varieties, Rye, Barley, Oats, Rice, Maize. Everybody knows that wheat flour yields the best bread. Rye-bread is viscous, hard, less easily soluble by the gastric juice and not so rich in nutritive power. Flour produced from barley, maize, or rice, is not so readily made into bread; and the article, when made, is heavy and indigestible, so that, in countries where these corns form the staple food, porridges or mash are more common than bread.

On examining a grain of corn from any of the numerous cereals used in the preparation of flour, such as wheat, maize, rye, barley, &c., it will be found to consist of the husk, or exterior covering, which is generally of a dark colour, and the inner part, which is more or less white. That is what is seen on a superficial examination, but looked at through a microscope there is a centre part white, consisting almost entirely of starch cells, and five or six layers of different shaped cells surrounding the starch, each less starchy and less white than the centre, each containing more phosphates and getting browner as it is nearer to the outer covering of all, the bran. The most gluten or flesh-forming material is in a row of brick-shaped cells near the starch. In grinding, these two portions are separated, and, the husk being blown away in the process of winnowing, the flour remains in the form of a light brown powder. In order to separate the brown from the white, it undergoes a process called "bolting." It is passed through a series of fine sieves, which separate the coarser parts, leaving behind fine white flour—the "fine firsts" of the corn-dealer. The finest white flour comes from the centre of the grain, and is very starchy. Household is less white, because it

takes in some of the cells rich in gluten, and is therefore more nourishing. "Sharps," "tails," "tippings," "pollards," are all names given to the intermediate products between white flour and bran. They are usually given to animals, but might with advantage be added to bread, as they are very nourishing and not indigestible like bran. Unfortunately, brown bread in this country is often made of white flour and bran, leaving all these out. Bran contains a large proportion of phosphates and mineral matter, and the ferment peculiar to wheat flour, said to assist in its digestion; hence it will be seen why brown bread is so much more nutritious than white; in fact, we may lay it down as a general rule, that the whiter the bread the less nourishment it contains. Majendie proved this by feeding a dog for forty days with white wheaten bread, at the end of which time he died; while another dog, fed on brown bread made with flour mixed with bran, lived without any disturbance of his health.

2378. ***Whole Meal.***—In ancient times, down to the Emperors, no bolted flour was known. In many parts of Germany the entire meal is used; and in no part of the world are the digestive organs of the people in a better condition. In years of famine, when corn is scarce, the use of bolted flour is most culpable, for from 18 to 20 per cent. is lost in bran. Brown bread has, of late years, become very popular; and many physicians have recommended it to invalids with weak digestions and sedentary habits with great success. Nevertheless it is by no means certain that for the mass of the people whole-meal bread would be advantageous, for bran is not digestible, and indeed its value in the physician's hands depends upon that. Decorticated bread, from which only the bran is removed, is also made, and is not open to the same objections. This rage for white bread has introduced adulterations of a very serious character, affecting the health of the whole community. Potatoes are added for this purpose; but this is a comparatively harmless cheat, only reducing the nutritive power of the bread; but bone-dust and alum are also put in, which are far from harmless.

2379. ***Bread-making is a very Ancient Art indeed.***—The Assyrians, Egyptians, and Greeks used to make bread, in which oil, with aniseed and other spices, was an element; but this was unleavened. Every family used to prepare the bread for its own consumption, the *trade* of baking not having yet taken shape. It is said that, somewhere about the beginning of the thirtieth Olympiad, the slave of an archon, at Athens, made leavened bread by accident. He had left some wheaten dough in an earthen pan, and forgotten it; some days afterwards, he lighted upon it again, and found it turning sour. His first thought was to throw it away; but, his master coming up, he mixed this now acescent dough with some fresh dough, which he was working at. The bread thus produced, by the introduction of dough in which alcoholic fermentation had begun, was found delicious by the archon and his friends, and the slave, being summoned and catechised, told the secret. It spread all over Athens; and everybody wanting leavened bread at once, certain persons set up as bread-makers, or bakers. In a short time bread-baking became quite an art, and "Athenian bread" was quoted all over Greece as the best bread, just as the honey of Hymettus was celebrated as the best honey.

In our own times, and among civilised peoples, bread has become an article of food of the first necessity; and properly so, for it constitutes of itself a complete life-sustainer, the gluten, fibrin, fat, phosphates, starch, and sugar, which it contains, representing all the necessary classes of food. There is too little fat and too little flesh-former if used as a sole article of food.

2380. ***Different Flours.***—The finest, wholesomest, and most savoury bread is made from wheaten flour.

Rye bread comes next to wheaten bread; it is not so rich in gluten, but is said to keep fresh longer, and to have some laxative qualities.

Barley bread, Indian-corn bread, &c., made from barley, maize, oats, rice, potatoes, &c., "rises" badly, because the grains in question contain but little gluten, so that the bread is heavy, close in texture, and difficult of digestion; in fact, wheat-flour has to be added before panification can take place. In countries where wheat is scarce and maize abundant, the people make the latter a chief article of sustenance, prepared in different forms.

BREAD-MAKING.

2381. ***Panification, or bread-making,*** ordinarily consists of the following processes:—Fifty or sixty per cent. of water is added to the flour with the addition of some yeast. In this country brewer's yeast from malt is generally preferred, but dried yeast imported from France and Germany has a large sale. All kinds of leavening matter have, however, been and are still used in different parts of the world; in the East Indies, "toddy," which is a liquor that flows from the wounded cocoa-nut tree; and, in the West Indies, "dunder," or the refuse of the distillation of rum. The dough then undergoes the well-known process called *kneading*. The yeast produces fermentation, a process which may be thus described:—The dough reacting upon the leavening matter introduced, the starch of the flour is transformed into saccharine matter, the saccharine matter being afterwards changed into alcohol, water, and carbonic acid gas. The dough must be well "bound," and yet allow the escape of the little bubbles of carbonic acid which result from fermentation, and which in their passage cause the numerous little holes which are seen in light bread.

2382. ***Yeast*** is a living plant, and most of the mistakes in its use would be avoided if we understood this. Extremes of cold and heat kill it, and a temperature that it does not like prevents it from growing actively at the time, even though it may not be hot or cold enough to put an end to its growing in future under better conditions. Under a microscope each plant can be seen. If a few be put into flour and water, potatoes and water, or any suitable mixture, they grow and multiply, producing more yeast plants like themselves, and in growing they give out carbonic acid gas and water and a little alcohol. Cooks talk about *keeping* a little yeast in sugar and water, but it is kept only as this year's corn is kept when it is sown to make next year's bread. It does not grow freely in sugar and water only, it wants something more. Flour and sugar is easy and convenient, or potatoes. The old-fashioned sugared tea is a very good instance of the accord between science and experience, and is as good a mixture as is at hand in the kitchen. The better the food suits the yeast the faster it grows; in some mixtures, carefully prepared on purpose, it grows so fast that as much as will lie on a shilling fills a cup in an hour or two. It must always be kept warm, at blood heat or lower, unless it is wanted to check its growth, and then a cool place is best.

2383. ***Growth of Yeast.***—One practical use of these facts is that, given a little good yeast, any amount more can be made. A second is that if brewer's yeast is bitter, a little of it will always grow some new yeast that is not bitter.

Rough usage will also prevent its growth.

Before making any quantity of bread, it is wise to try the yeast and see if it is lively, by mixing a little and setting it on the stove for an hour, but on no account must it boil, as that would effectually kill it.

2384. ***Home-made yeast*** is sometimes made of malt and hops, and no yeast is added by the maker. It might seem that the plant of which we have

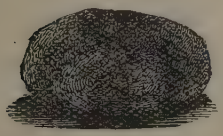
spoken could not exist here. But the truth is that there is a good deal of yeast in the world that we do not know of. If the solution begins to ferment, yeast has certainly got into it some way or another, and yet, exposed to the air, it is almost sure to ferment sooner or later, and will probably ferment very soon if there is yeast anywhere near.

2385. ***To choose Flour.***—The quality of wheat varies much with the weather of each season at home, and also with the weather and soil in countries that differ more from each other than our wettest season from our driest. So much flour is now imported that we always have a good supply. If one country fails, another succeeds. In bygone times, when there was little or no foreign corn, if the corn sprouted in shock there was bad bread for the community until a better season came round, for sprouted corn and bad flour cannot be made into good bread, even with all the skilful manipulation of the modern baker.

2386. ***Good flour is dry,*** and does not lose more than 12 per cent. in weight when heated in an oven. To grind corn damp, and so increase its weight, is not an uncommon practice. Every cook knows that the same weight of flour will not always mix with an equal measure of water, and that the better the flour the more water it takes up. It should be white with a yellowish tinge, household flour being always less white than "firsts," or fine Hungarian, used for pastry; adherent, so that a handful squeezed together keeps its shape; neither acid, nor soon becoming acid; and it should above all make a good loaf. This last is the best of all tests, and before buying any large quantity of flour it is always wise to apply it on a sample. From one sack of flour (280 lbs.) from ninety to a hundred and five quartern (4-lb.) loaves have been made. The average is about ninety-six. If the flour is remarkably good and dry, a greater weight of water is taken up; but a less legitimate way of increasing the weight is to add rice or potatoes and so to make damper bread. Cloths are also thrown over bread hot out of the oven to retain the steam.

WHOLE-MEAL LOAF.

2387. ***Loss of Weight in Baking.***—Dough loses about $\frac{1}{12}$th of its weight in baking. Potato is sometimes added in small quantities with no evil intent, because yeast acts more quickly on potato starch than flour. The skill of the baker is applied so as to mix the flour that it may produce the best bread, as regards its colour, flavour, and keeping quality. It is usual to use strong American flour for setting the sponge, and afterwards to knead in some of the sweet flour grown in our English counties. About two thirds of our flour comes from abroad, and it is generally used to mix in with, and fortify our home supply, though everyone who has tried new English flour, grown in a good season or good soil, will agree that none can equal it for sweetness.



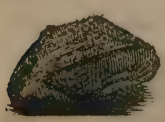
BROWN LOAF.

2388. ***Daily Consumption of Bread.***—It is usual to allow 1lb. of bread per diem to each person. Two people would eat a half quartern loaf between them. This is an ample allowance, even if there is not a very abundant supply of other foods, and if more than this is used in any average household there is probably some waste going on. The poorer housekeepers, who fetch their bread, get it weighed, and are careful to have a slice thrown in if it is under weight, but bread brought to the house is not weighed by the baker. Fancy bread is never

weighed, and as brown bread is usually made and sold as fancy bread, it is consumed chiefly as a luxury.

2389. ***When the dough is well kneaded,*** it is left to stand for some time, and then, as soon as it begins to swell, it is divided into loaves; after which it is again left to stand, when it once more swells up, and manifests, for the last time, the symptoms of fermentation. It is then put into the oven, where the water contained in the dough is partly evaporated, and the loaves swell up again, while a yellow crust begins to form upon the surface. When the bread is sufficiently baked, the bottom crust is hard and resonant if struck with the finger, while the crumb is elastic, and rises again after being pressed down with the finger. The bread is, in all probability, baked sufficiently if, on opening the door of the oven, you are met by a cloud of steam which quickly passes away.

2390. ***New Bread.***—One word as to the unwholesomeness of new bread and hot rolls. When bread is taken out of the oven, it is full of moisture; the starch is held together in masses, and the bread, instead of being crusted so as to expose each grain of starch to the saliva, actually prevents their digestion by being formed by the teeth into leathery, poreless masses, which lie on the stomach like so many bullets. Bread should always be at least a day old before it is eaten; and, if properly made, and kept in a *cool dry* place, ought to be perfectly soft and palatable at the end of three or four days. Hot rolls, swimming in melted butter, and new bread, ought to be carefully shunned by everybody who has the slightest respect for that much-injured individual—the stomach.



FRENCH ROLL.

2391. ***Baking powder*** is largely used to vesiculate bread and cakes. The carbonic acid gas in this case is formed by the effervescence of bi-carbonate of soda with some acid, usually tartaric, but sometimes hydrochloric. Many different sorts are sold, and each differs but slightly from the other. Some are coloured yellow, and are known as egg powder; some go by the name of yeast powder; but the action of all is practically the same. A common recipe for home-made baking powder is 10 oz. of ground rice, 9 oz. of soda, 8 oz. of tartaric acid; the rice is merely used to increase the bulk, and so to facilitate its mixing with flour. If a teaspoonful of this or any other baking powder is put in a tumbler of water it effervesces rapidly, presently the effervescence subsides, and there remains water with the rice undissolved and some tartrate of soda. Just in the same way it effervesces in a cake or in dough, which is bubbled up exactly as the water was. As the water soon subsided so will the dough, the gas escapes, and there remains flour, water and tartrate of soda settled down into a solid mass. That is what happens if baking powder bread or pastry is not baked at once. The whole value of the powder is lost. But if it is put in the oven while the gas is held in the dough, it rises still further, because gas or air always expands with heat, and long before the gas escapes it is baked into shape with all the bubbles in it, and we say it is *light*. It is not a good word, for whether a loaf is "light" or "heavy" it weighs the same, except in so far as it may be too wet if it is not enough baked, the difference is in size and relative weight of the two, not in actual weight. A "light" loaf is puffed up to look bigger.

TWIST.

Therefore, everything containing baking-powder should be baked as soon as possible after it is wetted; the rule applies to all sorts of baking-powder pastry and cakes as well as to bread.

Another rule is to use the coldest water and to mix it in a cold place. We have seen that the *rising* of a loaf in the oven depends on the sudden expansion by

heat of the air it contains, and the greater the difference between the coldness of the air as it goes into the oven and the heat of the oven itself the more it will rise, always provided that the oven is not so fierce as to scorch and stiffen the crust before the inside has had time to be heated. Cakes can be made light with snow instead of water, even with no baking-powder, because of the extreme coldness of the air that is mixed into them.

In this kind of bread-making the gas is formed *in* the dough, but not *of* it as with yeast, and, therefore, the taste of the wheat is more perfectly preserved.

2392. ***Other Acids used.***—When hydrochloric acid is used, instead of tartaric acid or cream of tartar, it combines with the soda to form chloride of sodium, better known as common salt. It is more difficult to mix than the dry acid, but it has the advantage that common salt is always harmless, while tartrate of soda is an aperient, having exceptional action upon a few constitutions. There are persons who cannot eat baking-powder bread, and this is probably the reason. Such an idiosyncrasy is, it must be confessed, very rare; and the commercial acid often contains arsenic, which is very objectionable. A commoner objection to baking powder is that it leaves a soapy taste, resulting from an excess of soda. Excess of acid is far less objectionable and less common.

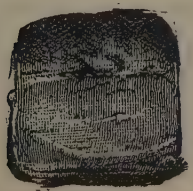
MILK BREAD.

Other acids may be used, as, for instance, sour milk or butter-milk, which makes excellent bread with bi-carbonate of soda. Liebig recommended acid phosphate of lime, chloride of sodium, and bi-carbonate of soda, which very gently and slowly evolves the gas, and, therefore, makes better bread than substances that effervesce slowly and are soon still. Sesqui-carbonate of ammonia is also used by bakers to make cakes. It is extremely volatile, and must be kept in a tightly-stoppered bottle.

2393. ***Eggs*** act in two ways. They increase the tenacity of the dough so that it better retains the air, and when they are beaten to a froth they carry a good deal of air into the cake.

2394. ***"Graham" bread*** is also made of brown meal and water, without any ferment other than the small amount of cerealine contained in the wheat grain itself. It is, however, only eaten by a few persons.

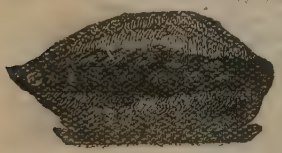
2395. ***Aerated Bread.***—It is not unknown to many of our readers that Dr. Dauglish, of Malvern, has patented a process for making bread "light" without the use of leaven or powder. The ordinary process of bread-making by fermentation is tedious, and much labour of human hands is requisite in the kneading, in order that the dough may be thoroughly mixed with the leaven. By the new process, carbonic acid gas is forced into the bread by the application of machinery. Different opinions are expressed about the bread; but it is curious to note that, as corn is now reaped by machinery, and dough is baked by machinery, the whole process of bread-making is probably in course of undergoing changes which will emancipate both the housewife and the professional baker from a large amount of labour. In the production of Aërated Bread, wheaten flour, water, salt, and carbonic acid gas are the only materials employed. We need not inform our readers that carbonic acid gas is the source of the effervescence, whether in common water coming from a depth, or in lemonade, or any aërated drink. Its action, in the new aërated bread, takes the place of the carbonic acid gas produced by fermentation in the old system of bread-making.



AËRATED BREAD.

In the patent process, the dough is mixed in a great iron ball, inside which is a system of paddles, perpetually turning, and doing the kneading part of the business. Into this globe the flour is dropped till it is full, and then the common atmospheric air is pumped out, and the pure gas turned on. The gas is followed by the water, which has been aërated for the purpose, and then begins the churning or kneading part of the business. Of course it is not long before we have the dough, and very "light" and nice it looks. This is caught in tins, and passed on to the floor of the oven, which is an endless floor, moving slowly through the fire. Done to a turn, the loaves emerge at the other end of the apartment, and the Aërated Bread is made. It may be added that it is a good plan to change one's baker from time to time, and so secure a change in the quality of the bread that is eaten.

2396. ***Mixed Breads.***—Rye bread is hard of digestion, and requires longer and slower baking than wheaten bread. It is better when made with leaven of wheaten flour rather than yeast, and turns out lighter. It should not be eaten till two days old. It will keep a long time. A good bread may be made by mixing rye-flour, wheat-flour, and rice-paste in equal proportions; also by mixing rye, wheat and barley. In Norway, it is said that they only bake their barley-bread once a year, such is its "keeping" quality. Indian-corn flour mixed with wheat-flour (half with half) makes a nice bread; but it is not considered very digestible, though it keeps well. Rice cannot be made into bread, nor can potatoes; but one-third potato-flour in three-fourths wheaten-flour makes a tolerably good loaf.



JEWISH BREAD.

A very good bread, better than the ordinary sort, and of a delicious flavour, is said to be produced by adopting the following recipe:—Take ten parts of wheat-flour, five parts of potato-flour, one part of rice-paste; knead together, add the yeast, and bake as usual. This is, of course, cheaper than wheaten bread.

2397. ***Flour should be perfectly dry*** before being used for bread or cakes; if at all damp, the preparation is sure to be heavy. Before mixing it with the other ingredients, it is a good plan to place it for an hour or two before the fire, until it feels warm and dry. Yeast from home-brewed beer is generally preferred to any other; it is very bitter, and, on that account, should be well washed, and put away until the thick mass settles. If it still continues bitter, the process should be repeated; and before being used, all the water floating at the top must be poured off. German yeast is now very much used, and should be moistened, and thoroughly mixed with the milk or water with which the bread is to be made.

2398. ***General Directions.***—The following observations are extracted from a valuable work on Bread-making,* and will be found very useful to our readers:—The first thing required for making wholesome bread is the utmost cleanliness; the next is the soundness and sweetness of all the ingredients used for it; and, in addition to these, there must be attention and care through the whole process. A certain way of spoiling dough is to leave it half-made, and to allow it to become cold before it is finished. The other most common causes of failure are, using yeast which is no longer sweet, or which has been frozen, or has had hot liquid poured over it, or for any other cause is dead. Too small a proportion of yeast, or insufficient time allowed for the dough to rise, will cause the bread to be heavy. Heavy bread will also most likely be the result of making the

* "The English Bread Book." By Eliza Acton. London: Longmans.

dough very hard, and letting it become quite cold, particularly in winter. If either the sponge or the dough be permitted to overwork itself, that is to say, if the mixing and kneading be neglected when it has reached the proper point for either, sour bread will probably be the consequence in warm weather, and bad bread in any. The goodness will also be endangered by placing it so near a fire as to make any part of it hot, instead of maintaining the gentle and equal degree of heat required for its due fermentation. Skim milk or butter, if *fresh and good*, will materially improve its quality.

2399. ***The utensils required for making bread,*** on a moderate scale, are a kneading-trough or pan, sufficiently large that the dough may be kneaded freely without throwing the flour over the edges, and also to allow for its rising; a hair-sieve for straining yeast, and one or two strong spoons. Yeast must always be good of its kind, and in a fitting state to produce ready and proper fermentation; and the fresher the yeast, the smaller the quantity will be required to raise the dough.

2400. ***The Oven.***—As a general rule, the oven for baking bread should be rather quick, and the heat so regulated as to penetrate the dough without hardening the outside. The oven-door should not be opened after the bread is put in until the dough is set, or has become firm, as the cool air admitted will have an unfavourable effect on it. Brick ovens are generally considered the best adapted for baking bread; these should be heated with wood faggots, and then swept and mopped out, to cleanse them for the reception of the bread. Iron ovens are more difficult to manage, being apt to burn the surface of the bread before the middle is baked. To remedy this, a few clean bricks should be set at the bottom of the oven, close together, to receive the tins of bread. In good stoves the ovens bake admirably; and they can always be brought to the required temperature, when it is higher than is needed, by leaving the door or ventilator open for a time.

To keep bread sweet and fresh, as soon as it is cold it should be put into a clean earthen pan, with a cover to it; this pan should be placed at a little distance from the ground, to allow a current of air to pass underneath. Some persons prefer keeping bread on clean wooden shelves, without being covered, that the crust may not soften. Stale bread may be freshened by warming it through in a gentle oven. Stale pastry, cakes, &c., may also be improved by this method, but they soon go back to their former condition.

A FEW HINTS RESPECTING THE MAKING AND BAKING OF CAKES.

2401. ***Ingredients for Cakes.***—*Eggs* should always be broken into a cup, the whites and yolks separated, and they should always be strained. Breaking the eggs thus, the bad ones may be easily rejected without spoiling the others and so cause no waste. If eggs are used instead of yeast, they should be very thoroughly whisked; they are generally sufficiently beaten when thick enough to carry the drop that falls from the whisk. It is generally better to beat the white and yolk separately, adding the white the very last thing. *Loaf sugar* should be well pounded, and then sifted through a fine sieve. *Currants* should be nicely washed, picked, dried in a cloth, and then carefully examined, that no pieces of grit or stone may be left amongst them. They should then be thoroughly dried and put away, as, if added damp or hot to the other ingredients, cakes will be liable to be heavy. *Good butter* should always be used in the manufacture of cakes; and if beaten to a cream, it saves much time and labour to warm, but not melt, it before baking. Good dripping or lard can be used for plain cakes

dripping is the better of the two. Less butter and eggs are required for cakes when yeast is mixed with the other ingredients. No eggs need be used with baking powder. In any kind of sponge or rich cake the tin should be lined with buttered paper.

The heat of the oven is of great importance, especially for large cakes. If the heat be not tolerably fierce, the batter will not rise. If the oven is too quick, and there is any danger of the cake burning or catching, put a sheet of clean paper over the top. Newspaper, or paper that has been printed on, should never be used for this purpose. To know when a cake is sufficiently baked, plunge a clean knife into the middle of it; draw it quickly out, and if it looks in the least sticky, put the cake back, and close the oven door until the cake is done. Cakes should be kept in closed tin canisters or jars, and in a dry place. Those made with yeast do not keep so long as those made without it.

BISCUITS.

2402. ***Manufacture of Biscuits.***—Since the establishment of the large modern biscuit manufactories, biscuits have been produced both cheap and wholesome in, comparatively speaking, endless variety. Their actual component parts are, perhaps, known only to the various makers; but there are several kinds of biscuits which have long been in use, and most of which belong to the class of unfermented bread, and are, perhaps, the most wholesome of that class. In cases where fermented bread does not agree with the stomach, they may be recommended; in many instances they are considered lighter. and less liable to create acidity and flatulence. The name is derived from the French *bis cuit*, or "twice baked," because, originally, that was the mode of entirely depriving them of all moisture, to ensure their keeping; but although that process is no longer employed, the name is retained. The use of this kind of bread on land is general, and some varieties are luxuries; but at sea, biscuits are articles of the first necessity. Fancy biscuits contain butter, eggs, milk and various flavouring. They are sold in enormous quantities. Sea or ship biscuits are made of wheat-flour from which only the coarsest bran has been separated. The dough is made up as stiff as it can be worked, and is then formed into shapes, and baked in an oven; after which the biscuits are exposed in lofts over the oven until perfectly dry, to prevent them from becoming mouldy when stored. Captains' biscuits are made in a similar manner, but of fine flour.

PRICE OF BREAD.

2403. ***Average Price of Bread.***—This must always be a variable quantity, as it will range higher or lower, according to the price that is paid for wheat. When the miller has secured remuneration for his labour, wear and tear of machinery, &c., in converting a quarter of wheat into flour, it is reckoned that the available produce of the wheat is 1½ sack of flour, which may be sold at the price which is given for the wheat. The price of a sack of flour will, therefore, be just two-thirds the cost of the quarter of wheat from which the flour has been made. The sack of flour weighs 280 lbs., and will yield, owing to the water, &c., that is added to it when it is made into bread, 360 lbs. of bread, or 90 4-lb. loaves. A master baker once told the writer that if a baker added 1*d.* to the net cost of every quartern loaf he made, he would be sufficiently remunerated. According to this, if wheat were 45*s.* per quarter, and flour at 30*s.* per sack, the net cost of the flour in each 4-lb. loaf would be 4*d.*, and the selling price 5*d.*; to be perfectly fair, however, to the baker, let us put it at 5½*d.* Our monetary system will not admit of a rise or fall of less than ½*d.* on the 4-lb. loaf; so, taking the state-

ment just made as a basis of calculation, we are enabled to give the following table, showing the price of wheat and difference. The prices of wheat and flour are not carried out to pence, and the price of flour that will justify the rise or fall in the price of bread at this rate of farthings is not stated in precise accordance with the price of bread, but they are given, as far as possible, on an equitable principle of adjustment, so as to keep them at even money. Sometimes the buyer has a slight but unappreciable advantage, and sometimes the seller; the rate of progression in all the columns, however, may be looked upon as regulated so as to be perfectly fair to both parties in the main.

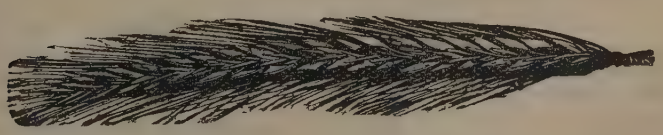
A very simple way of reckoning what we should pay for bread in comparison with the price of flour is to take the cost per bushel of the latter, and it will be found that a penny in each shilling, or a twelfth part, is the price of a quartern loaf. Thus, for example, when flour is 5*s.* per bushel a loaf should be 5*d.*, or when 4*s.* per bushel, 4*d.* per loaf.

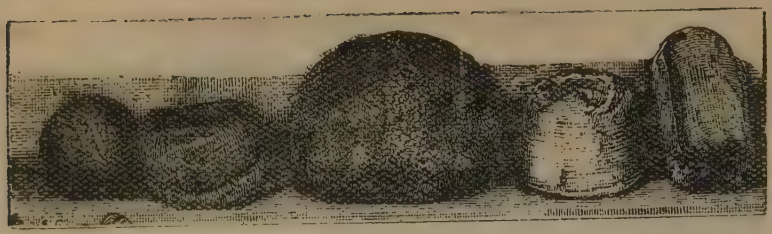
2404.—TABLE OF RELATIVE PRICES OF WHEAT, FLOUR, AND BREAD,

AT PER QUARTER, SACK, AND FOUR-POUND LOAF.

Wheat per Qr.	Flour per Sack.	Bread.		Wheat per Qr.	Flour per Sack.	Bread.	
		Net Cost.	Selling Price.			Net Cost.	Selling Price.
s.	*s.*	*d.*	*d.*	*s.*	*s.*	*d.*	*d.*
24	16	2¼	3¾	62	41	5½	7
27	18	2½	4	65	43	5¾	7¼
30	20	2¾	4¼	68	45	6	7½
33	22	3	4½	70	47	6¼	7¾
36	24	3¼	4¾	73	49	6½	8
39	26	3½	5	76	51	6¾	8¼
42	28	3¾	5¼	79	53	7	8½
45	30	4	5½	82	55	7¼	8¾
48	32	4¼	5¾	84	56	7½	9
51	34	4½	6	87	58	7¾	9¼
53	35	4¾	6¼	90	60	8	9½
56	37	5	6½	93	62	8¼	9¾
59	39	5¼	6¾	96	64	8½	10

The relative prices of flour and bread refer to ordinary household bread, not to fancy kinds.





RECIPES FOR MAKING BREAD, BISCUITS AND CAKES.

CHAPTER XL.

2405.—TO MAKE YEAST FOR BREAD.

Ingredients.—1½ oz. of hops, 3 quarts of water, 1 lb. of bruised malt, ½ pint of yeast.

Mode.—Boil the hops in the water for 20 minutes; let it stand for about 5 minutes, then add it to 1 lb. of bruised malt prepared as for brewing. Let the mixture stand covered till about lukewarm; then put in not quite half a pint of yeast; keep it warm, and let it work 3 or 4 hours; then put it into small half-pint bottles (ginger-beer bottles are the best for the purpose), cork them well, and tie them down. The yeast is now ready for use; it will keep good for a few weeks, and 1 bottle will be found sufficient for 18 lbs. of flour. When required for use, boil 3 lbs. of potatoes without salt, mash them in the same water in which they were boiled, and rub them through a colander. Stir in about half a pound of flour; then put in the yeast, pour it in the middle of the flour, and let it stand warm on the hearth all night, and in the morning let it be quite warm when it is kneaded. The bottles of yeast require very careful opening, as it is generally exceedingly ripe.

Time.—20 minutes to boil the hops and water, the yeast to work 3 or 4 hours. **Average Cost,** 2½*d.* per ½ pint.

Sufficient.—½ pint for 18 lbs. of flour.

2406.—KIRKLEATHAM YEAST.

Ingredients.—2 oz of hops, 4 qts. of water, ½ lb. of flour, ½ pint of yeast.

Mode.—Boil the hops and water for 20 minutes; strain, and mix with the liquid half a pound of flour, and not quite half a pint of yeast. Bottle it up, and tie the corks down. When wanted for use, boil potatoes according to the quantity of bread to be made (about 3 lbs. are sufficient for about a peck of flour); mash them, add to them half a pound of flour,

and mix about half a pint of the yeast with them; let this mixture stand all day, and lay the bread to rise the night before it is wanted.

Time.—20 minutes to boil the hops and water. **Average Cost,** 3*d.* per pint.

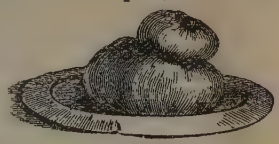
Sufficient.—½ pint of this yeast for a peck of flour, or rather more.

2407.—TO MAKE GOOD HOME-MADE BREAD.

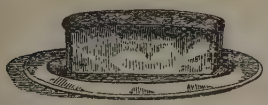
(*Miss Acton's Recipe.*)

Ingredients.—1 quartern of flour, 1 large tablespoonful of solid brewer's yeast, or nearly 1 oz. of fresh German yeast, 1¼ to 1½ pint of warm milk-and-water, salt.

Mode.—Put the flour and salt into a large earthenware bowl or deep pan; then, with a strong metal or wooden spoon, hollow out the middle; but do not clear it entirely away from the bottom of the pan, as, in that case, the sponge (or leaven, as it was formerly termed) would stick to it, which it ought not to do. Next, take either a large tablespoonful of brewer's yeast which has been rendered solid by mixing it with plenty of cold water, and letting it afterwards stand to settle for a day and a night; or nearly an ounce of German yeast; put it into a large basin, and proceed to mix it, so that it shall be as smooth as cream, with three-quarters of a pint of warm milk-and-water, or with water only, though even a very little milk will much improve the bread. Pour the yeast into the hole made in the flour, and stir into it as much of that which lies round it as will make a thick batter, in which there must be no lumps. Strew plenty of flour on the top; throw a thick clean cloth over, and set it where the air is warm; but do not place it upon the kitchen fender, for it will become too much heated there. Look at it from time to time: when it has been laid for nearly an hour, and when the yeast has risen and broken through the flour, so that bubbles appear in it, you will know that it is ready to be made up into dough. Then place the pan on a strong chair, or dresser, or table, of convenient height; pour into the sponge the remainder of the warm milk-and-water; stir into it as much of the flour as you can with the spoon: then wipe it out clean with your fingers, and lay it aside. Next take plenty of the remaining flour, throw it on the top of the leaven, and begin, with the knuckles of both hands, to knead it well. When the flour is nearly all kneaded in, begin to draw the edges of the dough towards the middle, in order to mix the whole thoroughly; and when it is free from flour, and lumps, and crumbs, and does not stick to the hands when touched, it will be done, and may again



COTTAGE LOAF.



TIN BREAD.

be covered with the cloth, and left to rise a second time. In three-quarters of an hour look at it, and should it have swollen very much, and begin to crack, it will be light enough to bake. Turn it then on to a pasteboard or very clean dresser, and with a large sharp knife divide it in two; make it up quickly into loaves, and dispatch it to the oven; make one or two incisions across the tops of the loaves, as they will rise more easily if this be done. If baked in tins or pans, rub them with a tiny piece of butter laid on a piece of clean paper, to prevent the dough from sticking to them. All bread should be turned upside down, or on its side, as soon as it is drawn from the oven: if this be neglected the under part of the loaves will become wet and blistered from the steam, which cannot then escape from them. *To make the dough without setting a sponge*, merely mix the yeast with the greater part of the warm milk-and-water, and wet up the whole of the flour at once after a little salt has been stirred in, proceeding exactly, in every other respect, as in the directions just given. As the dough will *soften* in the rising, it should be made quite firm at first.

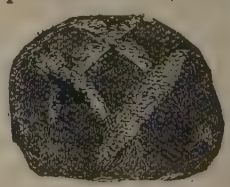
ITALIAN MILLET.

Time.—To be left to rise an hour the first time, ¾ hour the second time; to be baked from 1 to 1¼ hour, or baked in one loaf from 1½ to 2 hours.

Italian Millet, or Great Indian Millet, is cultivated in Egypt and Nubia, where it is called *dhourra*, and is used as human food, as well as for the fermentation of beer. It will grow on poor soils, and is extremely productive. It has been introduced into Italy, where they make a coarse bread from it; and it is also employed in pastry and puddings; they also use it for feeding horses and domestic fowls. It is the largest variety, growing to the height of six feet; but it requires a warm climate, and will not ripen in this country. A yellow variety, called Golden Millet, is sold in the grocers' shops, for making puddings, and is very delicate and wholesome.

2408.—HOME-MADE BREAD.

Mode.—To 1 quartern of flour (3½ lbs.) add 2 teaspoonfuls of salt, and mix them well; mix about 2 tablespoonfuls of good fresh yeast with half a pint of water, a little warm, but not hot; make a hole in the middle of the flour, pour the water and yeast into this and stir with a spoon until you have a thin batter; sprinkle this over with flour, cover the pan over with a dry cloth, and let it stand in a warm room for one hour, then follow instructions given in recipe 2407.



HOME-MADE LOAF.

Time.—1¼ hour to stand, 1 hour to bake. **Average Cost**, 6*d*.

Note.—The various kinds of bread illustrated on opposite page consis. of:—1, Brioches; 2, 3 and 4, Fancy Bread; 5, Crumpets; 6, Scotch Bread; 7, Household Loaf; 8, Milk Bread; 9, Muffins; 10, French Bread; 11, Jewish Bread; 12, Cottage Loaf; 13, Aërated Loaf; 14, Neville's Bread; 15, German Bread; 16 and 18, Oat Cake; 17, Home-made Loaf; 19, Scone; 20, Italian Bread; 21 and 22, German Milk Bread; 23, Whole Meal Loaf; 24, Milk Loaf; 25, English Roll; 26, Twist; 27 Tea Cakes; 28, Brown Bread; 29, Dinner Roll; 30, French Roll.

ENGLISH, FRENCH, GERMAN AND ITALIAN BREAD.

[For description see opposite page.

2409.—UNFERMENTED BREAD.

Ingredients.—3 lbs. of wheat meal, ½ oz. avoirdupois of muriatic acid, ½ oz. avoirdupois of carbonate of soda, water enough to make it a proper consistence. For white flour, 4 lbs. of flour, ½ oz. avoirdupois of muriatic acid, ½ oz. of carbonate of soda, water about 1 quart.

Mode.—First mix the soda and flour well together in a pan, then pour the acid into the water, and mix well. Mix all together to the required consistence, and bake in a hot oven immediately. It keeps moist longer than bread made with yeast, and is more sweet and digestible. This is good for persons who suffer from indigestion.

Time.—1¼ hour. **Average Cost,** 9*d.*

Note.—Lime water is very useful and beneficial in bread-making; it gives all the whiteness and softness produced by the use of alum, and has the further merit of taking away any acidity there may be in the dough. The process of baking is the same.

2410.—AMERICAN BREAD.

(To be eaten hot.)

Ingredients.—2 breakfast-cups of white Indian meal, 1 breakfast-cup of flour, 3 eggs—whites and yolks beaten separately; 2½ cups of milk, 1 large tablespoonful of butter, melted, but not hot; 1 large tablespoonful of white sugar, 1 teaspoonful of carbonate of soda, dissolved in hot water, 2 teaspoonfuls of cream of tartar, sifted with the flour and added the last thing, 1 tablespoonful of salt.

Mode.—Bake steadily, but not too fast, in a well-greased mould; turn out when done upon a plate, and eat at once, cutting it into slices as you would cake. In cutting corn-bread do not forget to hold the knife perpendicularly, that the spongy interior of the loaf may not be crushed into heaviness.

Time.—¾ of an hour. **Average Cost,** 7*d.*

2411.—A DELICIOUS BREAKFAST CAKE.

Ingredients.—1 lb. of dough, 2 oz. of butter, 2 oz. of pounded sugar, 2 eggs.

Mode.—Beat all well together in a basin in the same manner as eggs are beaten, only using the hand instead of the whisk, set in a plain mould to rise for three-quarters of an hour, then bake in a quick oven. When cut, it should have the appearance of honeycomb. This will make good toast when stale.

Time.—¾ hour to rise, ¼ hour to bake. **Average Cost,** 6*d.*

2412.—TO MAKE A PECK OF BREAD.

Ingredients.—3 lbs. of potatoes, 6 pints of cold water, ½ pint of brewer's yeast, 1 peck of flour, 2 oz. of salt.

Mode.—Peel and boil the potatoes, beat them to a cream while warm; then add a pint of cold water, strain through a colander and add to it half a pint of good yeast, which should have been put in water overnight, to take off its bitterness. Stir all well together with a wooden spoon, and pour the mixture into the centre of the flour; mix it to the substance of cream, cover it over closely and let it remain near the fire for an hour; then add the 5 pints of water, milk-warm, with 2 oz. of salt; pour this in, and mix the whole to a nice light dough. Let it remain for about 2 hours; then make it into 7 loaves, and bake for about 1½ hour in a good oven. When baked, the bread should weigh nearly 20 lbs.

Time.—About 1½ hour.

RED WINTER WHEAT.

The Red Varieties of Wheat are generally hardier and more easily grown than the white sorts, and, although of less value to the miller, they are fully more profitable to the grower, in consequence of the better crops which they produce. Another advantage the red wheats possess is their comparative immunity from the attacks of mildew and fly. The best English wheat comes from the counties of Kent, Norfolk and Essex; the qualities under these heads always bearing a higher price than others, as will be seen by the periodical lists in the journals.

2413.—RICE BREAD.

Ingredients.—To every lb. of rice allow 4 lbs. of wheat flour, nearly 3 tablespoonfuls of yeast, ¼ oz. of salt.

Mode.—Boil the rice in water until it is quite tender; pour off the water, and put the rice, before it is cold, to the flour. Mix these well together with the yeast, salt, and sufficient warm water to make the whole into a smooth dough; let it rise by the side of the fire, then form it into loaves, and bake them from 1½ to 2 hours, according to their size. If the rice is boiled in milk instead of water, it makes very delicious bread or cakes. When boiled in this manner, it may be mixed with the flour without straining the liquid from it.

Time.—1½ to 2 hours. **Average Cost,** 8*d.* per loaf.

2414.—INDIAN CORN-FLOUR BREAD.

Ingredients.—To every 4 lbs. of flour allow 2 lbs. of Indian-corn flour, 2 teaspoonfuls of yeast, 3 pints of warm water, ¼ oz. of salt.

Mode.—Mix the two flours well together, with the salt; make a hole in the centre, and stir the yeast up well with half a pint of the warm water; put this in the middle of the flour, and mix enough of it with the

yeast to make a thin batter ; throw a little flour over the surface of this batter, cover the whole with a thick cloth, and set it to rise in a warm place. When the batter has nicely risen, work the whole to a nice smooth dough, adding the water as required ; knead it well, and mould the dough into loaves; let them rise for nearly half an hour, then put them into a well-heated oven. If made into two loaves, they will require from 1½ to 2 hours' baking.

Time.—1½ to 2 hours.

MAIZE PLANT.

EAR OF MAIZE.

Maize.—Next to wheat and rice, maize is the grain most used in the nourishment of man. In Asia, Africa, and America, it is the principal daily food of a large portion of the population, especially of the colonists. In some of the provinces of France, too, it is consumed in large quantities. There are eight varieties of the maize ; the most productive is the maize of Cusco. The flour of maize is yellow, and it contains an oily matter, which, when fresh, gives it an agreeable flavour and odour ; but the action of the air on it soon develops rancidity. If carried any distance, it should be stored away in air-tight vessels. An excellent soup is prepared with meat and maize-flour. The inhabitants of some countries, where wheat is scarce, make, with maize and water, or milk, and salt, a kind of biscuit, which is pleasant in taste, but indigestible. Some of the preparations of maize-flour are very good, and, when partaken of in moderation, suitable food for almost everybody.

2415.—BAKING-POWDER BREAD.

POLISH WHEAT.

Ingredients.—To every 2 lbs. of flour allow 3 teaspoonfuls of baking powder, 1 teaspoonful of salt, 2 breakfast cupfuls of cold milk.

Mode.—Mix the salt and powder well with the flour, add the milk, and work the whole quickly into a light dough. Divide it into 2 loaves, and put them in a well-heated oven immediately, and bake for an hour. Sour milk or buttermilk may be used, but then a little less baking powder and a little carbonate of soda will improve it.

Time.—1 hour. **Average Cost,** 6*d*. for this quantity.

Polish and Pomeranian Wheat are accounted by authorities most excellent. Large raft-like barges convey this grain down the rivers, from the interior of the country to the seaports. This corn is described as being white, hard, and thin-skinned ; and it yields a large quantity of flour, having a small proportion of bran.

2416.—EXCELLENT ROLLS. (*Fr.*—Petits Pains.)

Ingredients.—To every lb. of flour allow 1 oz. of butter 1 pint of milk, 1 large teaspoonful of yeast, a little salt.

Mode.—Warm the butter in the milk, add to it the yeast and salt, and mix these ingredients well together. Put the flour into a pan, stir in the above ingredients, and let the dough rise, covered in a warm place. Knead it well, make it into rolls, let them rise again for a few minutes, and bake in a quick oven. Richer rolls may be made by adding 1 or 2 eggs and a larger proportion of butter, and their appearance improved by brushing the tops over with yolk of egg or a little milk.

ROLLS.

Time.—1 lb. of flour divided into 6 rolls, from 15 to 20 minutes. **Average Cost,** 1*d.* each.

2417.—HOT ROLLS.

This dish, although very unwholesome and indigestible, is nevertheless a great favourite, and eaten by many persons. As soon as the rolls come from the baker's, they should be put into the oven, which, in the early part of the morning, is sure not to be very hot; and the rolls must not be buttered until wanted. When they are quite hot, divide them lengthwise into three; put some thin flakes of good butter between the slices, press the rolls together, and put them in the oven for a minute or two, but not longer, or the butter would oil; take them out of the oven, spread the butter equally over them, divide the rolls in half, and put them on to a very hot clean dish, and send them instantly to table.

Average Cost, 1*d.* each.

2418.—NICE ROLLS.

Ingredients.—1 lb. of flour, 2 oz. of butter, 4 oz. of powdered lump sugar, 2 eggs, 1 teaspoonful of baking powder, and a pinch of salt.

Mode.—Mix all these well together and mix into a stiff dough, with a little milk. Roll it out three-quarters of an inch thick, and cut into rolls, throw them into a pan of boiling water on the fire, and directly they rise to the top, which will be in a minute or so if the water is really boiling, take them out and put them into a pan of cold water for an hour or two, if you are not quite ready to bake them. Then bake them for 20 minutes in a quick oven, a light brown.

Time.—20 minutes. **Average Cost,** 7*d.*

2419.—TO MAKE DRY TOAST. (*Fr.*—Pain Rôti.)

To make dry toast properly, a great deal of attention is required; much more, indeed, than people generally suppose. Never use new bread for making any kind of toast, as it is moist and tough, and, besides, is very

extravagant. Procure a loaf of household bread about two days old; cut off as many slices as may be required, not quite a quarter of an inch in thickness; trim off the crusts and ragged edges, put the bread on a toasting-fork, and hold it before a very clear fire. Move it backwards and forwards until the bread is nicely coloured; then turn it and toast the other side, and do not place it so near the fire that it blackens. Dry toast should be more gradually made than buttered toast, as its great beauty consists in its crispness, and this cannot be attained unless the process is slow and the bread is allowed gradually to colour. It should never be made long before it is wanted, as it soon becomes tough, unless placed on the fender in front of the fire. As soon as each piece is ready, it should be put into a rack, or stood upon its edges, and sent quickly to table.

2420.—TO MAKE HOT BUTTERED TOAST.

A loaf of household bread about two days old answers for making toast better than cottage bread, the latter not being a good shape, and too crusty for the purpose. Cut as many nice even slices as may be required, rather more than ¼ inch in thickness, and toast them before a very bright fire, without allowing the bread to blacken, which spoils the appearance and flavour of all toast. When of a nice colour on both sides, put it on a hot plate; divide some good butter into small pieces, place them on the toast, set this before the fire, and when the butter is just beginning to melt, spread it lightly over the toast. Trim off the crust and ragged edges, divide each round into 4 pieces, and send the toast quickly to table. Some persons cut the slices of toast across from corner to corner, so making the pieces of a three-cornered shape. Soyer recommends that each slice should be cut into pieces as soon as it is buttered, and when all are ready, that they should be piled lightly on the dish they are intended to be served on. He says that by cutting through 4 or 5 slices at a time, all the butter is squeezed out of the upper ones, while the bottom one is swimming in fat liquid. It is highly essential to use good butter for making this dish.

2421.—MUFFINS.

Ingredients.—To every quart of milk allow 1½ oz. of German yeast, a little salt, flour.

Mode.—Warm the milk, add to it the yeast, and mix these well together; put them into a pan, and stir in sufficient flour to make the whole into a dough of rather a soft consistence; cover it over with a cloth, and put it in a warm place to rise, and, when light and nicely risen, divide the dough into pieces, and round them to the proper shape

with the hands; place them in a layer of flour about two inches thick, on wooden trays, and let them rise again; when this is effected, they each will exhibit a semi-globular shape. Then place them carefully on a hot-plate or stove, and bake them until they are slightly browned, turning them when they are done on one side. Muffins are not easily made, and are more generally purchased than manufactured at home. *To toast them*, divide the edge of the muffin all round, by pulling it open, to the depth of about an inch, with the fingers. Put it on a toasting-fork, and hold it before a clear fire until one side is nicely browned, but not burnt; turn, and toast it on the other. Do not toast them too quickly, as, if this is done, the middle of the muffin will not be warmed through. When done, divide them by pulling them open; butter them slightly on both sides, put them together again, and cut them into halves; when sufficient are toasted and buttered, pile them on a very hot dish, and send them very quickly to table.

MUFFINS.

Time.—From 20 minutes to ½ hour to bake them. **Average Cost,** 1*d.* each to buy.

Sufficient.—Allow 1 muffin to each person.

Seasonable in winter.

2422.—CHESTER MUFFINS.

Ingredients.—4 quarts of flour, 2 quarts of milk, 1 teacupful of sugar, 1 of butter, 1 of yeast, 4 eggs, a little salt.

Mode.—Mix the butter and sugar together; add the eggs, salt, milk, flour and yeast; let it rise all night. Bake 20 minutes.

Time.—20 minutes. **Average Cost,** 2*d.* each.

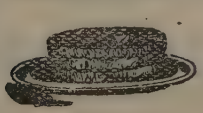
Sufficient.—Allow 1 for each person.

Seasonable at any time.

2423.—CRUMPETS.

Ingredients.—To every quart of milk allow 1½ oz. of German yeast, a little salt, flour.

Mode.—These are made in the same manner as muffins; only, in making the mixture, let it be more like batter than dough. Let it rise for about half-an-hour; pour it into iron rings, which should be ready on a hot-plate; bake them, and when one side appears done, turn them quickly on the other. *To toast them*, have ready a very *bright clear* fire; put the crumpet on a toasting-fork, and hold it before the fire, *not too close*, until it is nicely browned on one side, but do not allow it to blacken. Turn it, and brown the other side; then spread it with good butter, cut it in halves, and, when



CRUMPETS.

all are done, pile them on a hot dish, and send them quickly to table. Muffins and crumpets should always be served on separate dishes, and both toasted and served as expeditiously as possible.

Time.—From 10 to 15 minutes to bake them. **Average Cost,** ½*d.* each.

Sufficient.—Allow 2 crumpets to each person.

Seasonable in winter.

2424.—PLAIN BUNS.

Ingredients.—To every 2 lbs. of flour allow 6 oz. of moist sugar, ½ gill of yeast, ½ pint of milk, ½ lb. of butter, warm milk.

Mode.—Put the flour into a basin, mix the sugar well with it, make a hole in the centre, and stir in the yeast and milk (which should be lukewarm), with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about 1½ hour. Melt the butter, but do not allow it to oil; stir it into the other ingredients, with enough warm milk to make the whole into a soft dough; then mould it into buns about the size of an egg; lay them in rows quite 3 inches apart; set them again in a warm place, until they have risen to double their size; then put them into a good brisk oven, and just before they are done, wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel or caraway seeds to the other ingredients; and the above mixture answers for hot cross buns, by putting in a little ground allspice; and by pressing a tin mould in the form of a cross in the centre of the bun.

PLAIN BUNS.

Time.—15 to 20 minutes. **Average Cost,** 1*d.* each.

Sufficient to make 18 buns.

2425.—HOT CROSS BUNS.

Ingredients.—2 lbs. of flour, ½ lb. of sugar, 1 wineglassful of yeast, ½ pint of warmed milk, ½ lb. of butter, 1 lb. of currants, ½ teaspoonful of salt, 1 teaspoonful of mixed spice.

Mode.—Mix the flour and sugar, spice and currants; make a hole in the middle of the flour, and put in a glassful of thick yeast and half a pint of warmed milk; make a thin batter of the surrounding flour and milk, and set the pan covered before the fire till the leaven begins to ferment. Put to the mass half a pound of melted butter and enough milk to make a soft paste of all the flour; cover this with a dust of flour, and let it once more rise for half an hour. Shape the dough into buns and lay them

apart on buttered tin plates, in rows, to rise for half an hour. Press a cross mould on them (this may be done roughly with the back of a knife) and bake in a quick oven from 15 to 20 minutes.

Time.—15 to 20 minutes to bake. **Average Cost,** 1*d.* each.

Sufficient to make 2 dozen buns.

Seasonable on Good Friday.

2426.—BATH BUNS.

Ingredients.—1¼ lb. of flour, ¼ lb. of sugar, 1 oz. of German yeast, ½ lb. of butter, the yolks of 4 and the whites of 3 eggs, water, caraway comfits, candied peel.

Mode.—Dissolve the yeast in 4 tablespoonfuls of water, mix with it the eggs and a quarter of a pound of flour; beat the mixture up in a bowl, and set it before the fire to rise. Rub the butter well into the one pound of flour, add the sugar, and put in a few of the comfits and the peel cut into slices. When the sponge has risen sufficiently mix all together, throw over it a cloth, and set again to rise. Grease a tin, form the buns, place them on this, brush over yolk of egg and milk, and strew on them a few comfits. Bake in a quick oven.

Time.—About 20 minutes to bake the buns. **Average Cost,** 1*s.* 8*d.*

Sufficient for 16 buns.

Seasonable at any time.

2427.—LIGHT BUNS.

Ingredients.—1½ teaspoonful of baking-powder, 1 lb. of flour, 2 oz. of butter, 2 oz. of loaf sugar, ¼ lb. of currants or raisins—when liked, a few caraway seeds, ½ pint of cold new milk, 1 egg, which can be omitted.

Mode.—Rub the baking powder and flour together through a hair-sieve; work the butter into the flour; add the sugar, currants, and caraway seeds, when the flavour of the latter is liked. Mix all these ingredients well together; make a hole in the middle of the flour, and pour in the milk, mixed with the egg, which should be well beaten; mix quickly, and set the dough, with a fork, on baking tins, and bake the buns for about 20 minutes. This mixture makes a very good cake, and if put into a tin, should be baked 1½ hour. The same quantity of flour and baking powder, with half a pint of milk and a little salt, will make either bread or teacakes, if wanted quickly.

BUNS.

Time.—20 minutes for the buns; if made into a cake, 1½ hour

Sufficient to make about 12 buns.

2428.—MADEIRA BUNS.

Ingredients.—½ lb. of butter, 2 eggs, 14 oz. of flour, 6 oz. of lump sugar, 1 teaspoonful of powdered ginger, 1 dessertspoonful of caraway seeds, ½ teaspoonful of nutmeg, 1 wineglassful of sherry.

Mode.—Sift the dry ingredients together, break the eggs into the butter and beat all to a cream; then mix with the flour, &c., and beat for half an hour, then add the wine. Bake in patty pans in a moderately quick oven.

Time.—About 50 minutes or an hour. **Average Cost,** 1*s.* 6*d.*

Sufficient to make 12 buns.

Seasonable at any time.

2429.—VICTORIA BUNS.

Ingredients.—2 oz. of pounded loaf sugar, 1 egg, 1½ oz. of ground rice, 2 oz. of butter, 1½ oz. of currants, a few thin slices of candied peel; flour.

Mode.—Whisk the egg, stir in the sugar, and beat these ingredients well together; beat the butter to a cream, stir in the ground rice, currants, and candied peel, and as much flour as will make it of such a consistency that it may be rolled into 7 or 8 balls. Put these on to a buttered tin, and bake them from half to three-quarters of an hour. They should be put into the oven immediately, or they will become heavy; the oven should be tolerably brisk.

Time.—½ to ¾ hour. **Average Cost,** 6*d.*

Sufficient to make 7 or 8 buns.

Seasonable at any time.

2430.—ITALIAN RUSKS.

A stale savoy or lemon-cake may be converted into very good rusks in the following manner. Cut the cake into slices, divide each slice in two; put them on a baking-sheet, in a slow oven, and when they are of a nice brown and quite hard, they are done. They should be kept in a closed tin canister in a dry place, to preserve their crispness.

PANNICLED MILLET.

Pannicled Millet.—This is the smallest-seeded of the corn-plants, being a true grass; but the number of the seeds in each ear makes up for their size. It grows in sandy soils that will not do for the cultivation of many other kinds of grain, and forms the chief sustenance in the arid districts of Arabia, Syria, Nubia and parts of India. It is not cultivated in England, being principally confined to the East. The nations who make use of it grind it, in the primitive manner, between two stones, and make it into a diet which cannot be properly called bread, but rather a kind of soft, thin cake half-baked.

2431.—TO MAKE RUSKS.

(*Suffolk Recipe.*)

Ingredients.—To every pound of flour allow 2 oz. of butter, ¼ pint of milk, 2 oz. of loaf sugar, 3 eggs, 1 tablespoonful of yeast.

Mode.—Put the milk and butter into a saucepan, and keep shaking it round until the latter is melted. Put the flour into a basin with the sugar, mix these well together, and beat the eggs. Stir them with the yeast to the milk and butter, and with this liquid work the flour into a smooth dough. Cover a cloth over the basin, and leave the dough to rise by the side of the fire; then knead it and divide it into 12 pieces; place them in a brisk oven, and bake for about 20 minutes. Take the rusks out, break them in halves and then set them in the oven to get crisp on the other side. When cold, they should be put into tin canisters to keep them dry; and, if intended for the cheese course, the sifted sugar should be omitted.

RUSKS.

Time.—20 minutes to bake the rusks; 5 minutes to render them crisp after being divided. **Average Cost,** 8*d.*

Sufficient to make 2 dozen rusks.

Seasonable at any time.

2432.—ALMOND ICING FOR CAKES.

Ingredients.—To every pound of finely-pounded loaf sugar, allow 1 lb. of sweet almonds, the whites of 4 eggs, a little rose-water.

Mode.—Blanch the almonds, and pound them (a few at a time) in a mortar to a paste, adding a little rose-water to facilitate the operation. Whisk the whites of the eggs to a strong froth; mix them with the pounded almonds, stir in the sugar, and beat all together. When the cake is sufficiently baked, lay on the almond icing, and put it into the oven to dry. Before laying this preparation on the cake, great care must be taken that it is nice and smooth, which is easily accomplished by well beating the mixture.

Average Cost, 1*s.* 4*d.* per lb.

2433.—TO ICE A WEDDING-CAKE.

Ingredients.—1½ lb. of confectioner's icing sugar, whites of 8 eggs, juice of 1 lemon.

Mode.—If confectioner's sugar cannot be obtained, take the same weight of finest loaf sugar, pound and sift it finely. Add to it, very gradually, the whites of eggs, well beaten, and work it to a very stiff froth, then mix in the lemon-juice; beat again till very light, white and smooth. Now put the cake, already baked and *hot*, in front of the fire, put the icing

on with a spoon, or flat, wide wooden paper-knife. Smooth, and let it set gradually.

Average Cost, 1*s.* per lb.

2434.—TO ICE A WEDDING-CAKE.

(Another Mode.)

Ingredients.—Whites of 3 eggs, ¼ lb. of icing sugar, lemon or vanilla flavouring.

Mode.—Grind and sift the sugar, and add it to the well-beaten whites of eggs and the flavouring. Beat till it is firm and stiff, then proceed as in preceding recipe.

Average Cost, 1*s.* 6*d.* per lb.

2435.—TO ICE A CAKE.

Ingredients.—½ lb. of icing sugar, whites of 2 eggs, orange-flower-water.

Mode.—Beat these ingredients as in preceding recipe, and while the cake is still warm, pour and smooth the icing evenly over it; ornament with fruit, and bake in a moderate oven to harden, but not to colour.

Average Cost, 10*d.* per lb.

2436.—SUGAR ICING FOR CAKES.

Ingredients.—To every lb. of loaf sugar allow the whites of 4 eggs, 1 oz. of fine starch.

Mode.—Beat the eggs to a strong froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the sugar is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven, and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant-juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, it will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, &c., a layer of almond icing, No. 2432, is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place.

Average Cost, 10*d.* per lb.

2437.—BISCUIT POWDER.

(Generally used for Infants' Food.)

This powder may be purchased in tin canisters, and may also be prepared at home. Dry the biscuits well in a slow oven; roll them and

grind them with a rolling-pin on a clean board until they are reduced to powder; sift the powder through a close hair-sieve, and it is fit for use. It should be kept in well-covered tins, and in a dry place.

Average Cost, 6*d.* per lb.

2438.—ARROWROOT BISCUITS OR DROPS.

Ingredients.—½ lb. of butter, 6 eggs, ½ lb. of flour, 6 oz. of arrowroot, ½ lb. of pounded loaf sugar.

Mode.—Beat the butter to a cream; whisk the eggs to a strong froth, add them to the butter, stir in the flour a little at the time, and beat the mixture well. Break down all the lumps from the arrowroot, and add that, with the sugar, to the other ingredients. Mix all well together, drop the dough on a buttered tin, in pieces the size of a shilling, and bake the biscuits about a quarter of an hour in a slow oven.

Time.—¼ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient to make from 3 to 4 dozen biscuits.

Seasonable at any time.

2439.—BOSTON BREAKFAST CAKES.

Ingredients.—1 quart of milk, 1 large spoonful of sugar, 1 teacupful of yeast, 2 eggs, a little salt, flour.

Mode.—Make the batter nearly as thick as for bread biscuits. Make over-night, and if sour in the morning add half a teaspoonful of soda dissolved in a little milk. To be eaten hot, with butter.

Time.—½ hour to bake. **Average Cost,** 1*d.* each.

Sufficient.—Allow 1 to each person.

Seasonable at any time.

2440.—NICE BREAKFAST CAKES.

Ingredients.—1 lb. of flour, ½ teaspoonful of baking powder, ½ teaspoonful of salt, 1½ breakfastcupful of milk, 1 oz of sifted loaf sugar, 2 eggs.

Mode.—These cakes are made in the same manner as the bread, No. 2415, with the addition of eggs and sugar. Mix the flour, powder and salt well together, and stir in the sifted sugar. Add the milk and the eggs, which should be well whisked, and with this liquid work the flour, &c., into a light dough. Divide it into small cakes, put them into the oven immediately, and bake for about 20 minutes.

Time.—20 minutes.

2441.—COCOA-NUT BISCUITS OR CAKES.

Ingredients.—10 oz. of sifted sugar, 3 eggs, 6 oz. of grated cocoa-nut.

Mode.—Whisk the eggs until they are very light; add the sugar gradually; then stir in the cocoa-nut. Roll a tablespoonful of the paste at a time in your hand; in the form of a pyramid; place the pyramids on paper, put the paper on tins, and bake the biscuits in rather a cool oven until they are just coloured a light brown. Dried and grated cocoa-nut is now sold at a moderate price, and its use saves much trouble and labour.

Time.—About ¼ hour.

Seasonable at any time.

2442.—COCOA-NUT BISCUITS.

Ingredients.—1 lb. of grated nut, 2 lbs. or sugar, 6 eggs, 2 teacupfuls of flour.

Mode.—Rasp a good fresh cocoa-nut on a grater, letting none of the rind fall. Spread the cocoa-nut thus grated on a dish, and let it stand in some cool dry place 2 days to dry gradually. Add to it double its weight of powdered and sifted loaf sugar, the whites of 6 eggs whisked to a stiff froth, and a teacupful of flour to every pound of sugar. Drop the mixture on a baking-tin a spoonful at a time, like rock cakes, or into proper drop-cake tins. Bake in a very gentle oven for about 20 minutes; move them out of the tins while warm, and, when cold, store them in a tin canister.

2443.—CRISP BISCUITS.

Ingredients.—1 lb. of flour, the yolk of 1 egg, milk.

Mode.—Mix the flour and the yolk of the egg with sufficient milk to make the whole into a very stiff paste; beat it well, and knead it until it is perfectly smooth. Roll the paste out *very thin;* with a round cutter shape it into small biscuits, and bake them a nice brown in a slow oven from 12 to 18 minutes.

Time.—12 to 18 minutes. **Average Cost,** 4*d.*

Seasonable at any time.

2444.—DESSERT BISCUITS.

Which may be flavoured with Ground Ginger, Cinnamon, &c.)

Ingredients.—1 lb. of flour, ½ lb. of butter, ½ lb. of sifted sugar, the yolks of 6 eggs, flavouring to taste.

Mode.—Put the butter into a basin; warm it, but do not allow it to oil: then with the hand beat it to a cream. Add the flour by degrees, then

the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a buttered paper, leaving a distance between each cake, as they spread as soon as they begin to get warm. Bake in rather a slow oven from 12 to 18 minutes, and do not let the biscuits acquire too much colour. In making the above quantity, half may be flavoured with ground ginger, and the other half with essence of lemon or currants to make a variety. With whatever the preparation is flavoured, so are the biscuits called; and an endless variety may be made in this manner.

DESSERT BISCUITS.

Time.—12 to 18 minutes, or rather longer, in a very slow oven. **Average Cost,** 1*s.* 6*d.*

Sufficient to make from 3 to 4 dozen cakes.

Seasonable at any time.

2445.—DEVILLED BISCUITS.

Ingredients.—12 biscuits, ½ pint of Lucca oil, black pepper, cayenne, salt.

Mode.—Any kind of thin biscuits will do. Soak them in the oil, which should be of the best, sprinkle the seasoning on both sides and toast on the fire on a gridiron.

Time.—5 minutes. **Average Cost,** 6*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2446.—GINGER BISCUITS.

Ingredients.—1 lb. of flour, ½ lb. of fresh butter, ½ lb. of powdered lump sugar, ¾ oz. of ground ginger, 2 eggs.

Mode.—Rub the butter into the flour, add the sugar, ginger, and eggs. Mix thoroughly, divide into small round biscuits, and bake 5 minutes in a quick oven.

Time.—5 minutes to bake. **Average Cost,** 1*s.* 2*d.* for this quantity.

Sufficient to make 4 dozen biscuits.

Seasonable in winter.

2447.—LEMON BISCUITS.

Ingredients.—1¼ lb. of flour, ¾ lb. of loaf sugar, 6 oz. of fresh butter, 4 eggs, 1 oz. of lemon-peel, 2 dessertspoonfuls of lemon-juice.

Mode.—Rub the flour into the butter; stir in the pounded sugar and

very finely-minced lemon-peel, and when these ingredients are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for a minute or two, then drop it from a spoon on to a buttered tin, about 2 inches apart, as the cakes will spread when they get warm; place the tin in the oven, and bake the cakes of a pale brown from 15 to 20 minutes.

Time.—15 to 20 minutes. **Average Cost,** 1*s.* 6*d.*

Seasonable at any time.

2448.—MACAROONS. (*Fr.*—Macarons.)

Ingredients.—½ lb. of sweet almonds, ½ lb. of sifted loaf sugar, the whites of 3 eggs, wafer-paper.

Mode.—Blanch, skin, and dry the almonds, and pound them well with a little orange-flower-water or plain water; then add to them the sifted sugar and the whites of the eggs, which should be beaten to a stiff froth, and mix all the ingredients well together. When the paste looks soft, drop it at equal distances from a biscuit-syringe on to sheets of wafer-paper; put a strip of almond on the top of each; strew some sugar over, and bake the macaroons in rather a slow oven, of a light brown colour. When hard and set, they are done, and must not be allowed to get very brown, as that would spoil their appearance.

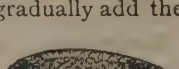
MACAROONS.

Time.—From 15 to 20 minutes, in a slow oven. **Average Cost,** 1*s.* 3*d.* per lb.

2449.—RATAFIAS.

Ingredients.—½ lb. of sweet almonds, ¼ lb. of bitter ones, ¾ lb. of sifted loaf sugar, the whites of 4 eggs.

Mode.—Blanch, skin and dry the almonds, and pound them in a mortar, with the white of an egg; stir in the sugar, and gradually add the remaining whites of eggs, taking care that they are very thoroughly whisked. Drop the mixture through a small biscuit-syringe on to cartridge paper, and bake the cakes from 10 to 12 minutes in rather a quicker oven than for macaroons. A very small quantity should be dropped on the paper to form one cake, as, when baked, the ratifias should be about the size of a large button.



RATAFIAS.

Note.—The different biscuits shown on opposite page are:—1, Cracker; 2, Gem; 3, Toast; 4, Fancy; 5, Rusks; 6, Pic-nic; 7, Soda; 8, Jewel; 9, Nursery; 10, Dot; 11, Coffee; 12, Plain; 13, Spray; 14, Mixed; 15, Milk; 16, Finger; 17, Arrowroot; 18, Lemon; 19, Captain; 20, Ratafia; 21, Seed; 22, Water; 23, Almond; 24, Osborne; 25, Wafer; 26, Macaroon; 27, Ginger; 28, Marie; 29, Wine; 30, Small Captain; 31, Almond Ring; 32, Cracknel; 33, Tea; 34, Seed Wafer; 35, Cocoa-nut; 36, Hard; 37, Ginger Nut; 38, Toast Wafer; 39, Seafoam; 40, Albert; 41, Savoy; 42, Sweet; 43, Garibaldi.

BISCUITS OF VARIOUS KINDS.

[For description see opposite page.

2450.—RICE BISCUITS OR CAKES.

Ingredients.—To every ½ lb. of rice-flour, allow ¼ lb. of pounded lump sugar, ¼ lb. of butter, 2 eggs.

Mode.—Beat the butter to a cream, stir in the rice-flour and pounded sugar, and moisten the whole with the eggs, which should be previously well beaten. Roll out the paste, shape it with a round paste-cutter into small cakes, and bake them from 12 to 18 minutes in a very slow oven.

Time.—12 to 18 minutes. **Average Cost,** 9*d.*

Sufficient to make about 18 cakes.

Seasonable at any time.

Ground Rice, or Rice-flour, is used for making several kinds of cakes, also for thickening soups. The Americans make rice-bread, and prepare the flour for it in the following manner:—When the rice is thoroughly cleansed, the water is drawn off, and the rice, while damp, bruised in a mortar; it is then dried, and passed through a hair-sieve.

2451.—ROCK BISCUITS.

Ingredients.—6 eggs, 1 lb. of sifted sugar, ½ lb. of flour, a few currants.

Mode.—Break the eggs into a basin, beat them well until very light, add the pounded sugar, and when this is well mixed with the eggs, dredge in the flour gradually, and add the currants. Mix all well together, and put the dough, with a fork, on the tins, making it look as rough as possible. Bake the cakes in a moderate oven from 20 minutes to half an hour; when they are done, allow them to get cool, and store them away in a tin canister, in a dry place.

Time.—20 minutes to ½ hour. **Average Cost,** 1*s.* 2*d.*

Seasonable at any time.

2452.—SAVOY BISCUITS OR CAKES.

Ingredients.—4 eggs, 6 oz. of pounded sugar, the rind of 1 lemon, 6 oz. of flour.

Mode.—Break the eggs into a basin, separating the whites from the yolks; beat the yolks well, mix with them the pounded sugar and grated lemon-rind, and beat these ingredients together for a quarter of an hour.

SAVOY BISCUITS.

Then dredge in the flour gradually, and when the whites of the eggs have been whisked to a solid froth, stir them to the flour, &c.; beat the mixture well for another 5 minutes, then draw it along in strips upon thick cartridge paper to the proper size of the biscuit, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits, or ladies'-fingers, as they are called, are used for making Charlotte Russes, and a variety of fancy sweet dishes.

Time.—5 to 8 minutes, in a quick oven. **Average Cost,** 1*s.* 8*d.* per lb., or ½*d.* each.

Note.—Moulds are sold especially for baking these biscuits.

2453.—SEED BISCUITS.

Ingredients.—1 lb. of flour, ¼ lb. of sifted sugar, ¼ lb. of butter, ½ oz. of caraway seeds, 3 eggs.

Mode.—Beat the butter to a cream; stir in the flour, sugar and caraway seeds; and when these ingredients are well mixed, add the eggs, which should be well whisked. Roll out the paste, shape out the biscuits with a round cutter, and bake them in a moderate oven from 10 to 15 minutes. The tops of the biscuits may be brushed over with a little milk or the white of an egg, and then a little sugar strewn over.

Time.—10 to 15 minutes. **Average Cost,** 1*s.*

Sufficient to make 3 dozen biscuits.

Seasonable at any time.

2454.—SIMPLE HARD BISCUITS.

Ingredients.—To every lb. of flour allow 2 oz. of butter, about ½ pint of skimmed milk.

Mode.—Warm the butter in the milk until the former is dissolved, and then mix it with the flour into a very stiff paste; beat it with a rolling-pin until the dough looks perfectly smooth. Roll it out thin; cut it with the top of a glass into round biscuits; prick them well, and bake them from 6 to 10 minutes. The above is the proportion of milk which we think would convert the flour into a stiff paste; but should it be found too much, an extra spoonful or two of flour must be put in. These biscuits are very nice for the cheese course.

Time.—6 to 10 minutes.

Seasonable at any time.

2455.—PLAIN BISCUITS.

Ingredients.—6 oz. of flour, 2 oz. of fine sugar, 1 oz. of butter, yolk of 1 egg, 2 tablespoonfuls of milk.

Mode.—Beat the egg with the milk, then mix with the other ingredients, and roll out into very thin biscuits. Bake 6 minutes in a quick oven.

Time.—6 minutes. **Average Cost,** 4*d.*

Sufficient for a dozen and a half biscuits.

Seasonable at any time.

PLAIN BISCUITS.

2456.—SODA BISCUITS.

Ingredients.—1 lb. of flour, ½ lb. of pounded loaf sugar, ¼ lb. of fresh butter, 2 eggs, 1 small teaspoonful of carbonate of soda.

Mode.—Put the flour (which should be perfectly dry) into a basin; rub in the butter, add the sugar, and mix these ingredients well together. Whisk the eggs, stir them into the mixture, and beat it well until everything is well incorporated. Quickly stir in the soda, roll the paste out until it is about half an inch thick, cut it into small round cakes with a tin cutter, and bake them from 12 to 18 minutes in rather a brisk oven. After the soda is added, great expedition is necessary in rolling and cutting out the paste, and in putting the biscuits *immediately* into the oven, or they will be heavy.

SODA BISCUITS.

Time.—12 to 18 minutes. **Average Cost,** 10*d.*

Sufficient to make about 3 dozen cakes.

Seasonable at any time.

2457.—VIRGINIA BISCUITS.

Ingredients.—Take 1 quart of flour, 1 tablespoonful of butter, 1 tablespoonful of lard, 1 teaspoonful of salt.

Mode.—Work the butter and lard into the flour; add the salt, and moisten with cold water to a stiff paste. Beat this till it bubbles; make in small biscuits and prick with a fork. The more beating, the better the biscuit. Bake a quarter of an hour.

Time.—¼ hour. **Average Cost,** 4*d.*

Seasonable at any time.

2458.—ALMOND CAKE.

Ingredients.—½ lb. of sweet almonds, 1 oz. of bitter almonds, 6 eggs, 8 tablespoonfuls of sifted sugar, 5 tablespoonfuls of fine flour, the grated rind of a lemon, 3 oz. of butter.

Mode.—Blanch and pound the almonds to a paste; separate the whites from the yolks of the eggs; beat the latter, and add them to the almonds. Stir in the sugar, flour and lemon-rind; add the butter, which should be beaten to a cream; and when all these ingredients are well mixed, put in the whites of the eggs, which should be whisked to a stiff froth. Butter a cake-mould, put in the mixture, and bake in a good oven from 1¼ to 1¾ hour.

Time.—1¼ to 1¾ hour. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

2459.—AUNTIE'S CAKES.

(*Delicious.*)

Ingredients.—1 lb. of maizena, 2 teaspoonfuls of Borwick's baking-powder, the rind of 3 small lemons, ½ lb. of sifted sugar, ¾ lb. of butter, 4 eggs, patty-pans.

Mode.—Cut the lemon-peel into shreds and chop it finely, mix the sugar, flour and baking-powder together, add the butter, well beaten up to a cream, and 4 eggs well beaten. Stir all these ingredients together and put a teaspoonful into each little patty-pan; bake for 5 minutes in a rather quick oven.

Time.—5 minutes to bake. **Average Cost,** 2*s.* 2*d.* for this quantity.

Sufficient for 4 or 5 dozen cakes.

Seasonable at any time.

2460.—AUNT BETSEY'S CAKE.

Ingredients.—Take 5 teacups of flour, 2 of sugar, ½ a cup of butter, 1 cup of golden syrup, 1½ cup of water, 2 eggs, 1 pint of chopped raisins, 1 teaspoonful of soda, cloves, cinnamon, mace.

Mode.—Beat the butter and sugar together; add the eggs, dissolve soda in water, then molasses, flour, spice and fruit. Do not bake in too hot an oven.

Time.—1 to 1½ hour. **Average Cost,** 1*s.*

Seasonable at any time.

2461.—BRIOCHES.

Ingredients.—2 lb. of flour, 1½ lb. of butter, ¾ oz. of German yeast, 3½ oz. of sugar, 14 eggs, 3¼ oz. of salt, water.

Mode.—Put half a pound of the flour on a board, hollow it in the centre, put in the yeast dissolved in a little warm water, mix and set the sponge to rise in a covered pan near the fire. Put the rest of the flour on the board, and after making a hole in the centre, put in the butter, salt, sugar and 8 eggs, mix and add one after another the other six eggs, and work till the paste is smooth. When the sponge is well risen (it ought to double its original size), mix it with the paste, and again set it to rise for 3 hours. Next put the paste on a board, press it out, and fold it over two or three times, and a third time set it to rise for 2 hours; once more press it out, fold it up, and put on the ice till firm. This paste may be used for small cakes, or to orm cases for com· notes, custards, &c.

BRIOCHES.

2462.—RICH BRIDE OR CHRISTENING CAKE.

Ingredients.—5 lbs. of the finest flour, 3 lbs. of fresh butter, 5 lbs. of currants, 2 lbs. of sifted loaf sugar, 2 nutmegs, ¼ oz. of mace, ¼ oz. of cloves, 16 eggs, 1 lb. of sweet almonds, ½ lb. of candied citron, ½ lb. each of candied orange and lemon peel, 1 gill of wine, 1 gill of brandy.

Mode.—Let the flour be as fine as possible, and well dried and sifted; the currants washed, picked and dried before the fire; the sugar well pounded and sifted; the nutmegs grated; the spices pounded; the eggs thoroughly whisked, whites and yolks separately; the almonds pounded with a little orange-flower water; and the candied peel cut in neat slices. When all these ingredients are prepared, mix them in the following manner:—Begin working the butter with the hand till it becomes of a cream-like consistency; stir in the sugar, and when the whites of the eggs are whisked to a solid froth, mix them with the butter and sugar; next, well beat up the yolks for 10 minutes, and adding them to the flour, nutmegs, mace and cloves, continue beating the whole together for half an hour or longer, till wanted for the oven. Then mix in lightly the currants, almonds and candied peel, with the wine and brandy; and having lined a hoop with buttered paper, fill it with the mixture, and bake the cake in a tolerably quick oven, taking care, however, not to burn it; to prevent this, the top of it may be covered with a sheet of paper. To ascertain whether the cake is done, plunge a clean knife into the middle of it, withdraw it directly, and if the blade is not sticky and looks bright, the cake is sufficiently baked. These cakes are usually spread with a thick layer of almond icing, No. 2432, and over that another layer of sugar icing, No. 2436, and afterwards ornamented. In baking a large cake like this, great attention must be paid to

BRIDE CAKE.

CHRISTENING CAKE.

the heat of the oven; it should not be too fierce, but have moderate heat to bake the cake through.

Time.—5 to 6 hours. **Average Cost,** 2*s.* per lb.

2463.—CHRISTMAS CAKE.

Ingredients.—5 teacupfuls of flour, 1 teacupful of melted butter, 1 teacupful of cream, 1 teacupful of treacle, 1 teacupful of moist sugar, 2 eggs, ½ oz. of powdered ginger, ½ lb. of raisins, 1 teaspoonful of carbonate of soda, 1 tablespoonful of vinegar.

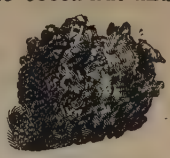
Mode.—Make the butter sufficiently warm to melt it, but do not allow it to oil; put the flour into a basin, add to it the sugar, ginger and raisins, which should be stoned and cut into small pieces. When these dry ingredients are thoroughly mixed, stir in the butter, cream, treacle, and well-whisked eggs, and beat the mixture for a few minutes. Mix the soda with the dry ingredients, being very careful to leave no lumps, and stir the vinegar into the dough. When it is wetted, put the cake into a buttered mould or tin, place it in a moderate oven immediately, and bake it from 1¾ to 2¼ hours.

Time.—1¾ to 2¼ hours. **Average Cost,** 1*s.* 6*d.*

2464.—COCOA-NUT MACAROONS.

Ingredients.—½ lb. of flour, ½ lb. of butter, 6 oz. of grated cocoa-nut, 6 oz. of sifted sugar, 4 eggs.

Mode.—Beat the sugar and butter together; add the cocoa-nut and the flour by degrees, then the eggs, still beating the mixture. Drop it in spoonfuls on a buttered baking-tin, and bake in a quick oven.



COCOA-NUT MACAROONS.

Time.—About 8 minutes to bake the cakes. **Average Cost,** 1*s.* 4*d.*

Sufficient for 30 cakes.

Seasonable at any time.

2465.—COFFEE CAKE.

Ingredients.—1 teacupful of brown sugar, 1 teacupful of golden syrup, ½ teacupful of butter, ½ teacupful of lard, 1 cup of cold coffee, 2 eggs, 1 cupful of currants, 1 cupful of stoned raisins, ½ teaspoonful of nutmeg, ½ teaspoonful of cloves, ½ teaspoonful of cinnamon, 1 teaspoonful of bi-carbonate of soda, flour.

Mode.—Wash the fruit and dry it. Then mix all the ingredients with sufficient flour to bind it. Bake 1 hour in a quick oven.

Time.—1 hour. **Average Cost,** 1*s.*

Seasonable at any time.

2466.—COMMON CAKE.

(*Suitable for sending to Children at School.*)

Ingredients.—2 lbs. of flour, 4 oz. of butter or clarified dripping, ½ oz. of caraway seeds, ¼ oz. of allspice, ½ lb. of pounded sugar, 1 lb. of currants, 1 pint of milk, 3 tablespoonfuls of fresh yeast.

Mode.—Rub the butter lightly into the flour; add all the dry ingredients, and mix these well together. Make the milk warm, but not hot; stir in the yeast, and with this liquid make the whole into a light dough; knead it well, and line the cake-tins with strips of buttered paper; this paper should be about 6 inches higher than the top of the tin. Put in the dough; stand it in a warm place to rise for more than an hour; then bake the cakes in a well-heated oven. If this quantity be divided in two, they will take from 1½ to 2 hours' baking.

PLAIN CAKE.

Time.—1¾ to 2¼ hours. **Average Cost,** 1*s.* 6*d.*

Sufficient to make 2 moderate-sized cakes.

2467.—CORNFLOUR CAKE.

Ingredients.—6 oz. of cornflour, 6 oz. of butter, 6 oz. of sifted sugar, 3 eggs.

Mode.—Melt the butter, then add the other ingredients; beat for 20 minutes. Bake in small tins immediately.

Time.—¼ hour. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

CORNFLOUR CAKE.

2468.—COMPOSITION CAKE.

Ingredients.—Take 1 lb. of flour, 1 lb. of sugar, ½lb. of butter, 7 eggs, 1 teacupful of cream, 1 teaspoonful of saleratus, nutmeg to taste.

Mode.—Beat the sugar and butter to a cream; add the eggs, then cream with saleratus dissolved in it; then flour and spice. This cake requires much beating. Bake in a quick oven.

Time.—1 hour. **Average Cost,** 1*s.* 9*d.*

Seasonable at any time.

2469.—CORN CAKE.

(*Excellent way to make.*)

Ingredients.—½ lb. of corn meal, 2 teaspoonfuls of baking powder 1 teaspoonful of salt, 1 egg, ½ lb. of golden syrup, milk.

Mode.—Mix the above into a stiff paste, using no more milk than is absolutely required. Bake on tin plates in a quick oven. Cut them across like scones, and serve.

Time.—20 minutes. **Average Cost,** 4*d.*

Sufficient for 4 cakes.

Seasonable at any time

2470.—CREAM CAKE.

Ingredients.—½ lb. of fresh butter, 1 pint of warm water, ¾ lb. of sifted flour, 10 eggs, 1 quart of sweet milk, 4 tablespoonfuls of cornflour, 1 cupful of sugar.

Mode.—Put all but a small piece of the butter into a stewpan, add the warm water and slowly bring it to the boiling point, stirring often. When it boils hard put in the flour, continue stirring, and boil one minute, then turn it into a deep dish to cool. Beat the yolks of 8 eggs and work them into the cool paste; then do the same with the whites, and drop the mixture in tablespoonfuls on to buttered paper, taking care they do not run into each other. Bake 10 minutes. Boil the milk after mixing the cornflour with a little of it, beat up the remaining eggs, and add them to the cornflour; then pour the boiling milk on them, put in the sugar and a little vanilla or lemon flavouring, and the rest of the butter. Stir it till it is smooth and thick, then set aside to cool. Split the cake open with a sharp knife, and fill up with the cornflour.

Time.—10 minutes to bake, but altogether 1 hour. **Average Cost,** 2*s.* 3*d.*

Sufficient for 2 dozen cakes.

Seasonable at any time.

2471.—ECONOMICAL CAKE.

Ingredients.—1 lb. of flour, ¼ lb. of sugar, ¼ lb. of butter or lard, ½ lb. of currants, 1 teaspoonful of carbonate of soda, the whites of 4 eggs, ½ pint of milk.

Mode.—In making many sweet dishes, the whites of eggs are not required, and if well beaten and added to the above ingredients make an excellent cake, with or without currants. Beat the butter to a cream, well whisk the whites of the eggs, and stir all the ingredients together but the soda, which must not be added until all is well mixed, and the cake is ready to be put into the oven. When the mixture has been well beaten, stir in the soda, put the cake into a buttered mould, and bakeit in a moderate oven for 1½ hour.

CAKE-MOULD.

Time.—1½ hour. **Average Cost,** 1*s.* 3*d.*

2472.—DROP CAKES.

Ingredients.—6 cupfuls of fine sugar, 2 cupfuls of flour, 1 cupful of butter, 2 eggs, salt.

Mode.—Beat the sugar and half the butter, beat the eggs, add them, and the remainder of the ingredients, for 15 minutes. Drop the mixture on buttered tins, and bake a quarter of an hour in a moderate oven.

Time.—¼ hour. **Average Cost,** 8*d.*

Seasonable at any time.

2473.—DOUGHNUTS.

Ingredients.—1 teacup of sour cream, 2 cups of sugar, 3 eggs, 8 cups of flour, 1 teaspoonful of bicarbonate of soda.

Mode.—Beat the sugar and eggs together. Dissolve the soda in a little warm water, stir it in the cream; add the flour and a little ground spice, if preferred. Have a pan of lard *boiling* hot. Roll out the dough, cut in rings, and fry till brown.

Time.—5 to 10 minutes. **Average Cost,** 8*d.*

Seasonable at any time.

2474.—A NICE USEFUL CAKE.

Ingredients.—¼ lb. of butter, 6 oz. of currants, ¼ lb. of sugar, 1 lb. of dried flour, 2 teaspoonfuls of baking-powder, 3 eggs, 1 teacupful of milk, 2 oz. of sweet almonds, 1 oz. of candied peel.

Mode.—Beat the butter to a cream; wash, pick, and dry the currants; whisk the eggs; blanch and chop the almonds, and cut the peel into neat slices. When all these are ready, mix the dry ingredients together; then add the butter, milk and eggs, and beat the mixture well for a few minutes. Put the cake into a buttered mould or tin, and bake it for rather more than 1½ hour. The currants and candied peel may be omitted, and a little lemon or almond flavouring substituted for them; made in this manner, the cake will be found very good.

Time.—Rather more than 1½ hour. **Average Cost,** 1*s.* 4*d.*

2475.—DESSERT CAKES.

Ingredients.—½ lb. of flour, ½ lb. of butter, 6 oz. of sifted sugar, 3 eggs.

DESSERT CAKES.

Mode.—Clarify the butter and beat the sugar in well; add the flour by degrees, then the eggs, still beating. Mix thoroughly, and bake in small tins for 8 or 10 minutes.

Time.—8 to 10 minutes to bake. **Average Cost,** 1*s.* for this quantity.

Sufficient for 18 or 24 cakes. **Seasonable** at any time.

2476.—FARMER'S FRUIT CAKE.

Ingredients.—Take 1 cup of dried sour apples, 1 cup of golden syrup, 1 cup of sugar, ⅓ cup of butter, ½ cup of sour milk, 1 teaspoonful of soda, 2 teaspoonfuls of cinnamon, 1 teaspoonful of cloves, 1 egg, 2 cups of flour.

Mode.—Chop the apples fine, and soak over-night; in the morning let them simmer for two hours with the syrup. Prepare the other ingredients as for any cake, beating well, adding the apple and syrup when a little cool, not cold. Bake in tins in a moderate oven.

Time.—½ to ¾ hour. **Average Cost,** 10*d.*

Seasonable at any time.

2477.—FLANNEL CAKES.

Ingredients.—1 quart of milk, 1 tablespoonful of butter, 3 eggs, ¾ lb. sifted flour, 2 tablespoonfuls of yeast.

Mode.—Melt the butter in the milk, and when lukewarm add the eggs, whites and yolks beaten separately, and stir in the flour. Add the yeast, beat well, and leave to rise. Then make into cakes, and bake 15 minutes in a hot oven.

Time.—¼ hour. **Average Cost,** 10*d.*

Seasonable at any time.

2478.—FRANGIPANE CAKE.

Ingredients.—1 pint of milk, 3 oz. of flour, 2 oz. of sugar, 1 oz. of butter, 5 eggs (omitting the whites of 3), a pinch of salt, puff-paste.

Mode.—Put the eggs, sugar and flour into a pan and mix to a smooth paste, adding the milk very slowly, then the butter and salt, stir over the fire for 20 minutes, stir occasionally as the custard cools, adding a flavouring of vanilla or ratafias. Roll out some puff-paste a quarter of an inch thick and stamp into rounds. Put half of the rounds on a buttered baking sheet, spread over the custard and cover with the other rounds, pressing the edges together; when nearly done in a hot oven, glaze and put back to colour.

Time.—20 minutes for the custard. **Average Cost,** 1*s.*

Seasonable at any time.

2479.—FRENCH CAKE.

Ingredients.—2 lbs. of flour, ¼ oz. of yeast, 1 lb. of butter, 6 eggs, ¼ lb. of best raisins, ¼ lb. of currants, ¼ lb. of sugar.

Mode.—Take away half a pound of the flour, make a hole in the rest, and put in the yeast mixed with a little warm water; work it to a sponge,

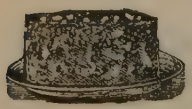
place it in a warm place to rise. When it has risen sufficiently, work the butter and eggs with the remaining flour into it and knead it twice with the hands, adding another egg if it is too stiff. Stone and cut up the raisins, add the currants and sugar, mix all the ingredients well together with the sponge; add the leaven, put into a well-buttered tin mould, and let the whole stand for an hour or two to rise. When well risen, bake in a moderate oven for an hour or an hour and a quarter.

Time.—1¼ hour. **Average Cost,** 2*s.* 6*d.*

Seasonable at any time.

2480.—FRUIT CAKE.

Ingredients.—Butter, flour, currants, candied peel and sugar, each ½ lb., 1 nutmeg, a few chopped almonds, the juice and rind of a lemon, 4 eggs.



FRUIT CAKE.

Mode.—Beat the butter to a cream, add the eggs, one by one, and then the other ingredients; bake in a papered tin. The oven must not be fierce.

Time.—1 hour. **Average Cost,** 1*s.* 10*d.*

Seasonable at any time.

2481.—GENOESE CAKE.

Ingredients.—4 eggs, 6 oz. of butter, ¼ lb. of flour, ¼ lb. of loaf sugar, apricot jam, chocolate or any other icing.

Mode.—Slightly warm the butter till it is easy to beat with a wooden or silver spoon, then add the sugar pounded, and beat to a cream; next the eggs, one by one, and lastly the flour, beating all the time. Pour the mixture on to a buttered baking tin, and bake in a quick oven for about ten minutes. When cool, spread the cake thinly with apricot or any other jam, coat it with the icing, and put it in a hot oven for a minute or two.

Time.—12 minutes to bake the cake. **Average Cost,** 1*s.* 6*d.*

Seasonable at any time.

2482.—GENOESE CAKE.

(*Another Mode.*)

Ingredients.—A stale sponge cake or loaf, 2 kinds of preserve, one rather acid, the other sweet, such as red-currant jelly and apricot jam, the whites of 4 eggs, ½ lb. of pounded loaf sugar, 1 lemon.

Mode.—Cut the cake into rounds and spread them with the two preserves in alternate layers, and put the rounds together again. Make an icing of the sugar and white of egg as directed in recipe No. 2432, spread it over the cake, and set it for a few minutes to harden in a cool oven.

Average Cost, 2*s.*

2483.—ANDREW'S GINGERBREAD.

Ingredients.—1 lb. of flour, ½ lb. of sugar, ¼ lb. of butter, 4 eggs, 1 tablespoonful of ginger.

Mode.—Beat the butter and sugar to a cream, beat the eggs, then add to the butter and sugar, and add the flour, mixed with the ginger, till the mixture is thick enough to roll out. Roll into thin sheets, and bake on flat tins.

Time.—10 to 15 minutes. **Average Cost,** 1*s.*

Seasonable at any time.

2484.—HONEYCOMB GINGERBREAD.

Ingredients.—½ lb. of flour, ¼ lb. of the coarsest brown sugar, ½ lb. of treacle, ¼ lb. of butter, 1 dessertspoonful of allspice, 2 ditto of ground ginger, the peel of half a lemon grated, and the whole of the juice.

Mode.—Mix all these together, adding about half a pound of treacle to make a paste sufficiently thin to spread upon sheet tins. Beat it well, butter the tins, and spread the paste very thinly over them; bake it in rather a slow oven, and watch it till it is done; withdraw the tins, cut it in squares with a knife to the usual size of wafer biscuits—about 4 inches square—and roll each piece round the fingers as it is raised from the tin.

Time.—½ hour. **Average Cost,** 9*d.*

Seasonable at any time.

2485.—RICH SWEETMEAT GINGERBREAD NUTS.

Ingredients.—1 lb. of treacle, ¼ lb. of clarified butter, 1 lb. of coarse brown sugar, 2 oz. of ground ginger, 1 oz. of candied orange peel, 1 oz. of candied angelica ½ oz. of candied lemon-peel, ½ oz. of coriander seeds, ½ oz. of caraway seeds, 1 egg, flour.

Mode.—Put the treacle into a basin, and pour over it the butter, melted so as not to oil, the sugar, and ginger. Stir these ingredients wel together, and whilst mixing, add the candied peel, which should be cut into very small pieces, but not bruised, and the caraway and coriander seeds, which should be pounded. Having mixed all thoroughly together, break in an egg, and work the whole up with as much fine flour as may be necessary to form a paste. Make this into nuts of any size, put them on a tin plate, and bake in a slow oven from a quarter to half an hour.

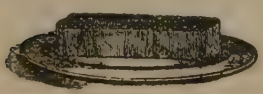
Time.—¼ to ½ hour. **Average Cost,** 1*s.* 2*d.*

Seasonable at any time.

2486.—THICK GINGERBREAD.

Ingredients.—1 lb. of treacle, ¼ lb. of butter, ¼ lb. of coarse brown sugar, 1½ b. of flour, 1 oz. of ginger, ½ oz. of ground allspice, 1 teaspoonful of carbonate of soda, ¼ pint of warm milk, 3 eggs.

Mode.—Put the flour into a basin, with the sugar, ginger and allspice; mix these together; warm the butter, and add it, with the treacle, to the other ingredients. Stir well; make the milk just warm, dissolve the carbonate of soda in it, and mix the whole into a nice smooth dough with the eggs, which should be previously well whisked; pour the mixture into a buttered tin, and bake it from three-quarters to 1 hour, or longer should the gingerbread be very thick. Just before it is done, brush the top over with the yolk of an egg beaten up with a little milk, and put it back in the oven to finish baking.



GINGERBREAD.

Time.—¾ to 1 hour. **Average Cost,** 1*s.* 2*d.*

Seasonable at any time.

2487.—SUNDERLAND GINGERBREAD NUTS.

(*An Excellent Recipe.*)

Ingredients.—1¾ lb. of treacle, 1 lb. of moist sugar, 1 lb. of butter, 2¾ lb. of flour, 1¼ oz. of ground ginger, 1½ oz. of allspice, 1½ oz. of coriander seeds.

Mode.—Let the allspice, coriander seeds, and ginger be freshly ground; put them into a basin, with the flour and sugar, and mix these ingredients well together; warm the treacle and butter together; then with a spoon work it into the flour, &c., until the whole forms a nice smooth paste. Drop the mixture from the spoon on to a piece of buttered paper, and bake in rather a slow oven for 20 minutes to half an hour. A little candied lemon-peel mixed with the above is an improvement; and a great authority in culinary matters suggests the addition of a little cayenne pepper in gingerbread. Whether it be advisable to use this latter ingredient or not, we leave our readers to decide.

Time.—20 minutes to ½ hour. **Average Cost,** 1*s.* to 1*s* 4*d.* per lb.

Seasonable at any time.

2488.—WHITE GINGERBREAD.

Ingredients.—1 lb. of flour, ½ lb. of butter, ½ lb. of loaf sugar, the rind of 1 lemon, 1 oz. of ground ginger, 1 nutmeg grated, ½ teaspoonful of carbonate of soda, 1 gill of milk.

Mode.—Rub the butter into the flour; add the sugar, which should be finely pounded and sifted, and the minced lemon-rind, ginger, and nutmeg. Mix these well together; make the milk just warm, stir in the soda, and

work the whole into a nice smooth paste; roll it out, cut it into cakes, and bake in a moderate oven from 15 to 20 minutes.

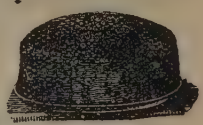
Time.—15 to 20 minutes. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

2489.—HOLIDAY CAKE.

Ingredients.—4 teaspoonfuls of any good baking-powder, 2 lbs. of flour, 6 oz. of butter, ¼ lb. of lard, 1 lb. of currants, ½ lb. of stoned and cut raisins, ¼ lb. of mixed candied peel, ½ lb. of moist sugar, 3 eggs, ¾ pint of cold milk.

Mode.—Mix the baking-powder with the flour; then rub in the butter and lard; have ready the currants, washed, picked, and dried, the raisins stoned and cut into small pieces (not chopped), and the peel cut into neat slices. Add these with the sugar to the flour, &c., and mix all the dry ingredients well together. Whisk the eggs, stir to them the milk, and with this liquid moisten the cake; beat it up well, that all may be very thoroughly mixed; line a cake-tin with buttered paper, put in the cake, and bake it from 2¼ to 2¾ hours in a good oven. To ascertain when it is done, plunge a clean knife into the middle of it, and if, on withdrawing it, the knife looks clean, and not sticky, the cake is done. To prevent its burning at the top, a piece of clean paper may be put over whilst the cake is soaking, or being thoroughly cooked in the middle. A steamer, such as is used for steaming potatoes, makes a very good cake-tin, if it be lined at the bottom and sides with buttered paper.



HOLIDAY CAKE.

Time.—2¼ to 2¾ hours. **Average Cost,** 2*s.* 6*d.*

Seasonable at any time.

2490.—HONEY CAKE.

Ingredients. — ½ breakfastcupful of sugar, 1 breakfastcupful of rich sour cream, 2 breakfast cupfuls of flour, ½ teaspoonful of carbonate of soda, honey to taste.

Mode.—Mix the sugar and cream together; dredge in the flour, with as much honey as will flavour the mixture nicely; stir it well, that all the ingredients may be thoroughly mixed; add the carbonate of soda, and beat the cake well for another 5 minutes; put it into a buttered tin, bake it from half to three-quarters of an hour, and let it be eaten warm.

Time.—½ to ¾ hour. **Average Cost,** 8*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2491.—HONORÉ CAKE.

Ingredients.—1 large slice of sponge cake, or a flat whole cake, 1 glass of sherry, some meringue paste, ½ pint of cream, any flavouring, sugar.

HONORÉ CAKE.

Mode.—Soak the cake with the sherry, put round the edge the meringue paste in little lumps, and bake in a quick oven. Whip the cream to a froth with sugar to taste and flavouring (of fresh fruit if possible), and when the cake is cold, fill, as shown in accompanying illustration, with the cream.

Average Cost, 1*s.* 6*d.*

2492.—HUNTING NUTS.

Ingredients.—2 lbs. of flour, ½ lb. of brown sugar, ½ lb. of candied peel, 1 oz. of ginger, 1½ lb. of treacle, ½ lb. of butter, ½ teaspoonful of carbonate of soda, ½ teaspoonful of mixed spice.

Mode.—Mix the flour and soda together, add the sugar, peel, ginger, spice, and treacle. Beat all up into the butter, previously beaten to a cream. Let all stand for 4 hours before rolling out into cakes; roll into long flat cakes, 3 inches long by 1½ inch wide, and bake in a quick oven for 8 or 10 minutes.

Time.—8 or 10 minutes to bake. **Average Cost,** 4½*d.* per dozen.

Sufficient for 4 dozen.

Seasonable in October, November, December, and January.

Note.—The long-shaped nut is found convenient for the hunting-coat pocket.

2493.—INDIAN MEAL FLAPPERS.

Ingredients.—1 quart of sifted meal, a handful of wheaten flour, 1 quart of milk, 4 eggs, 1 heaped-up saltspoonful of salt.

Mode.—Mix the meal, flour, and s 't. Beat the eggs well, and add them to the milk alternately with the m al, a handful at a time. Stir very hard, and bake on a hot griddle.

Time.—10 minutes. **Average Cost,** 1*s.*

Seasonable at any time.

2494.—ICED CAKE.

Ingredients.—½ lb. of flour, ½ lb. of currants, ¼ lb. of sugar, ¼ oz. of mace and cloves, 12 sweet, 6 bitter almonds, ⅛ lb. of butter, 1

pint of milk, 4 eggs, 1 oz. of mixed peel, 1 teaspoonful of carbonate of soda.

Mode.—Blanch and split the almonds and mix all the dry ingredients together. Warm the butter in the milk, beat the eggs, whites and yolks separately, add them, then gradually mix with the other ingredients, beat well, pour into a buttered mould, and bake 1 hour.

Time.—1 hour. **Average Cost,** 1*s.* 8*d.*

Seasonable at any time.

2495.—JOHNNY CAKE.

Ingredients.—1 teacupful of flour, 1 teacupful of yellow Indian meal, 1 teacupful of milk, 1 cupful of water, 1 tablespoonful of brown sugar, 1 tablespoonful of baking-powder, pinch of salt, 2 eggs.

Mode.—The milk may be either sour or fresh. Mix the dry and wet ingredients in separate bowls, then put them together, mix well, pour into a buttered tin, and bake half an hour or more in a quick oven.

Time.—½ hour or longer. **Average Cost,** 4*d.*

Seasonable at any time.

2496.—CALIFORNIA JUMBLES.

Ingredients.—1 lb. of sugar, 1 lb. of butter, 1¼ lb. of flour, grated lemon-peel and wine, whites of 4 eggs.

Mode.—Beat the butter and sugar together very light; add lemon, wine, eggs, and flour. Flour the hands for moulding the jumbles; make a roll the size of the little finger, and 5 inches long; twist the ends; put them in a buttered pan, leaving plenty of room for them to spread.

Time.—½ hour. **Average Cost,** 2*s.* 6*d.*

Seasonable at any time.

2497.—LEMON CAKE.

Ingredients.—10 eggs, 3 tablespoonfuls of orange-flower-water, ¾ lb. of pounded loaf sugar, 1 lemon, ¾ lb. of flour.

Mode.—Separate the whites from the yolks of the eggs; whisk the former to a stiff froth; add the orange-flower-water, the sugar, grated lemon-rind, and mix these ingredients well together. Then beat the yolks of the eggs, and add them, with the lemon-juice, to the whites, &c.; dredge in the flour gradually; keep beating the mixture well; put it into a buttered mould, and bake the cake about an hour, or rather longer. The addition of a little butter, beaten to a cream, we think, would improve this cake.

CAKE-MOULD.

Time.—About 1 hour. **Average Cost,** 1*s.* 4*d.*

Seasonable at any time.

2498.—LEMON BUNS.

Ingredients.—¼ lb. of butter, ½ lb. of sugar, 1 lb. of flour, 4 eggs, 1 teaspoonful of ammonia in ½ teacupful of milk, a few drops of essence of lemon, or with currants.

LEMON BUNS.

Mode.—Beat the eggs and milk together and mix thoroughly with the other ingredients. Make into buns, and bake 20 minutes or half an hour in a moderate oven.

Time.—½ hour. **Average Cost,** 1*s.*

Seasonable at any time.

2499.—LINCOLN CAKE.

Ingredients.—Take 2 lbs. of flour, ½ oz. of yeast, 1 lb. of butter, 6 eggs, ¼ lb. of Malaga raisins, ¼ lb. of dried currants, ½ lb. of sugar, ¼ oz. of saffron.

Mode.—Out of the flour take half a lb., make a hole in the centre, and put in the yeast, mixed up with a little warm (not hot) water; make it into a sponge, and place it well wrapped up, in a warm place. When this leaven has risen sufficiently, which will be known by its having increased in bulk by half, make a hole in the centre of the remaining flour, and put in butter and eggs; work it well together, so as to make a soft sponge, which must be kneaded up twice with the hands; if too stiff, another egg must be added. Cut up and stone the raisins, add the dried currants, sugar, and a glass of water, in which the saffron has been infused; mix all the ingredients well together with the sponge; add the leaven; put it into a well-buttered tin mould, and let the whole stand for an hour or two to rise. When well risen, bake in a moderate oven for an hour or an hour and a quarter.

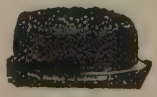
Time.—1 or 1¼ hour. **Average Cost,** 2*s.* 6*d.*

Seasonable at any time.

2500.—LUNCHEON CAKE.

Ingredients.—½ lb. of butter, 1 lb. of flour, ½ oz. of caraway seeds, ¼ lb. of currants, 6 oz. of moist sugar, 1 oz. of candied peel, 3 eggs, ½ pint of milk, 1 small teaspoonful of carbonate of soda.

Mode.—Rub the butter into the flour until it is quite fine; add the caraway seeds, currants (which should be nicely washed, picked and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisked. Boil the milk, and add to it, whilst boiling, the carbonate of soda, which must be well stirred into it, and, with the milk, mix the other ingredients. Butter a tin, pour the cake into it, and bake it in a moderate oven from three-quarters to 1 hour.

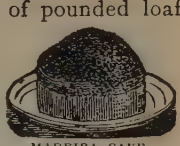

LUNCHEON CAKE.

Time.—1 to 1½ hour. **Average Cost,** 1*s.* 6*d.*
Seasonable at any time.

Carbonate of Soda.—Soda was called the mineral alkali because it was originally dug up out of the ground in Africa and other countries; this state of carbonate of soda is called *natron*. It is likewise procured from the combustion of marine plants, or such as grow on the sea-shore. Bi-carbonate of soda is employed for making effervescing draughts, with lemon-juice, citric acid or tartaric acid. Soda has been used from time immemorial in the manufacture of soap and glass. Introduced into the tea-pot, soda extracts the full strength of the tea.

2501.—MADEIRA CAKE.

Ingredients.—1 lb. of butter, 1½ lb. of flour, ¾ lb. of pounded loaf sugar, the grated rind of 1 lemon, 2 oz. of candied peel, 9 eggs.


MADEIRA CAKE.

Mode.—Beat the butter to a cream, dredge in the flour and sugar, then the lemon rind, whisk the eggs and add; beat well and put into a buttered tin, garnishing the top with the peel cut in thin slices, and bake in a hot oven from 1½ to 2 hours.

Time.—1½ to 2 hours. **Average Cost,** 2*s.* 6*d.*
Sufficient for 2 cakes.
Seasonable at any time.

2502.—MARBLE CAKE.

Ingredients.—White part: 2 teacups of flour, 1½ cup of sugar, ½ cup of butter, ½ cup of milk, 4 eggs (whites only), ½ teaspoonful of cream of tartar, ¼ teaspoonful of soda, spice to taste. Dark part: 2½ cups of flour, ½ cup of butter, 1 cup of sugar, ½ cup of treacle, ½ cup of milk, 4 yolks of eggs and white of one, ½ teaspoonful of soda, ½ teaspoonful of cream of tartar, cloves, cinnamon, mace.

Mode.—Mix these separately, and drop into the baking-pan by table-spoonfuls alternately. Bake 2 hours; this makes two loaves, and is very nice.

Time.—2 hours. **Average Cost,** 1*s.*
Sufficient for 2 cakes.
Seasonable at any time.

2503.—ICING FOR MARBLE CAKE.

Ingredients.—Take 1 teacup of white sugar, 1 egg (white only).

Mode.—Put to the cup of sugar water enough to dissolve it, set it on the fire and let it boil till it will "hair;" beat the white of the egg to a stiff froth; pour the heated sugar on the egg and stir briskly until cool

enough to stay on the cake. It should not be put on till the cake is nearly or quite cold. This will frost only the top of the loaves.

Time.—¼ hour. **Average Cost,** 1*d.*

2504.—NEAPOLITAN CAKE.

Ingredients.—¼ lb. of butter and the same quantity of flour, sugar and almonds, apricot or any other jam, a few preserved cherries, 2 eggs, and ½ lb. of icing sugar.

Mode.—Rub the butter with the flour, and add the almonds, blanched, chopped and pounded to a smooth paste, and mix with the yolks of the eggs. Roll the paste rather thin and cut it in rounds and bake till yellow in a moderate oven on a buttered tin. When cold, spread each round with jam, and pile one over the other evenly. Beat the icing sugar with the whites of the eggs and ice the cake, decorating it with the cherries.

Time.—About 15 minutes to bake the cakes. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

2505.—A NICE CAKE.

Ingredients.—¼ lb. of flour, ¼ lb. of ground rice, ½ lb. of fine white sugar, 5 eggs, lemon to taste.

Mode.—Mix the flour, rice and sugar thoroughly, beat the eggs, yolk and white separately, 20 minutes, add the yolks to the white, then sift in the other ingredients; bake in a buttered tin from 35 to 45 minutes, according to the heat of the oven.

Time.—½ to ¾ hour. **Average Cost,** 9*d.*

Seasonable at any time.

2506.—PICCOLOMINI CAKE.

Ingredients.—1 cup of butter, 2½ cups of sugar, 4 eggs, 1 teacup of milk, 4 cups of flour, ½ teaspoonful of soda, 1 teaspoonful of cream of tartar.

Mode.—Beat the butter and sugar to a cream; add the eggs, beaten to froth, then milk, with the soda dissolved in it. Put cream of tartar dry into the flour, season with rosewater and nutmeg, or extract of almond.

Time.—40 minutes. **Average Cost,** 1*s.*

Seasonable at any time.

Note.—The different Cakes shown on the opposite page are:—1, Rice Cake; 2 and 4, Honoré Cakes; 3, Cornflour Cake; 5, Meringue Cake; 6, Plum Cake; 7, Christening Cake; 8, Flead Cakes; 9, Bath Buns; 10, Hot-Cross Buns; 11, Luncheon Cake; 12, Dessert Cakes; 13, Rock Cakes; 14, Sponge Cake; 15, Sponge Loaf; 16, Fancy Cakes; 17, Seed Cake; 18, Small Sponge Cakes; 19, Bride Cake; 20, Rice Buns; 21, Plain Buns; 22, Fruit Cake; 23, Currant Cake; 24, Chocolate Cakes; 25, Dundee Cake; 26, School Cake; 27, Scotch Cake; 28, Madeira Cake; 29, Lemon Buns; 30, Small Pound Cakes.

[For description see opposite page

2507.—PETITS FOURS.

Ingredients.—These may be made of any sweet paste, pound or sponge cake, and allow of an endless variety of decoration, with different icings, crystallised fruits, candied peel, &c.

PETITS FOURS.

Mode. — The simplest way of making them is to cut pound or sponge-cakes into pretty, fanciful shapes, icing them with different coloured icings, garnishing them, before the icing has set, with crystallised fruit, cut in fine slices, angelica, almonds, preserved cherries, and the like.

Average Cost, 2*s.* per lb.

2508.—A NICE PLAIN CAKE.

Ingredients.—1 lb. of flour, 1½ teaspoonful of Borwick's baking-powder, ¼ lb. of good dripping, 1 teacupful of moist sugar, 3 eggs, 1 breakfastcupful of milk, 1 oz. of caraway seeds, ¼ lb. of currants.

Mode.—Put the flour and baking-powder into a basin; stir these together; then rub in the dripping, add the sugar, caraway seeds, and currants; whisk the eggs with the milk, and beat altogether very thoroughly until the ingredients are well mixed. Butter a tin, put in the cake, and bake it from 1½ to 2 hours. Let the dripping be quite clean before using; to insure this, it is a good plan to clarify it. Beef dripping is better than any other for cakes, &c., as mutton dripping frequently has a very unpleasant flavour, which would be imparted to the preparation. The eggs are not necessary.

Time.—1½ to 2 hours. **Average Cost,** 1*s.*

Seasonable at any time.

2509.—A NICE PLAIN CAKE FOR CHILDREN.

Ingredients.—1 quartern of dough, ¼ lb. of moist sugar, ¼ lb. of butter, or good beef dripping, ¼ pint of warm milk, ½ grated nutmeg, or ½ oz. of caraway seeds.

Mode.—If you are not in the habit of making bread at home, procure the dough from the baker's, and, as soon as it comes in, put it into a basin near the fire; cover the basin with a thick cloth, and let the dough remain a little while to rise. In the meantime beat the butter to a

cream, and make the milk warm; and when the dough has risen, mix with it thoroughly all the above ingredients, and knead the cake well for a few minutes. Butter some cake-tins, half fill them, and stand them in a warm place, to allow the dough to rise again. When the tins are three-parts full, put the cakes into a good oven, and bake them from 1¾ to 2 hours. A few currants might be substituted for the caraway seeds when the flavour of the latter is disliked.

Time.—1¾ to 2 hours. **Average Cost,** 11*d.*

Seasonable at any time.

2510.—POTATO CAKE.

Ingredients.—1 lb. of potato flour, ½ lb. of butter, beaten to a cream, ½ lb. of sugar (powdered), 2 eggs, or the whites of 4, 10 drops of essence of lemon.

Mode.—Mix the ingredients and beat them thoroughly for 10 minutes, then pour into a cake-tin, and bake 15 minutes in a rather quick oven.

Time.—½ hour. **Average Cost,** 1*s.* 2*d.*

Seasonable at any time.

2511.—COMMON PLUM CAKE.

Ingredients.—3 lbs. of flour, 6 oz. of butter or good dripping, 6 oz. of moist sugar, 6 oz. of raisins, ½ oz. of pounded allspice, 2 tablespoonfuls of fresh yeast, 1 pint of new milk.

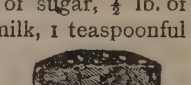
Mode.—Rub the butter into the flour, add the sugar, currants and allspice; warm the milk, stir in it the yeast, and mix the whole into a dough; knead it well, and put it into 6 buttered tins; place them near the fire for nearly an hour for the dough to rise, then bake the cakes in a good oven from 1 to 1¼ hour. To ascertain when they are done, plunge a clean knife in the middle, and if on withdrawal it comes out clean, the cakes are done.

Time.—1 to 1¼ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient to make 6 small cakes.

2512.—A NICE PLUM CAKE.

Ingredients.—1 lb. of flour, ¼ lb. of butter, ½ lb. of sugar, ½ lb. of currants, ¼ lb. of plums, 4 oz. of candied peel, ½ pint of milk, 1 teaspoonful of ammonia, or carbonate of soda.



PLUM CAKE WITH ALMONDS.

Mode.—Put the flour into a basin with the sugar, currants and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk; add it to the dough, and beat the whole well, until everything

is thoroughly mixed. Put the dough into a buttered tin, and bake the cake from 1½ to 2 hours.

Time.—1½ to 2 hours. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

2513.—PLUM CAKE.

Ingredients.—¾ lb. of flour, 6 oz. of butter, ½ lb. of sugar 6 oz. of currants, 6 oz. of raisins, 2 oz. of candied lemon-peel, 2 oz. of sweet almonds, 3 eggs, 3 teaspoonfuls of baking powder, milk.

Mode.—Sift the flour and baking powder together, wash and dry the currants, cut up the peel, blanch the almonds and put them in either whole or pound them, as preferred. Beat up the eggs with a little cold milk, and mix them all well together, then pour into a buttered mould. Bake about 1¼ hour in a moderate oven.

Time.—1¼ hour. **Average Cost,** 1*s.* 8*d.*

Seasonable at any time.

2514.—POUND CAKE.

Ingredients.—1 lb. of butter, 1¼ lb. of flour, 1 lb. of pounded loaf sugar, 1 lb. of currants, 9 eggs, 2 oz. of candied peel, ½ oz. of citron, ½ oz. of sweet almonds; when liked, a little pounded mace.

Mode.—Work the butter to a cream; dredge in the flour; add the sugar, currants, candied peel, which should be cut into neat slices, and the almonds, which should be blanched and chopped, and mix all these well together; whisk the eggs, and let them be thoroughly blended with the dry ingredients. Beat the cake well for 20 minntes, and put it into a round tin, lined at the bottom and sides with a strip of white buttered paper. Bake it from 1½ to 2 hours, and let the oven be well heated when the cake is first put in, as, if this is not the case, the currants will all sink to the bottom of it. To make this preparation light, the yolks and whites of the eggs should be beaten separately, and added separately to the other ingredients. A glass of wine is sometimes added to the mixture; but this is scarcely necessary, as the cake will be found quite rich enough without it.

POUND CAKE.

Time.—1½ to 2 hours. **Average Cost,** 3*s.*

Sufficient.—The above quantity divided in two will make two nice-sized cakes.

Seasonable at any time.

2515.—A PAVINI CAKE.

Ingredients.—½ lb. of flour, ½ lb. of ground rice, ½ lb. of raisins, stoned and cut into small pieces, ¼ lb. of currants, ¼ lb. of butter, 2 oz. of sweet almonds, ¼ lb. of sifted loaf sugar, ½ nutmeg grated, 1 pint of milk, 1 teaspoonful of carbonate of soda.

Mode.—Stone and cut the raisins into small pieces; wash, pick and dry the currants; melt the butter to a cream, but without oiling it; blanch and chop the almonds, and grate the nutmeg. When all these ingredients are thus prepared, mix them well together; make the milk warm, stir in the soda, and with this liquid make the whole into a paste. Butter a mould, rather more than half fill it with the dough, and bake the cake in a moderate oven from 1½ to 2 hours, or less time should it be made into 2 cakes.

SMALL POUND CAKES.

Time.—1½ to 2 hours. **Average Cost,** 1*s.* 4*d.*

Seasonable at any time.

2516.—QUEEN CAKES.

Ingredients.—1 lb. of flour, ½ lb. of butter, ½ lb. of pounded loaf sugar, 3 eggs, 1 teacupful of cream, ½ lb. of currants, 1 teaspoonful of baking-powder, essence of lemon or almonds to taste.

Mode.—Work the butter to a cream; dredge in the flour, add the sugar and currants, and mix the ingredients well together. Whisk the eggs, mix them with the cream and flavouring, and stir these to the flour, beat the paste well for 10 minutes; add the baking-powder, put it into small buttered pans, and bake the cake from a quarter to half an hour. Grated lemon-rind may be substituted for the lemon and almond flavouring, which will make the cakes equally nice.

Time.—¼ to ½ hour. **Average Cost,** 1*s.* 9*d.*

Seasonable at any time.

2517.—RAISIN CAKES.

Ingredients.—1 lb. of butter, 1 lb. of fine flour, 1 lb. of powdered white sugar, 6 eggs, 1 wineglassful of brandy, 1 teaspoonful of nutmeg, ½ teaspoonful of carbonate of soda, 1 lb. of stoned raisins.

Mode.—Beat the butter to a cream, then add the flour to it, stir the sugar and yolks of eggs together, whip the whites to a stiff froth with the brandy, then beat them into the flour, &c. Add the soda and nutmeg, and beat till the whole is light and creamy-looking; then add the stoned and chopped raisins. Bake in a buttered paper-lined tin for an hour and a quarter in hot oven.

Time.—1¼ hour. **Average Cost,** 3*s.*

Seasonable at any time.

2518.—RICE CAKE.

Ingredients.—½ lb. of ground rice, ½ lb. of flour, ½ lb. of loaf sugar, 9 eggs, 20 drops of essence of lemon, or the rind of 1 lemon, ¼ lb. of butter.

Mode.—Separate the whites from the yolks of the eggs; whisk them both well, and add to the latter the butter beaten to a cream. Stir in the flour, rice and lemon (if the rind is used, it must be very finely minced), and beat the mixture well; then add the whites of the eggs, beat the cake again for some time, put it into a buttered mould or tin, and bake it for 1½ hour. It may be flavoured with essence of almonds, when this is preferred.

CAKE-MOULD.

Time.—Nearly 1½ hour. **Average Cost,** 1*s.* 6*d.*

Seasonable at any time.

2519.—RICE CAKE.

(*Another Mode.*)

Ingredients.—6 eggs, ½ lb. of ground rice, ½ lb. of sifted sugar, a few drops of essence of lemon.

Mode.—Beat twenty minutes; bake in a buttered shape.

Time.—40 minutes. **Average Cost,** 10*d.*

Seasonable at any time.

2520.—ROCK CAKES.

Ingredients.—½ lb. of butter, 1 lb. of flour, ½ lb. of moist sugar, 2 eggs, 1 teaspoonful of essence of lemon, ¼ glass of brandy or sherry.

Mode.—Rub the butter, flour and sugar well together (the flour should be dried); mix in the eggs well beaten, the essence of lemon, and half a glass of brandy or sherry. Drop the cakes upon a baking-tin, and bake for half an hour in a rather quick oven.

Time.—½ hour. **Average Cost,** 1*s.* 6*d.*

Seasonable at any time.

2521.—RUSKS.

Ingredients.—4 oz. of butter, 2 oz. of sugar, 1 tablespoonful of brewer's yeast, 2 lbs. of flour, 4 eggs, 1 quart of milk.

Mode.—Mix the yeast with the sugar and a teacupful of warm milk; pour it into the centre of the flour in a deep bowl, and let it rise for an hour in a warm place. The sponge should then be sufficiently light. Mix with it and the rest of the flour the remaining milk, the eggs, and a little salt, beating the whole well with a wooden spoon; then put it into a buttered tin, set it to rise for another hour, then bake in a moderate oven, and when cold cut the cake into thin slices and dry them in a quick oven,

having previously thickly sprinkled them with pounded sugar. These rusks will be found a delicious substitute for toast for an invalid, and are appetising and nourishing.

Time.—1 hour. **Average Cost,** 1*s.* 8*d.*

Seasonable at any time.

2522.—SAUCER-CAKE FOR TEA.

Ingredients.—¼ lb. of flour, ¼ lb. of *tous-les-mois*, or cornflour, ¼ lb. of pounded white sugar, ¼ lb. of butter, 2 eggs, 1 oz. of candied orange or lemon-peel.

Mode.—Mix the flour and *tous-les-mois* together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and the eggs well whisked. Beat the mixture for 10 minutes, put it into a buttered cake-tin or mould; or, if this is not obtainable, a soup-plate answers the purpose, lined with a piece of buttered paper. Bake the cake in a moderate oven from 1 to 1¼ hour, and when cold, put it away in a covered canister. It will remain good some weeks, even if it be cut into slices.

SMALL CAKES FOR TEA.

Time.—1 to 1¼ hour. **Average Cost,** 1*s.*

Seasonable at any time.

Note.—*Tous-les-mois* is a superior kind of arrowroot.

2523.—SCOTCH CAKES.

Ingredients.—3 lbs. of flour, 2 lbs. of butter, 1½ lb. of brown sugar, 2 tablespoonfuls of caraway seed, 1 of cinnamon, and a little citron, cut in small pieces.

Mode.—Cream the butter and sugar; add the flour and seasoning and bake in small cakes.

Time.—10 to 15 minutes. **Average Cost,** 3*s.* 6*d.*

Seasonable at any time.

2524.—COMMON SEED-CAKE.

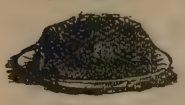
Ingredients.—½ quartern of dough, ¼ lb. of good dripping, 6 oz. of moist sugar, ½ oz. of caraway seeds, 1 egg.

Mode.—If the dough is sent in from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then, with a wooden spoon, beat the dripping to a liquid; add it, with the other ingredients, to the dough, and beat it until everything is very thoroughly mixed. Put it into a buttered tin, and bake the cake for rather more than 2 hours.

Time.—Rather more than 2 hours. **Average Cost,** 9*d.*

Seasonable at any time.

2525.—A VERY GOOD SEED CAKE.



SEED CAKE.

Ingredients.—1 lb. of butter, 6 eggs, ¾ lb. of sifted sugar, pounded mace and grated nutmeg to taste, 1 lb. of flour, ¾ oz. of caraway seeds, 1 wineglassful of brandy.

Mode.—Beat the butter to a cream; dredge in the flour; add the sugar, mace, nutmeg and caraway seeds, and mix these ingredients well together. Whisk the eggs, stir to them the brandy, and beat the cake again for 10 minutes. Put it into a tin lined with buttered paper, and bake it from 1½ to 2 hours. This cake would be equally nice made with currants, and omitting the caraway seeds.

Time.—1½ to 2 hours. **Average Cost,** *2s. 6d*

Seasonable at any time.

Bread-making in Spain.—The bread in the south of Spain is delicious; it is white as snow, close as cake, and yet very light; the flavour is most admirable, for the wheat is good and pure, and the bread well kneaded. The way they make this bread is as follows:—From large round panniers filled with wheat they take out a handful at a time, sorting it most carefully and expeditiously, and throwing every defective grain into another basket. This done, the wheat is ground between two circular stones, as it was ground in Egypt 2,000 years ago (see No. 293), the requisite rotary motion being given by a blindfolded mule, which paces round and round with untiring patience, a bell being attached to his neck, which, as long as he is in movement, tinkles on; and when it stops, he is urged to his duty by the shout of "*Arre, mula,*" from someone within hearing. When ground, the wheat is sifted through three sieves, the last of these being so fine that only the pure flour can pass through it: this is of a pale apricot colour. The bread is made in the evening. It is mixed with only sufficient water, with a little salt in it, to make it into dough; a very small quantity of leaven, or fermenting mixture, is added. The Scripture says, "A little leaven leaveneth the whole lump;" but in England, to avoid the trouble of kneading, many put as much leaven, or yeast, in one batch of household bread as, in Spain, would last a week for the six or eight donkey-loads of bread sent every night from an oven. The dough made, it is put into sacks, and carried on the donkeys' backs to the oven in the centre of the village, so as to bake it immediately it is kneaded. On arriving there, the dough is divided into portions weighing 3 lbs. each. Two long narrow wooden tables on trestles are then placed down the room; and now a curious sight may be seen. About twenty men (bakers) come in and range themselves on one side of the tables. A lump of dough is handed to the nearest, which he commences kneading and knocking about with all his might for about 3 or 4 minutes, and then passes it on to his neighbour, who does the same; and so on successively until all have kneaded it, when it becomes as soft as new putty, and ready for the oven. Of course, as soon as the first baker has handed the first lump to his neighbour, another is given to him, and so on till the whole quantity of dough is successively kneaded by them all. The bakers' wives and daughters shape the loaves, some of which are very small, for the oven, in which they are baked immediately. The ovens are very large, and not heated by fires *under* them; but a quantity of twigs of the herbs of sweet marjoram and thyme, which cover the hills in great profusion, are put in the oven and ignited. They heat the oven to any extent required; and, as the bread gets baked, the oven gets gradually colder; so the bread is never burned. They knead the bread in Spain with such force that the palms of the hand and the second joints of the fingers of the bakers are covered with corns; and it so affects the chest that they cannot work more than two hours at a time.

2526.—SEED CAKES.

Ingredients.—4 eggs, 4 teacupfuls of sugar, 2 teacupfuls of butter, 1 teacupful of milk, 1 tablespoonful of caraway seeds, ½ teaspoonful of carbonate of soda, flour.

Mode.—Beat the ingredients well together, adding the flour by degrees until a paste thick enough to roll out is made. Make into small cakes, and bake in a quick oven.

Time.—10 to 15 minutes. **Average Cost,** 1*s.*
Seasonable at any time.

2527.—SNOW CAKE.

Ingredients.—½ lb. of *tous-les-mois*, arrowroot or cornflour, ¼ lb. of white pounded sugar, ¼ lb. of fresh or washed salt butter, 1 egg, the juice of 1 lemon.

Mode.—Beat the butter to a cream; then add the egg, previously well beaten, and then the other ingredients; if the mixture is not light, add another egg, and beat for a quarter of an hour, until it turns white and light. Line a flat tin, with raised edges, with a sheet of buttered paper; pour in the cake, and put it into the oven. It must be rather slow, and the cake not allowed to brown at all. If the oven is properly heated, 1 to 1¼ hour will be found long enough to bake it. Let it cool a few minutes, then with a clean sharp knife cut it into small square pieces, which should be gently removed to a large flat dish to cool before putting away. This will keep for several weeks.

SMALL FANCY CAKES.

Time.—1 to 1¼ hour. **Average Cost,** 1*s.*
Seasonable at any time.

2528.—SNOW CAKE.

(*A Genuine Scotch Recipe. Another Mode.*)

Ingredients.—1 lb. of arrowroot, ½ lb. of pounded white sugar, ½ lb. of butter, the whites of 6 eggs; flavouring to taste, of essence of almonds, vanilla or lemon.

Mode.—Beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture. Whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes. Put in whichever of the above flavourings may be preferred; pour the cake into a buttered mould or tin, and bake it in a moderate oven from 1 to 1½ hour.

Time.—1 to 1½ hour. **Average Cost,** with the best Bermuda arrowroot, 2*s.* 9*d.*; with St. Vincent ditto, 2*s.*
Sufficient to make a moderate-sized cake.
Seasonable at any time.

2529.—SCRAP CAKES.

Ingredients.—2 lbs. of leaf, or the inside fat of a pig; 1½ lb. of flour, ¼ lb. of moist sugar, ½ lb. of currants, 1 oz. of candied lemon-peel, ground allspice to taste.

Mode.—Cut the leaf, or flead, as it is sometimes called, into small

pieces; put it into a large dish, which place in a quick oven; be careful that it does not burn, and in a short time it will be reduced to oil, with the small pieces of leaf floating on the surface; and it is of these that the cakes should be made. Gather all the scraps together, put them into a basin with the flour, and rub them well together. Add the currants, sugar, candied peel, cut into thin slices, and the ground allspice. When all these ingredients are well mixed, moisten with sufficient cold water to make the whole into a nice paste; roll it out thin, cut it into shapes, and bake the cakes in a quick oven from 15 to 20 minutes. These are very economical and wholesome cakes for children; and the lard, melted at home, produced from the flead, is generally better than that you purchase. To prevent the lard from burning, and to ensure its being a good colour, it is better to melt it in a jar placed in a saucepan of boiling water; by doing it in this manner, there will be no chance of its discolouring.

FLEAD CAKE.

Time.—15 to 20 minutes. **Average Cost,** 1*s.* 10*d.* for this quantity.

Sufficient to make 3 or 4 dozen cakes.

Seasonable from September to March.

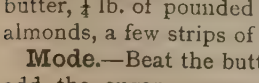
WHEAT.

Wheat is liable to several diseases, which affect the flour made from it, and render it unfit for good bread. The principal of these are the blight, mildew, and smut, which are occasioned by microscopic fungi, which sow themselves and grow upon the stems and ears, destroying the nutritive principles, and introducing matter of a deleterious kind. The farmer is at the utmost pains to keep away these intruders. Wheat, as well as all kinds of corn, is also very liable to be injured by being stacked before it is quite dry; in which case it will heat, and become musty in the ricks. In wet harvests it is sometimes impossible to get it sufficiently dried, and a great deal of corn is thus often spoiled. It is generally reckoned that the sweetest bread is made from wheat threshed out before it is stacked; which shows the importance of studying the best modes of preserving it. The erudite are not agreed as to the aboriginal country of corn; some say it is Egypt, others Tartary; and the learned Bailly and the traveller Pallas affirm that it grows spontaneously in Siberia. Be that as it may, the Phocians brought it to Marseilles before the Romans had penetrated into Gaul. The Gauls eat the corn cooked or bruised in a mortar: they did not know, for a long time, how to make fermented bread.

2530.—SCOTCH SHORTBREAD.

Ingredients.—2 lbs. of flour, ¼ lb. of cornflour or ground rice, 1 lb. of butter, ¼ lb. of pounded loaf sugar, ½ oz. of caraway seeds, 1 oz. of sweet almonds, a few strips of candied orange-peel.

Mode.—Beat the butter to a cream, gradually dredge in the flour, and add the sugar, caraway seeds, and sweet almonds, which should be blanched and cut into small pieces. Work the paste until it is quite smooth, and divide it into six pieces. Put each cake on a separate piece of paper, roll the paste out square to the thickness of about an inch, and pinch it upon all sides. Prick it well, and ornament with one or two strips of candied orange-



SHORTBREAD.

peel. Put the cakes into a good oven, and bake them from 25 to 30 minutes.

Time.—25 to 30 minutes. **Average Cost,** for this quantity, 2*s.*
Sufficient to make 6 cakes.
Seasonable at any time.

Note.—Where the flavour of the caraway seeds is disliked, omit them, and add rather a larger proportion of candied peel.

2531.—SCOTCH OAT CAKE.

Ingredients.—½ lb. of double-dressed Scotch oatmeal, ½ oz. of fat or butter, 1 pinch of carbonate of soda, about as much as will lay on a threepenny-bit.

Mode.—Put about half a pound of meal into a pint basin, and have a teacup, into which put a small piece of butter, or lard, the size of a small hazel nut, and a pinch of carbonate of soda; pour on this about half a teacup of hot water, stir till the butter and soda are melted, when mix quickly with the meal in the basin with the point of a knife, and when the mixture is quite well stirred, turn it out on a pasteboard, and mould it quite compactly, keeping it round and flat, and, with the knuckles, spreading it gradually, taking care lest it crack at the edges; strew plenty of dry meal over it to roll it out with the crimped roller, and every now and then rub the surface with the flat of the hand to disengage all superfluous meal; when rolled as thin as an old penny-piece, and pretty round, put the knife in the centre and divide it into three, and, having your griddle over the fire, lay the cakes on the hot iron, the plain side down, and as they get done, move them in succession from a cool spot to a hotter. You may know, by pressing the nail on the surface, if they be baked enough; they will not be doughy. With care they can be baked in a greased frying-pan with a trivet underneath. Then move them from over the fire on to the toaster before the fire, and watch that they dry gradually, for they will soon burn; and as you take them from the fire, stand them carefully on edge till they are quite cold. While this is proceeding over the fire mix more cakes, and, when one is ready to go to the toaster, fill up the vacant place. The thick cake commonly eaten by the working classes is made by putting a quantity of meal in a wooden bowl or can, adding cold water at discretion, mixing in a compact mass, and then kneading it into shape wholly with the knuckles: and then as above described.

Time.—10 minutes to bake. **Average Cost,** 3*d.*
Sufficient to make 6 cakes.
Seasonable at any time.

2532.—SODA CAKE.

Ingredients.—1 lb. of flour, ¼ lb. of butter, ½ lb. of sugar, ½ lb. of currants, 1 egg, a gill of new milk, 1 teaspoonful of carbonate of soda, mace and nutmeg to taste.

Mode.—Rub the butter into the flour, add the sugar, currants, and seasoning, beat the egg well, mix with the egg and milk, leaving a tablespoonful of the milk to mix the soda, which add just before putting into the oven. Bake in buttered moulds. Prick with a knitting needle; if this comes out clean, the cakes are done enough. A nice cake for tea, or an invalid.

Time.—20 minutes or ½ hour. **Average Cost,** 1*s.*

Seasonable at any time.

2533.—SODA CAKE.

(*Another Mode.*)

Ingredients.—¼ lb. of butter, 1 lb. of flour, ½ lb. of currants, ½ lb. of moist sugar, 1 teacupful of milk, 3 eggs, 1 teaspoonful of carbonate of soda.

Mode.—Rub the butter into the flour, add the currants and sugar, and mix these ingredients well together. Whisk the eggs well, stir them to the flour, &c., with the milk, in which the soda should be previously dissolved, and beat the whole up together with a wooden spoon or beater. Divide the dough into two pieces, put them into buttered moulds or cake-tins, and bake in a moderate oven for nearly an hour. The mixture must be extremely well beaten up, and not allowed to stand after the soda is added to it, but must be placed in the oven immediately. Great care must also be taken that the cakes are quite done through, which may be ascertained by thrusting a knife into the middle of them: if the blade looks bright when withdrawn, they are done. If the tops acquire too much colour before the inside is sufficiently baked, cover them over with a piece of clean white paper, to prevent them from burning.

Time.—1 hour. **Average Cost,** 1*s.* 2*d.*

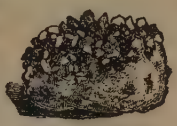
Sufficient to make 2 small cakes.

Seasonable at any time.

2534.—SAVOY CAKE.

Ingredients.—The weight of 4 eggs in pounded loaf sugar, the weight of 7 in flour, a little grated lemon-rind, or essence of almonds, or orange, flower-water.

Mode.—Break the 7 eggs, putting the yolks into one basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs, whisked to a froth. Put in the flour by degrees, continuing to beat the mixture for a quarter of an hour, butter a mould, pour in the cake, and bake it from 1¼ to 1½ hour. This is a very nice cake for dessert, and may be iced for a supper-table, or cut into slices and spread with jam, which converts it into sandwiches.



SAVOY CAKE WITH PISTACHIOS.

Time.—1¼ to 1½ hour. **Average Cost,** 1*s.*

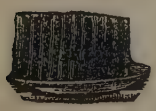
Sufficient for 1 cake.

Seasonable at any time.

2535.—ALMOND SPONGE CAKE.

(*Good.*)

Ingredients.—Take 12 eggs (leave out the whites of 8), ¾ lb. of sifted white sugar, 2 oz. of bitter almonds, ½ lb. of sifted flour.



SPONGE LOAF.

Mode.—Blanch the almonds and roll like a paste. While rolling them, wet them with rose-water. You blanch them by putting them in hot water, which will take the skin off. Break the eggs in a bowl and break them up with a beater. Add the sugar and beat until light and creamy, then beat the almonds in; then add the flour, stir it lightly, bake in a square pan, and cross with a knife.

Time.—15 to 20 minutes. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

2536.—SPONGE CAKE.

Ingredients.—The weight of 8 eggs in pounded loaf sugar, the weight of 5 in flour, the rind of 1 lemon, 1 tablespoonful of brandy.

SPONGE CAKE.

Mode.—Put the eggs into one side of the scale, and take the weight of 8 in pounded loaf sugar, and the weight of 5 in good *dry* flour. Separate the yolks from the whites of the eggs; beat the former, put them into a saucepan with the sugar, and let them remain over the fire until *milk-warm*, keeping them well stirred. Then put them into a basin, add the grated lemon-rind mixed with the brandy, and stir these well together, dredging in the flour very gradually. Whisk the whites of the eggs to a very stiff froth, stir them to the

flour, &c., and beat the cake well for a quarter of an hour. Put it into a buttered mould strewn with a little finely-sifted sugar, and bake the cake in a quick oven for 1½ hour. Care must be taken that it is put into the oven immediately, or it will not be light. The flavouring of this cake may be varied by adding a few drops of essence of almonds instead of the grated lemon-rind.

Time.—1½ hour. **Average Cost,** 1*s.* 3*d.*
Sufficient for 1 cake.
Seasonable at any time.

EGYPTIAN WHEAT.

The Egyptian, or Mummy Wheat, is not grown to any great extent, owing to its inferior quality; but it is notable for its large produce, and is often cultivated on allotment grounds and on small farms, where quantity rather than quality is desired. At Wix, in Essex, the seed of this wheat has produced, without artificial assistance, four thousandfold; some of the ears have had eleven offshoots, and have contained, altogether, eleven grains in one ear.

2537.—SPONGE CAKE.

(*Another Mode.*)

Ingredients.—½ lb. of loaf sugar, not quite ¼ pint of water, 5 eggs, 1 lemon, ½ lb. of flour, ¼ teaspoonful of carbonate of soda.

Mode.—Boil the sugar and water together until they form a thick syrup; let it cool a little, then pour it to the eggs, which should be previously well whisked; and after the eggs and syrup are mixed together, continue beating them for a few minutes. Grate the lemon-rind, mix the carbonate of soda with the flour, and stir these lightly to the other ingredients; then add the lemon-juice, and, when the whole is thoroughly mixed, pour it into a buttered mould, and bake in rather a quick oven for rather more than 1 hour. The remains of sponge or Savoy cakes answer very well for trifles, light puddings, &c; and a very stale one (if not mouldy) makes an excellent tipsy-cake.

Time.—Rather more than 1 hour. **Average Cost,** 9*d.*
Sufficient to make 1 cake. **Seasonable** at any time.

2538.—SPONGE CAKE.

Ingredients.—Take 6 very fresh eggs; the weight of 5 of them in powdered sugar, and of 3 in very fine dry flour, rind of 1 lemon.

Mode.—Put the sugar into a shallow, flat-bottomed dish, and break the eggs on to it, being careful to remove the white gummy part that will be seen on the yolk of each, as this always makes a cake heavy. Add to this the grated rind of a small lemon, and beat the whole for 20 minutes. The best whisk for this purpose is that in the form

SPONGE CAKE.

of a spoon, the bowl being composed of open wire-work. Then sift in the flour, stirring *as lightly as possible* till all is mixed in. Put into a well-buttered tin and a brisk oven *immediately*.

Time.—½ to ¾ hour. **Average Cost,** 9*d*.

Seasonable at any time.

2539.—TO MAKE SMALL SPONGE CAKES.

Ingredients.—The weight of 5 eggs in flour, the weight of 8 in pounded loaf sugar; flavouring to taste.

Mode.—Let the flour be perfectly dry, and the sugar well pounded and sifted. Put the eggs and the sugar into a basin together, and set it over a saucepan of hot water. Whisk them until they are white and creamy, about 15 or 20 minutes. Dredge in the flour very quickly, add the flavouring; butter the tins well, pour in the batter, sift a little sugar over the cakes, and bake them in rather a quick oven, but do not allow them to take too much colour, as they should be rather pale. This is a very good way to mix all sorts of light cakes with a good many eggs in. Remove them from the tins before they get cold, and turn them on their faces, where let them remain until quite cold, when store them away in a closed tin canister or wide-mouthed glass bottle. They are apt to stick to the tins, which should not be washed, but greased well with suet, over which fine flour or sugar is dusted.

Time.—10 to 15 minutes in a quick oven. **Average Cost,** 1*d*. each.

Seasonable at any time.

2540.—SODA CAKE FOR TEA.

Ingredients.—1 lb. of flour, 6 oz. of butter, ½ pint of milk, 2 small teaspoonfuls of carbonate of soda, a few caraway seeds, about 6 oz. of currants and raisins, ½ lb. of brown sugar, a little candied peel, 1 or 2 eggs.

Mode.—Just warm the butter sufficiently to melt it, warm the milk also, and mix the carbonate of soda very smoothly in it. Put all the dry ingredients together first, then add the liquids; bake at once, in tins well greased, in a rather slow oven, for an hour or more. If the butter is melted in the tins and just run round them, it answers every purpose.

Time.—1 hour. **Average Cost,** 1*s*. 3*d*.

Seasonable at any time.

2541.—STRAWBERRY SHORT-CAKE.

Ingredients.—Take 1 cup of sour milk, ½ teaspoonful of soda, ¼ teaspoonful of salt, 2 tablespoonfuls of butter, 1 cup of flour

Mode.—Mix these and bake in a quick oven. While baking, take a pint and a half of strawberries; mash them fine. When the cake is baked, split in two, and butter each part. Put on a layer of sugar, then strawberries, then sugar, then the top of cake, and serve immediately.

STRAWBERRY SHORT-CAKE.

Time.—10 to 15 minutes. **Average Cost,** 1*s.*

Seasonable in June and July.

2542.—TEA-CAKES.

Ingredients.—2 lbs. of flour, ½ teaspoonful of salt, ¼ lb. of butter or lard, 1 egg, a piece of German yeast the size of a walnut, warm milk.

Mode.—Put the flour (which should be perfectly dry) into a basin, mix with it the salt, and rub in the butter or lard; then beat the egg well, stir to it the yeast, and add these to the flour with as much warm milk as will make the whole into a smooth paste, and knead it well. Let it rise near the fire, and, when well risen, form it into cakes; place them on tins, let them rise again for a few minutes before putting them into the oven, and bake from a quarter to half an hour in a moderate oven. These are very nice with a few currants and a little sugar added to the other ingredients; they should be put in after the butter is rubbed in. These cakes should be buttered, and eaten hot as soon as baked; but, when stale, they are very nice split and toasted; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

TEA CAKES.

Time.—¼ to ½ hour. **Average Cost,** 10*d.*

Sufficient to make 8 tea-cakes.

Seasonable at any time.

2543.—SMALL TEA-CAKES.

Ingredients.—2 teacupfuls of flour, 1 of ground rice, 1½ of moist sugar, 2 oz. of butter, 2 oz. of lard or dripping, 2 eggs, lemon to taste.

Mode.—Melt the butter and lard, beat well, and add it to the flour and rice; then the eggs and sugar, well beating them. Mix, and bake on a tin in a quick oven.

Time.—15 minutes. **Average Cost,** 9*d.*

Sufficient for 12 or 14 small tea-cakes.

Seasonable at any time.

2544.—TO TOAST TEA-CAKES.

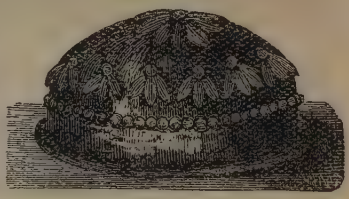
Mode.—Cut each tea-cake into three or four slices, according to its thickness; toast them on both sides before a nice clear fire, and as each

slice is done, spread it with butter on both sides. When a cake is toasted, pile the slices one on the top of the other, cut them into quarters, put them on a very hot plate, and send the cakes immediately to table. As they are wanted, send them in hot, one or two at a time, as, if allowed to stand, they spoil, unless kept in a muffin plate over a basin of boiling water.

2545.—TENNIS-CAKE.

Ingredients.—1 lb. of flour, ¾ lb. of butter, ¾ lb. of loaf sugar, ½ lb. of chopped raisins, 2 oz. of almonds, 3 oz. of candied peel, the grated rind and juice of a lemon, 8 eggs, preserved cherries, angelica, icing.

Mode.—Pound the sugar, blanch and chop the almonds, whisk the eggs, and cut the peel into very thin slices; beat the butter to a cream, dredge in the flour, add the sugar, raisins, almonds, peel and lemon, and mix well; then beat for 10 minutes with the eggs. Line a cake-tin with buttered paper, put in the cake, and bake in a well-heated oven for 1½ hour. Ice the cake with white icing, and before it is set ornament it with the cherries and angelica; the latter cut as leaves. Any other icing may be used, and garnishing such as fancy may dictate



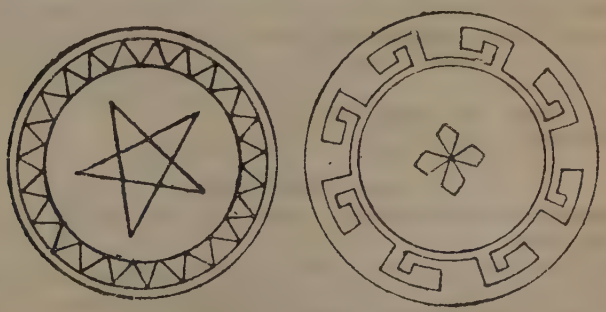
TENNIS CAKE.

Time.—1½ to 1¾ hour. **Average Cost,** 3*s.*

Sufficient for one good-sized cake.

Seasonable for a tennis afternoon tea.

Note.—An iced cake gives scope for a great many pretty ornamentations, and



DECORATIONS FOR ICED CAKES.

the accompanying designs give some easily-executed patterns or the tops of cakes, suitable for cone-decoration.

2546.—THANKSGIVING CAKE.

Ingredients.—Take 1 lb. of butter, 9 eggs, 1 lb. of sifted loaf sugar, 1 lb. of flour, ½ a nutmeg, 1 teaspoonful of mixed cinnamon and mace, ground, 2 oz. of candied lemon peel, 2 oz. of blanched and chopped almonds, ½ lb. of dried currants.

Mode.—Beat the butter and sugar to a cream; add the eggs well beaten, mix in the flour, and add the other ingredients. Beat all thoroughly together, and bake 2 hours in a moderate oven.

Time.—2 hours. **Average Cost,** 3*s.*

Seasonable at any time.

2547.—TIP-TOP CAKE.

Ingredients.—Take 2 lbs. of flour, 1 lb. of butter, 1 lb. of sugar, 6 eggs, 2 teacupfuls of raisins chopped, or currants, 2 wineglasses of sherry, clove, cinnamon, nutmeg.

Mode.—Beat to a cream the butter and sugar; add the eggs beaten to a froth, then flour, fruit, and spice, lastly the wine. Bake on tin sheets and drop from a tablespoon. This recipe makes a large quantity, and they keep fresh a long time.

Time.—10 minutes. **Average Cost,** 3*s.*

Seasonable at any time.

2548.—VANILLA CAKE.

Ingredients.—¼ lb. of butter, ½ lb. of pounded sugar, 3 eggs, ½ teacupful of new milk, ½ lb. of dry flour, 1 teaspoonful of baking-powder, essence of vanilla.

Mode.—Beat the butter to a cream, add the sugar and beaten egg yolks, beat some minutes, then add the whites. Put the baking-powder in the milk, add it to the above, then sift in the flour, and beat well, adding a few drops of essence of vanilla. Finely-cut candied peel may be added, or substituted for the vanilla, if liked. Put into a buttered tin and bake 1 hour.

Time.—1 hour. **Average Cost,** 9*d.*

Seasonable at any time.

2549.—WAFFLES.

Ingredients.—1 quart of milk, 6 eggs, ¼ lb. of butter, 1 large gill of yeast, salt, flour.

Mode.—Beat the eggs and melt the butter, then mix all, adding flour sufficient to make them as thick as griddle-cakes. Set them to rise, and bake in waffle-irons obtainable at the ironmonger's.

Time.—10 to 15 minutes. **Average Cost,** 1*s.* 3*d.*

Seasonable at any time.

2550.—WEBSTER CAKE.

Ingredients.—½ cup of butter, ½ cup of sugar, 2 eggs, 3 cups of flour, ½ cup of milk, ½ cup of currants, nutmeg, 2 teaspoonfuls of baking-powder.

Mode.—Mix and beat the above ingredients till thoroughly blended, then put into a buttered mould, and bake half an hour in a moderate oven.

Time.—½ hour. **Average Cost,** 8*d.*

Seasonable at any time.

2551.—A NICE YEAST CAKE.

Ingredients.—1½ lb. of flour, ½ lb. of butter, ½ pint of milk, 1½ tablespoonful of good yeast, 3 eggs, ¾ lb. of currants, ½ lb. of white moist sugar, 2 oz. of candied peel.

Mode.—Put the milk and butter into a saucepan, and shake it round over a fire until the butter is melted, but do not allow the milk to get very hot. Put the flour into a basin, stir it to the milk and butter, the yeast, and eggs, which should be well beaten, and form the whole into a smooth dough. Let it stand in a warm place, covered with a cloth, to rise, and, when sufficiently risen, add the currants, sugar, and candied peel cut into thin slices. When all the ingredients are thoroughly mixed, line 2 moderate-sized cake-tins with buttered paper, which should be about six inches higher than the tin; pour in the mixture, let it stand to rise again for another half-hour, and then bake the cakes in a brisk oven for about 1½ hour. If the tops of them become too brown, cover them with paper until they are done through. A few drops of essence of lemon, or a little grated nutmeg, may be added when the flavour is liked.

Time.—From 1¼ to 1½ hour. **Average Cost,** 1*s.* 10*d.*

Sufficient to make 2 moderate-sized cakes.

Seasonable at any time.

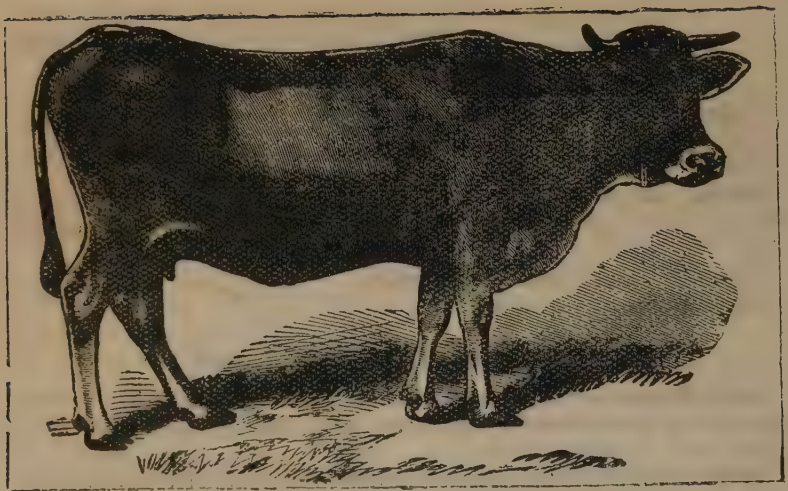
2551A.—YORKSHIRE GINGER CAKES.

Ingredients.—3 eggs, ½ pint of cream, 1 lb. of butter, ½ lb. of pounded loaf sugar, 2½ oz. of ground ginger, 2 lbs. of flour, a little salt.

Mode.—Whisk the eggs thoroughly, add the cream, and beat. Put these into a saucepan, stirring till warm; add the butter, sugar and ginger, carefully stirring over a very moderate fire. When the butter has melted stir in the flour, adding salt, and make into a paste (the flour must be fine). Roll it out and cut it in cakes, and bake in a moderate oven.

Time.—¾ hour. **Average Cost,** 2*s.* 10*d.*

Seasonable at any time



CHAPTER XLI.

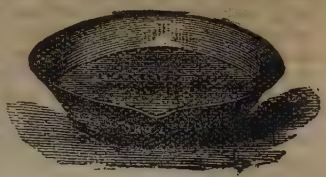
GENERAL OBSERVATIONS ON MILK, BUTTER, CHEESE & EGGS.

MILK.

2552. ***Milk*** is obtained only from the class of animals called Mammalia, and is intended by Nature for the nourishment of their young. All young animals live upon it, and it alone, for the first months of life, and it is the only food that, taken alone, can support adult life. The fat rises in the form of cream; curd is the nitrogenous matter, and the whey contains sugar of milk or lactose with saline or mineral matter. For the majority of those who lead wholesome, simple lives, milk is an excellent article of diet; but the milk of each animal is distinguished by some peculiarities, and as that of the cow is by far the most useful to us in this part of the world, our observations will chiefly relate to that variety. When drawn from the cow, it is of a yellowish-white colour, and is the most yellow at the beginning of the period of lactation. Its taste is agreeable, and rather saccharine. The specific gravity of milk is somewhat greater than that of water, but varies somewhat in the milk procured from different individuals. On an average, the specific gravity of milk is 1·030, water being 1.

2553. ***Milk, as it is drawn from the cow,*** is slightly alkaline, but afterwards lactic acid is formed, so that it becomes at first neutral, then acid, and the acidity goes on increasing until it is easily perceptible to taste. This acidity is said to assist in the rising of the cream. As a rule, all milk that is sold in town is more or less acid. Most schemes for preserving milk fresh consist in the addition of some alkali to correct this acidity. A pinch of bicarbonate of soda is efficacious, and with it decidedly sour milk can often be boiled without curdling, but it gives an unpleasant flavour. Preparations are sold of which the principal constituent is boracic acid, and it is said that most of the milk that comes to London is treated in this way. Fortunately for the consumer, it is a quite harmless addition.

The small cows of the Alderney or Guernsey breed afford the richest milk. In some parts of the country few other cows are kept, but they are not so hardy as some other breeds, and they do not yield a large quantity of milk, and are, therefore, not great favourites with dairy farmers. The quality and wholesomeness of the milk depends greatly on the food and home of the animal. Large numbers of cows are kept in confined, ill-ventilated stables, and are fed upon brewers' grains, so that the milk is thin and poor, and unfit for food. Milk from an animal in a state of disease cannot tend to produce health in the consumer. Of late years model dairies, under medical inspection, have been established in the neighbourhood of London, and have, no doubt, had a share in improving the health of the metropolis. Milk may also be a carrier of infectious disease from the farm where it is produced to the consumer. The "milk epidemics" of fever are instances of this. It is, therefore, advisable to buy milk only at places where reasonable precaution for its wholesomeness is known to be taken, and failing this knowledge—perhaps in all cases—milk should be boiled.



PATENT MILK-PAN.

2554. ***Adulterated Milk.***—Milk is more frequently adulterated with water than with anything else. The best popular test for adulteration by water is by means of a small instrument called a lactometer. It is useful, but not infallible, for it is based upon the fact that the specific gravity of milk is (as has been said) 1·030. But cream is lighter than milk, and, therefore, it sometimes happens that milk with an excess of cream will not stand the test so well as skimmed or poor milk. However, this fault is rare, for it is not an uncommon practice to make butter of all or part of the cream, and then to sell skimmed milk for fresh. This is easier now that mechanical separators have in large dairies almost superseded the old plan of allowing the cream to rise. For, by the old plan, the twelve hours that the milk stood was long enough in the summer for it to turn sour, when it was no longer fit for sale, and generally went to fatten pigs. Now, while the milk is yet warm from the cow, it is put into a large reservoir, and from thence conducted along a series of metal pipes, where it rapidly cools: then it trickles into the separator, and is whirled round at a tremendous pace, the result of which is, that the light cream is thrown to the top, while the heavier milk is drawn off below, completely skimmed and perfectly fresh.

CREAM-SKIMMER.

2555. ***To keep Milk.***—For the preservation of milk, scrupulous cleanliness is the first necessity. Not only must the pots and pans be scrubbed and scalded (that every dairy woman understands, at least, in theory), but the dairy must be clean and well ventilated; in it no open drain, no meat or game hanging; outside it no foul heap of yard refuse or decaying matter. Nothing is more certain to taint the milk and spoil the butter than neglect of these precautions.

Boiling milk preserves it: this is one great advantage of the Devonshire method of butter-making for small dairies. And we have already spoken of the addition of soda or borax. Soda may very well be put in if the milk is to be used for soups or savouries, as the flavour is then disguised.

2556. ***Condensed milk*** in tins has a large and increasing sale. Fresh milk is evaporated in open pans until it loses the greater part of the water. A certain quantity of cane sugar is then added, and the milk is sealed down in tins, when it will keep for any length of time. The objection is the peculiar flavour that milk

acquires in boiling, but this is not of consequence for many cooking purposes. The excessive sweetness is often objectionable, but unsweetened condensed milk may now be had. Altogether it is a most valuable addition to our stock of foods, especially for infants and children, for whom a plentiful supply of *good* fresh milk cannot be obtained. A well-known writer says: "For a baby not fed by the mother, condensed milk, rightly mixed, is most nourishing. When condensed milk does not appear to agree with the child, then inquiry will almost certainly show that the fault lies in the mixing, and not in the condensed milk. The constitution of one child differs from that of another, and this fact must keep the careful nurse on her guard to anticipate and provide for any peculiarities of diet that may be necessary in consequence. Remembering this, it may be broadly asserted that a healthy child will do well on condensed milk alone for the first three months."

2557. ***Milk carried to a distance,*** so as to be much agitated, and cooled before it is put into pans to settle for cream, never throws up so much, nor such rich cream, as if the same milk had been put into pans directly after it was milked.

2558. ***Milk, considered as an aliment,*** is of such importance in domestic economy as to render all the improvements in its production extremely valuable. To enlarge upon the antiquity of its use is unnecessary; it has always been a favourite food in Britain. "*Lacte et carne vivunt,*" says Cæsar, in his Commentaries: the English of which is, "The inhabitants subsist upon flesh and milk." The breed of the cow has received great improvement in modern times as regards the quantity and quality of the milk which she affords; the form of milch cows, their mode of nourishment and progress, are also manifest in the management of the dairy. Although milk in its natural state be a fluid, yet, considered as an aliment, it is both solid and fluid: for no sooner does it enter the stomach, than it is coagulated by the gastric juice, and separated into curd and whey, both of these being extremely nutritious. Milk of the *human subject* is much thinner than cow's milk; *Ass's milk* comes the nearest to human milk of any other; *Goat's milk* is something thicker and richer than cow's milk; *Ewe's milk* has the appearance of cow's milk, and affords a larger quantity of cream; *Mare's milk* contains more sugar than that of the ewe; *Camel's milk* is used only in Africa; *Buffalo's milk* is employed in India.

2559. ***Value of Milk.***—From no other substance, solid or fluid, can so great a number of distinct kinds of aliment be prepared as from milk; some forming food, others drink; some of them delicious, and deserving the name of luxuries; all of them wholesome, and some medicinal: indeed, the variety of aliments that seems capable of being produced from milk, appears to be quite endless. In every age this must have been a subject for experiment, and every nation has added to the number by the invention of some peculiarity of its own.

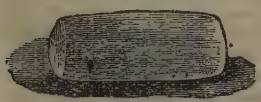
BUTTER.

2560. ***Antiquity of Butter.***—Beckman, in his "History of Inventions," states that butter was not used either by the Greeks or Romans in cooking, nor was it brought upon their tables at certain meals, as is the custom at present. In England it has been made from time immemorial, though the art of making cheese is said not to have been known to the ancient Britons, and to have been learned from their conquerors. The taste of butter is peculiar, and very unlike any other fatty substance. It is extremely agreeable when of the best quality; but its flavour depends much upon the food given to the cows.

2561. ***Butter, with regard to its dietetic properties,*** may be regarded nearly in the light of vegetable oils and animal fats; but it becomes sooner rancid than most other fat oils. When fresh, it cannot but be considered as very wholesome; but it should be quite free from rancidity. If slightly salted when it is fresh, its wholesomeness is probably not at all impaired: but should it begin to turn rancid, salting will not correct its unwholesomeness. When salt butter is put into casks, the upper part next the air is very apt to become rancid, and this rancidity is also liable to affect the whole cask.

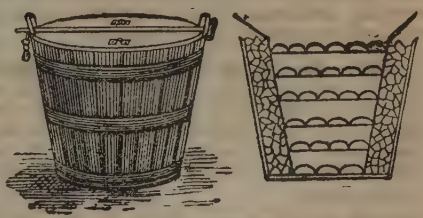
BUTTER WORKER.

2562. ***Different Butters.***—*Epping butter* is the kind most esteemed in London. *Fresh butter* comes to London from Buckinghamshire, Suffolk, Oxfordshire, Yorkshire, Devonshire, &c. *Cambridge butter* is esteemed next to fresh; *Devonshire butter* is nearly similar in quality to the latter; *Irish butter* sold in London is all salted, but is generally good. The number of firkins exported annually from Ireland amounts to 420,000, equal to a million of money. *Dutch butter* is in good repute all over Europe, America, and even India; and no country in the world is so successful in the manufacture of this article, Holland supplying more butter to the rest of the world than any country whatever. There are three methods pursued in the manufacture of butter:—In one, the cream is separated from the milk, and in that state it is converted into butter by churning, as is the practice about Epping; in the other, the milk is subjected to the same process, which is the method usually followed in Cheshire. In Devon and Cornwall, and the West of England generally, the milk, as soon as it comes from the cow, is heated over a stove or hot water pipes, which makes the cream rise and thicken into the well-known "clotted cream," afterwards very readily and quickly turned into butter. The first method is generally said to give the richest butter, and the last the largest quantity, though some are of opinion that there is little difference either in quality or quantity.



FRESH BUTTER.

2563. ***To Make Butter.***—To produce this useful and, when well made, delicious necessary for our table, various means are employed. Between the primitive mode of shaking milk in a leathern bottle to the elaborate two-handled churns of present dairy repute, lie many experiments in butter-producing and in churn-making.



BUTTER TUB.

2564. ***Churning.*** — A great many different churns are sold, but the secrets of good butter-making are simpler than any, and applicable to all.

The first is scrupulous cleanliness. Everything must be scalded daily with boiling water, rinsed with cold water, and used wet. Every utensil must be set out in the open air every day.

The second is a right temperature for the cream. A thermometer is absolutely necessary, and must register 55 to 60 degrees when churning begins. The cream can easily be warmed by staying in the kitchen for a while, or cooled by being set on the stones in a draught, or with ice, or with salt and water. But if it is churned too hot it flies up in a froth—"goes mothery," as country people say—and if too cold the butter is long in coming, and soft when come.

An *even* stroke, not too quick, for the churn handle is another thing to remember.

A dairy that is cool and airy, and not near any refuse heaps or open drains is also essential to success. Milk will not keep sweet in a close dairy.

Butter, under these conditions, should come in about fifteen minutes. There then remains only to wash it quite free from buttermilk, which is better done by a wooden kneading trough than by the hand. Salt is generally added in the proportion of three-quarters of an ounce to one ounce for each three lbs. It should be dried and finely powdered.

Indifferent butter is often improved by washing in water with bi-carbonate of soda, and then kneading with sweet milk, salt, and a very little white sugar.

2565. ***Margarine.***—A great deal has been said about margarine or "bosch" butter. Butter and margarine are classed together in the list of imports published by the Custom House officials, and butter and margarine were sold together to the general public, both under the name of the more expensive product. For the public at the present time has a prejudice against margarine, and will not buy it under its own name at *7d.* or *8d.* a pound, though it found a ready sale under the name of fresh butter at double that price. An Act has now been passed to prevent this fraudulent sale, and margarine must only be sold under that name, while *butter* must be made exclusively of milk or cream. Margarine is bought by pastry-cooks and by some large consumers as well as by retail traders, and if well manufactured and sold at a reasonable retail price, it would be a most valuable addition to the food of the people, who commonly suffer from a want of fatty food. Margarine is made of oleo-margarine, the oily constituent of the fat of animals, melted, mixed with a certain proportion of milk and of butter, and then churned. Afterwards it is washed and worked like butter, and made up to imitate the kinds most in demand. If carefully prepared it is perfectly wholesome, but it is always less digestible than butter, and it often is carelessly prepared and insufficiently purified.

In the Board of Trade returns for two months' imports in the early part of 1885, it is stated that butter and margarine (then called butterine) were received in the proportion of 254,000 cwt. of butter to 156,631 cwt. of margarine. So that more than one-third of the produce imported to be used as butter is declared to be dripping adulterated with or made up to imitate butter. How much is not declared the public is left to imagine.

2566. ***An Easy Method of Washing the Butter.***—Remove the butter from the churn, pour off the milk or butter-milk, as the case may be, half fill the churn with cold water (a little salt may be added to the water), replace plunger and throw back the butter, and operate the churn as before for one minute. This process will extract all the milk from the butter, which may then be placed in a sieve to allow the water to strain from it, and worked in the usual manner.

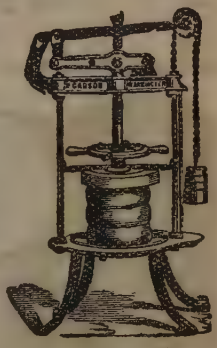
2567. ***To Sweeten Rancid Butter.***—There are several ways of doing this: by beating it in lime water (water in which a pound should be washed should have about 15 drops of chloride): by scalding with boiling water, or by washing in new milk. The last-named is the safest and best method, and those who live some way from the place from whence they procure their supplies of

butter, and who, therefore, have to buy in considerable quantities, may be glad to know a way in which rancid butter can be perfectly sweetened. The butter must be thoroughly washed and kneaded first in new milk, where it will lose the acid which has turned it, then in fresh spring water.

CHEESE.

2568. ***Cheese is the Curd of Milk, dried.***—This curd, or casein, which is held in solution in the whey under natural conditions, or so long as the milk is fresh, has the curious property of coagulating by the addition of any acid. Lactic acid, formed in the milk, serves to precipitate the curd in the ordinary process of souring. Curd appears as a first stage of digestion by the action of the gastric acid of the stomach. Lemon-juice is often used to make curd for cheese-cakes. In cheese-making "rennet" or "runnet" is used—a preparation from the stomach of the calf; or in some countries, principally in Holland, a weak solution of hydrochloric acid is substituted for the rennet.

2569. ***The mode of preparation*** is as follows:—The milk is heated to blood-heat, and the rennet is added. It is allowed to stand until the curd is set, and then cut and slashed to run the whey off; presently it is put into a vat with holes at the bottom with a suitable quantity of salt, and is subjected to increasing pressure until it is sufficiently dry and firm to be taken out of the vat and dried, a process that often lasts many months. The best cheese is made of new milk, and, therefore, contains fat besides the curd. Skimmed milk cheeses are hard and indigestible. In fact, no cheese is easy of digestion, which probably accounts for its not being an universal food; it has almost every other virtue, being cheap, portable, easy to store and palatable. In every pound of cheese we have as much solid food as in a pound of lean meat, and the food is of the flesh-forming kind, ordinarily so scarce in the homes of the poor. Mr. Mattieu Williams, in his "Chemistry of Cookery," points out that it is much more digestible if it is heated and dissolved in milk or water at a low temperature, the addition of a pinch of bicarbonate of potash hastening its solution. The plan is worth the practical attention of cooks. Cooked cheese is commonly overheated until it becomes tough and horny, and far more indigestible than it was when cooking began.



CHEESE PRESS.

2570. ***To Choose Cheese.***—The taste and smell are the best indications of quality. There is so much difference of taste in cheese that it is, almost alone of all foods, tasted by the customers before purchasing. A good cheese has rounded edges and sides, and when a piece is rubbed between the fingers it melts and seems smooth. The bulging should not be great, however, as that would indicate slight fermentation, and it ought to be flat at the top. A poor cheese has sharp edges, and is crumbly and dry. Skim-milk cheese may be good of its kind, but is never what is known as "fat" cheese.

A good Stilton is considered the finest of our cheeses, but it may be said there is no cheese that varies in quality so much as this—perhaps owing to the fact that it has to be kept so long before it is fit for eating—sufficient care not being given during the time. The old-fashioned practice of pouring port wine into Stilton is seldom resorted to now, when we buy our cheeses ripe and fit for table. It is well imitated in America.

2571. ***The principal varieties of cheese*** used in England are the following:—**Cheshire Cheese,** famed all over Europe for its rich quality and fine piquant flavour. It is made of entire new milk, the cream not being taken off. **Gloucester Cheese** is much milder in its taste than the Cheshire. There are two kinds of Gloucester cheese—single and double. **Single Gloucester** is made of skimmed milk, or of milk deprived of half the cream; **Double Gloucester** is a cheese that pleases almost every palate: it is made of the whole milk and cream. **Stilton Cheese** is made by adding the cream of one day to the entire milk of the next: it was first made at Stilton, in Leicestershire. **Gorgonzola** strongly resembles Stilton, and has a large sale. Much is now made in England to imitate the original. **Sage Cheese** is so called from the practice of colouring some curd with bruised sage, marigold-leaves, and parsley, and mixing this with some uncoloured curd. With the Romans, and during the middle ages, this practice was extensively adopted. **Cheddar Cheese** is manufactured principally at Pennard, near Cheddar, and is one of the best and most well-known cheese we consume. **American Cheddar** is considered the best of those cheeses sold as American. **Brickbat Cheese** has nothing remarkable except its form. It is made by turning with rennet a mixture of cream and new milk. The curd is put into a wooden vessel the shape of a brick, and is then pressed and dried in the usual way. **Dunlop Cheese** has a peculiarly mild and rich taste: the best is made entirely from new milk. **New Cheese** (as it is called in London) is made chiefly in Lincolnshire, and is either made of all cream, or, like Stilton, by adding the cream of one day's milking to the milk that comes immediately from the cow: they are extremely thin, and are compressed gently two or three times, turned for a few days, and then eaten new with radishes, salad, &c. **Skimmed-Milk Cheese** is made in most dairy countries, and is eaten by the peasantry, but is not generally exported. There are some exceptions, such as the **Parmesan Cheese,** made in Parma and Piacenza, the most celebrated of all cheese, and made entirely of skimmed cow's milk. The high flavour which it has is supposed to be owing to the rich herbage of the meadows of the Po, where the cows are pastured. The best Parmesan is kept for three or four years, and none is carried to market till it is at least six months old.

STILTON CHEESE.

Dutch Cheese derives its peculiar pungent taste from the practice adopted in Holland of coagulating the milk with muriatic acid instead of rennet. **Swiss Cheeses,** in their several varieties, are all remarkable for their fine flavour. That from **Gruyère,** a bailiwick in the canton of Fribourg, is best known in England. It is flavoured by the dried herb of *Melilotos officinalis* in powder. Cheese from milk and potatoes is manufactured in Thuringia and Saxony. **Cream Cheese,** although so called, is not properly cheese, but is nothing more than cream dried sufficiently to be cut with a knife. All cheeses are imitated in countries and places other than those from which they get their conventional names. Cheese is also made of skimmed milk mixed with animal fats or "bosch" butter in the place of the cream that has been removed for sale. **Camembert** is a Brittany cheese, one of the most esteemed of cream cheeses, it being richer than most; it is a small flat cheese of a pale yellow colour, with a dark rind. **Roquefort** is a very rich cheese, made in the South of France, from the milk of sheep and goats. Like Stilton, it has to be kept a considerable time before it is sufficiently ripe for eating. **Shabzieger** is a cheese exceedingly strong both

in smell and taste, and for that reason is considered a delicacy by some and a cheese to be avoided by others. An excellent, but little known English cheese, is one called **Wensleydale,** which takes its name from the place in which it is made, a small village in Yorkshire. This cheese has the characteristics of **Stilton,** and is rich in quality. Dorsetshire yields us a very good cheese called **Blue veiny,** from its blue-veined appearance. It may be compared to Stilton in flavour, but is less rich, being made entirely from skimmed milk.

EGGS.

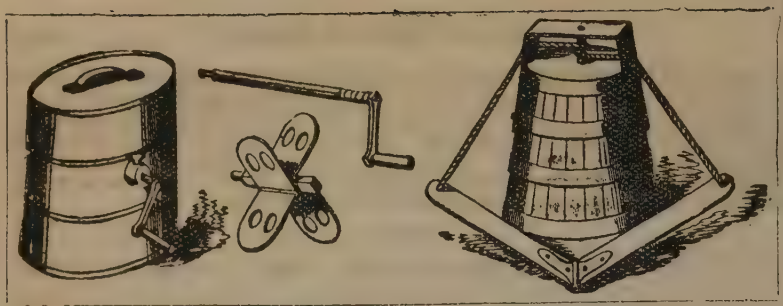
2572. ***The Nutritive Properties of Eggs.***—Although the qualities of those belonging to different birds vary somewhat, there is only one opinion as to their nutritive properties. Those of the common hen are most used. The quality of eggs depends much upon the food given to the hen. Eggs in general are considered most easily digestible when little subjected to the art of cookery. The lightest way of dressing them is by poaching, which is effected by putting them for a minute or two into brisk boiling water: this coagulates the external white, without doing the inner part too much. Eggs are much better when new-laid than a day or two afterwards. The usual time allotted for boiling eggs in the shell is 3 to 3¾ minutes: less time than that in boiling water will not be sufficient to solidify the white, and more will make the yolk hard and less digestible: it is very difficult to *guess* accurately as to the time. Great care should be employed in putting them into the water, to prevent cracking the shell, which inevitably causes a portion of the white to exude, and lets water into the egg. Eggs are often beaten up raw in nutritive beverages. Eggs are employed in a very great many articles of cookery, entrées, and entremets, and they form an essential ingredient in pastry, creams, flip, &c. It is particularly necessary that they should be quite fresh, as nothing is worse than stale eggs. Cobbett justly says, stale, or even preserved eggs, are things to be run from, not after.

HENS' EGGS.

2573. ***The metropolis is supplied with eggs*** from all parts of the kingdom, and they are likewise largely imported from various places on the Continent; as France, Holland, Belgium, Guernsey, and Jersey. It appears from official statements mentioned in McCulloch's "Commercial Dictionary," that the number imported from France alone amounts to about 60,000,000 a year; and supposing them on an average to cost fourpence a dozen, it follows that we pay our Continental neighbours above £83,000 a year for eggs.

2574. ***The eggs of different birds*** vary much in size and colour. Those of the ostrich are the largest: one laid in the menagerie in Paris weighed 2 lbs 14 oz., held a pint, and was six inches deep; this is about the usual size of those brought from Africa. Travellers describe *ostrich eggs* as of an agreeable taste: they keep longer than hens' eggs. Drinking-cups are often made of the shell, which is very strong. The eggs of the *turkey* are almost as mild as those of the hen; the egg of the *goose* is large, but well-flavoured. *Ducks' eggs* have a rich flavour; the albumen is slightly transparent, or bluish, when set or coagulated by boiling, which requires less time than hens' eggs. *Guinea-fowls' eggs* are smaller and more delicate than those of the hen. Eggs of *wild fowl* are generally coloured, often spotted; and the taste generally partakes somewhat of the flavour of the bird they belong to. Those of land birds that are eaten, as the *plover, lapwing, ruff,* &c., are in general much esteemed; but those of *sea-fowl* have, more or less, a strong fishy taste. The eggs of the *turtle* are very numerous; they consist of yolk only, without shell, and are delicious. **The average weight of a hen's egg in the shell is 2 oz.**

PLOVERS' EGGS.

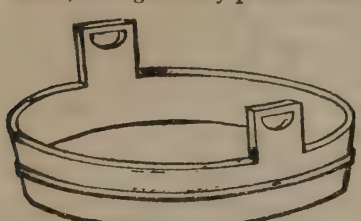


RECIPES FOR COOKING MILK, BUTTER, CHEESE AND EGGS.

CHAPTER XLII.

2575.—SEPARATION OF MILK AND CREAM.

Mode.—If it be desired that the milk should be freed entirely from cream, it is generally poured into a very shallow broad pan or dish, not more than 1½ inch deep, so that the cream has not to rise through a great depth of milk. A system of deep setting is common in America, but is not much in vogue here. In cold and wet weather, milk is not so rich as it is in summer and warm weather, and the morning's milk is always richer than the evening's. The last-drawn milk of each milking, at all times and seasons, is richer than the first-drawn, and on that account should be set apart for cream. Milk should be shaken as little as possible when carried from the cow to the dairy, and should be strained into the pans very gently. Persons not keeping cows may always have a little cream, provided the milk they purchase be pure and unadulterated. As soon as it comes in, it should be poured into very shallow open pie-dishes, and set by in a very cool place, and in 7 or 8 hours a nice cream should have risen to the surface.



BUTTER TUB.

Milk is the most complete of all articles of food; that is to say, it contains all the elements which enter into the composition of the human body. It often disagrees with people of sedentary habits or bilious temperament. But, if exercise can be taken and a little patience shown, while the system accommodates itself to a new regimen, this article of diet is excellent for the majority of people; especially for those who have suffered much from emotional disturbances, or whose stomachs are in a relaxed condition owing to disease or to unhealthy modes of life. But there are really constitutions which cannot take to it; and *they* should not be forced. Of milk in the sick-room we speak in another place.

2576.—TO KEEP MILK AND CREAM IN HOT WEATHER.

Mode.—When the weather is very warm, and it is very difficult to prevent milk from turning sour and spoiling the cream, it should be scalded, and it will then remain good for a few hours. It must on no account be allowed to boil, or there will be a skin instead of a cream upon the milk; and the slower the process, the safer will it be. A very good plan to scald milk, is to put the pan that contains it into a saucepan or wide kettle of boiling water. When the surface looks thick, the milk is sufficiently scalded, and it should then be put away in a cool place in the same vessel that it was scalded in. Cream may be kept for 24 hours, if scalded without sugar; and, by the addition of the latter ingredient, it will remain good double the time, if kept in a cool place. All pans, jugs and vessels intended for milk, should be kept beautifully clean, and well scalded before the milk is put in, as any negligence in this respect may cause large quantities of it to be spoiled; and milk should never be kept in vessels of zinc or copper. Milk may be preserved good in hot weather, for a few hours, by placing the jug which contains it in ice, or very cold water: or a pinch of bicarbonate of soda may be introduced into the liquid. The salt soapy flavour of the soda is disguised in milk soups and savories.

Milk, when of good quality, is of an opaque white colour: the cream always comes to the top; the well-known milky odour is strong; it will boil without altering its appearance, in these respects; the little bladders which arise on the surface will renew themselves if broken by the spoon. To boil milk is, in fact, the simplest way of testing its quality. The commonest adulterations of milk are not of a hurtful character. It is a good deal thinned with water, and sometimes thickened with a little starch, or coloured with yolk of egg, or even saffron; but these processes have nothing murderous in them, supposing the water to be pure.

2577.—CURDS AND WHEY.

Ingredients.—A very small piece of rennet, ½ gallon of milk.

Mode.—Procure from the butcher's a small piece of rennet, which is the stomach of the calf, taken as soon as it is killed, scoured and well rubbed with salt, and stretched on sticks to dry. Pour some boiling water on the rennet, and let it remain for 6 hours; then use the liquor to turn the milk. The milk should be warm and fresh from the cow; if allowed to cool, it must be heated till it is of a degree quite equal to new milk; but do not let it be too hot. About a tablespoonful, or rather more, would be sufficient to turn the above proportion of milk into curds and whey; and, whilst the milk is turning, let it be kept in rather a warm place. Prepared rennet can be bought in bottles, and to use it saves much time and trouble.

Time.—From 2 to 3 hours to turn the milk. **Seasonable** at any time.

2578.—DEVONSHIRE CREAM.

Mode.—The milk should stand 12 hours in the winter, half that time or less when the weather is very warm. The milk-pan is then set on a stove,

and should there remain till the milk is quite hot; but it must not boil, or there will be a thick skin on the surface. When it is sufficiently done, the undulations on the surface look thick, and small rings appear. The time required for scalding cream depends on the size of the pan and the heat of the fire; but the slower it is done the better. The pan should be placed in the dairy when the cream is sufficiently scalded, and skimmed the following day. This cream is so much esteemed that it is sent to the London markets in small square tins and jars, and is exceedingly delicious eaten with fresh fruit. In Devonshire, butter is made from this cream, and is usually very firm.

2579.—DEVONSHIRE JUNKET.

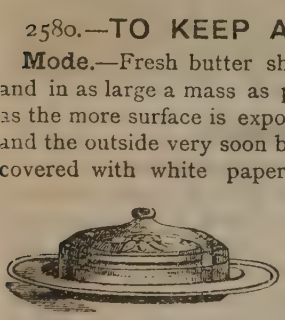
Ingredients.—To every pint of new milk allow 1 dessertspoonful of brandy, 1 dessertspoonful of sugar, and 1 teaspoonful of prepared rennet; such as is sold in bottles; thick cream, pounded cinnamon, or grated nutmeg.

Mode.—Make the milk blood-warm; put it into a deep dish with the brandy, sugar and rennet; stir it all together, and cover it over until it is set. Then spread some thick or clotted cream over the top, grate some nutmeg, and strew some sugar over, and the dish will be ready to serve.

Time.—About 2 hours to set the milk. **Seasonable** at any time.

2580.—TO KEEP AND CHOOSE FRESH BUTTER.

Mode.—Fresh butter should be kept in a dark, cool and airy place, and in as large a mass as possible. Mould as much only as is required, as the more surface is exposed, the more liability there will be to spoil; and the outside very soon becomes rancid. Fresh butter should be kept covered with white paper. For small larders, butter-coolers, of red brick are now very much used for keeping fresh butter in warm weather. These coolers are made with a large bell-shaped cover, into the top of which a little cold water should be poured, and in summer time very frequently changed; and the butter must be kept covered. These coolers keep butter remarkably firm in hot weather, and are extremely convenient for those whose larder accommodation is limited.



BUTTER-DISH.

In choosing fresh butter, remember it should smell deliciously, and be of an equal colour all through; if it smells sour it has not been sufficiently washed from the buttermilk; and, if veiny and open, it has probably been worked with a staler or an inferior sort. Butter often has water worked into it to increase the weight, and the more salt it is the more water it will take up.

2581.—TO PRESERVE AND TO CHOOSE SALT BUTTER.

Mode.—In large families, where salt butter is purchased a tub at a time, the first thing to be done is to turn the whole of the butter out, and, with a clean knife, to scrape the outside; the tub should then be wiped with a clean cloth, and sprinkled all round with salt, the butter replaced, and the lid kept on to exclude air. It is necessary to take these precautions, as sometimes a want of proper cleanliness in the dairymaid causes the outside of the butter to become rancid, and if the scraping be neglected, the whole mass would soon become spoiled. To choose salt butter, plunge a knife into it, and if, when drawn out, the blade smells rancid or unpleasant, the butter is bad. The layers in tubs will vary greatly, the butter being made at different times; so to try if the whole tub be good, the cask should be unhooped, and the butter tried between the staves.

It is not necessary to state that butter is extracted from cream, or from unskimmed milk, by the churn. Of course it partakes of the qualities of the milk, and winter butter is said not to be so good as spring butter.

A word of caution is necessary about *rancid* butter. Nobody eats it on bread, but it is sometimes used in cooking, in forms in which the acidity can be more or less disguised. So much the worse; it is almost poisonous, disguise it as you may. Never, under any exigency whatever, be tempted into allowing butter with even a *soupçon* of "turning" to enter into the composition of any dish that appears on your table. And, in general, the more you can do without the employment of butter that has been subjected to the influence of heat, the better. The woman of modern times is not a "leech," but she might often keep the "leech" from the door if she would give herself the trouble to invent *innocent* sauces.

2582.—MOULDED BUTTER.

(*For Moulding Fresh Butter.*)

Mode.—Butter-moulds, or wooden stamps for moulding fresh butter, are much used, and are made in a variety of forms and shapes. In using them, let them be kept scrupulously clean, and before the butter is pressed in, they should be scalded, and then well wetted with cold water; the butter must then be pressed in, the mould opened, and the perfect shape taken out. The butter may be then dished, and garnished with a wreath of parsley, if for a cheese course; if for breakfast, put it into an ornamental butter-dish, with a little water or ice at the bottom, should the weather be very warm.

DISH OF ROLLED BUTTER.

2583.—TO CLARIFY BUTTER FOR POTTING.

Mode.—Put a vessel with your butter in it into a saucepan of cold water, placing it over a slow fire until it is melted, then remove it from the fire, clear off the scum, and again warm it gently. When this butter is removed from pots that are to be sent to table it will do excellently for common pie-crust, basting, &c.

2584.—CURLED BUTTER.

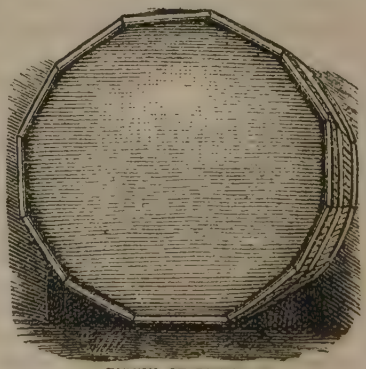
Mode.—Tie a strong cloth by two of the corners to an iron hook in the wall; make a knot with the other two ends, so that a stick might pass through. Put the butter into the cloth; twist it tightly over a dish, into which the butter will fall through the knot, so forming small and pretty little strings. The butter may then be garnished with parsley, if to serve with a cheese course; or it may be sent to table plain for breakfast, in an ornamental dish. Squirted butter for garnishing hams, salads, eggs, &c., is made by forming a piece of stiff paper in the shape of a cornet, and squeezing the butter in fine strings from the hole at the bottom. Scooped butter is made by dipping a teaspoon or scooper in warm water, and then scooping the butter quickly and thin. In warm weather it would not be necessary to heat the spoon.

ROLLER BUTTER-PRINT.

2585.—FAIRY BUTTER.

Ingredients.—The yolks of 2 hard-boiled eggs, 1 tablespoonful of orange-flower-water, 2 tablespoonfuls of pounded sugar, ¼ lb. of fresh butter.

Mode.—Beat the yolks of the eggs smoothly in a mortar, with the orange-flower-water and the sugar, until the whole is reduced to a fine paste; add the butter, and force all through an old but clean cloth by wringing the cloth and squeezing the butter very hard. The butter will then drop on the plate in large and small pieces, according to the holes in the cloth. Plain butter may be done in the same manner, and is very quickly prepared, besides having a very good effect.



FIRKIN OF BUTTER.

Butter.—White-coloured butter is said not to be so good as the yellow; but the yellow colour is often artificially produced, by the introduction of colouring matter into the churn.

2586.—ANCHOVY BUTTER.

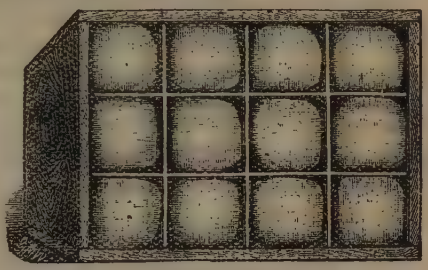
Ingredients.—To every lb. of butter allow six anchovies, 1 small bunch of parsley.

Mode.—Wash, bone, and pound the anchovies well in a mortar; scald the parsley, chop it, and rub it through a sieve; then pound all the ingredients together, mix well, and make the butter into pats immediately. This makes a pretty dish, if fancifully moulded, for breakfast or supper, and should be garnished with parsley. It is also pretty for entremets.

Average Cost, 1*s.* 8*d.*

Sufficient to make 2 dishes, with 4 pats each.

Seasonable at any time.



BRITTANY BUTTER.

Butter may be kept fresh for ten or twelve days by a very simple process. Knead it well in cold water till the buttermilk is extracted; then put it in a glazed jar, which invert in another, putting into the latter a sufficient quantity of water to exclude the air. Renew the water every day.

2587.—LOBSTER BUTTER.

Ingredients.—Lobster coral, fresh butter, salt and cayenne.

Mode.—Rub down in a mortar the coral, and add to it the butter, blending them well together. According to the quantity of coral must be determined the proportion of butter, but the object is to have it a deep red colour. Add cayenne to taste, and a very little salt, but if wanted to keep some time, a larger quantity of seasoning is advisable. Put it into pots, and tie over closely.

Seasonable at any time.

2588.—MONTPELIER BUTTER.

Ingredients.—Watercress, fresh butter, pepper and salt.

BALL OF BUTTER.

Mode.—Pick the leaves, which must be green and fresh, from the stalks of the cress, and chop them finely, dry them in a cloth, and mince again, then knead them up with fresh butter till it is of a bright green, seasoning with pepper and salt.

Seasonable at any time.

2589.—CHEESE.

In families where much cheese is consumed, and it is bought in large quantities, a piece from the whole cheese should be cut, the larger quantity

spread with a thickly-buttered sheet of white paper, and the outside occasionally wiped. To keep cheeses moist that are in daily use, when they come from table a damp cloth should be wrapped round them, and the cheese put into a pan with a cover to it, in a cool but not very dry place. To ripen cheeses, and bring them forward, put them into a damp cellar; and, to check too large a production of mites, spirits may be poured into the parts affected. Pieces of cheese which are too near the rind, or too dry to put on table, may be made into Welsh rare-bits, fondues or soufflés, or grated down and mixed with macaroni. Cheeses may be preserved in a perfect state for years, by covering them with parchment made pliable by soaking in water, or by rubbing them over with a coating of melted fat. The cheeses selected should be free from cracks or bruises of any kind.

Cheese.—It is well known that some persons like cheese in a state of decay, and even "alive." There is no accounting for taste, and it may be hard to show why mould, which is vegetation, should not be eaten as well as salad, or maggots as well as eels. But, generally speaking, decomposing bodies are not wholesome eating, and the line must be drawn somewhere.

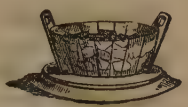
2590.—STILTON CHEESE.

Stilton cheese, or British Parmesan, as it is sometimes called, is generally preferred to all other cheeses by those whose authority few will dispute. Those made in May or June are usually served at Christmas; or, to be in prime order, should be kept from 10 to 12 months, or even longer. An artificial ripeness in Stilton cheese is sometimes produced by inserting a small piece of decayed Cheshire into an aperture at the top. From three weeks to a month is sufficient time to ripen the cheese. An additional flavour may also be obtained by scooping out a piece from the top, and pouring therein port, sherry, Madeira, or old ale, and letting the cheese absorb these for 2 or 3 weeks. But that cheese is the finest which is ripened without any artificial aid, is the opinion of those who are judges in these matters. In serving a Stilton cheese, the top of it should be cut off to form a lid, and a napkin or piece of white paper, with a frill at the top, pinned round. When the cheese goes from table, the lid should be replaced. Dishes of china or earthenware for Stilton and other cheeses are sold. They keep the cheese in good condition, and prevent waste.

2591.—MODE OF SERVING CHEESE.

The usual mode of serving cheese at good tables is to cut a small quantity of it into neat square pieces, and to put them into a glass cheese-

dish or plate, this dish being handed round. Should the cheese crumble much, of course this method is rather wasteful, and it may then be put on the table in the piece, and the host may cut from it. When served thus, the cheese must always be carefully scraped, and laid on a white d'oyley or napkin, neatly folded. Cream-cheese is often served in a cheese course, and, sometimes, grated Parmesan; the latter should be put into a covered glass dish. Rusks, cheese-biscuits, pats or slices of butter, and salad, cucumber, or water-cresses, cheese straws and biscuits, ramequins, &c., also form part of a cheese course.



CHEESE GLASS.

Smoking Cheeses.—The Romans smoked their cheeses, to give them a sharp taste. They possessed public places expressly for this use, and subject to police regulations which no one could evade.

A celebrated gourmand remarked that a dinner without cheese is like a woman with one eye.

2592.—CHEESE SANDWICHES.

Ingredients.—Slices of brown bread-and-butter, thin slices of cheese.

Mode.—Cut from a nice fat Cheshire, or any good rich cheese, some slices about half an inch thick, and place them between some slices of brown bread-and-butter, like sandwiches. Place them on a plate in the oven, and, when the bread is toasted, serve on a napkin very hot and very quickly.

Time.—10 minutes in a brisk oven. **Average Cost,** 1½*d.* each sandwich.

Sufficient.—Allow a sandwich for each person.

Seasonable at any time.

Cheese.—One of the most important products of coagulated milk is cheese. Unfermented, or cream-cheese, when quite fresh, is good for subjects with whom milk does not disagree; but cheese, in its commonest shape, is fit for sedentary people only as an after-dinner stimulant, and in very small quantity. Bread and cheese, as a meal, is fit for soldiers on march or labourers in the open air, who like it because it "holds the stomach a long time." But it is not readily digestible when raw, and even worse if it is much cooked. Very lightly cooked, it is generally agreed to be in its most digestible state.

2593.—CHEESE STRAWS.

Ingredients.—2 oz. of butter, 2 oz. of flour, 2 oz. of bread-crumbs, 2 oz. of cheese, grated, ½ small saltspoon of mixed salt and cayenne.

Mode.—Mix these ingredients into a paste, and roll it out a quarter of an inch in thickness; cut it into narrow slips, lay them on a sheet of paper, and bake for a few minutes. Serve cold, but very fresh.

Time.—5 minutes to bake. **Average Cost,** 3*d.*

Sufficient for 8 persons.

Seasonable at any time.

2594.—CAYENNE CHEESES.

Ingredients.—½ lb. of butter, ½ lb. of flour, ½ lb. of grated cheese, ½ teaspoonful of cayenne, ½ teaspoonful of salt; water.

CAMEMBERT CHEESE.

Mode.—Rub the butter in the flour; add the grated cheese, cayenne and salt, and mix these ingredients well together. Moisten with sufficient water to make the whole into a paste; roll out and cut into fingers about 4 inches in length. Bake them in a moderate oven a very light colour, and serve very hot.

Time.—15 to 20 minutes. **Average Cost,** 1*s.* 2*d.*

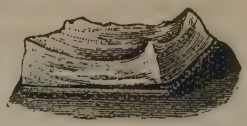
Sufficient for 6 or 7 persons.

Seasonable at any time.

2595.—RICH CREAM CHEESE.

Ingredients.—3 pints of thick cream.

Mode.—Take 3 pints of thick cream and put it into a clean wet cloth Tie it up, and hang it in a cool place for 7 or 8 days. Take it from the cloth and put it in another, and then into a mould, with a weight upon it, for 2 or 3 days longer. Turn it twice a day, when it will be fit to use.



CREAM CHEESE.

Time.—10 days. **Average Cost,** 3*s.* 6*d.*

Seasonable in the spring.

2596.—TO MAKE A FONDUE.

Ingredients.—4 eggs, the weight of 2 in Parmesan or good Cheshire cheese, the weight of 2 in butter; pepper and salt to taste.

Mode.—Separate the yolks from the whites of the eggs; beat the former in a basin, and grate the cheese, or cut it into *very thin* flakes. Parmesan or Cheshire cheese may be used, whichever is the most convenient, although the former is considered more suitable for this dish; or an equal quantity of each may be used. Break the butter into small pieces, add it to the other ingredients, with sufficient pepper and salt to season nicely, and beat the mixture thoroughly. Well whisk the whites of the eggs, stir them lightly in, and either bake the fondue in a soufflé-dish or small round cake-tin. Fill the dish only half full, as the fondue should rise very much. Pin a napkin round the tin or dish, and serve very hot and very quickly. If allowed to stand after it is withdrawn from the oven, the beauty and lightness of this preparation will be entirely spoiled.

Time.—From 15 to 20 minutes. **Average Cost,** 1*s.*
Sufficient for 4 or 5 persons.
Seasonable at any time.

2597.—CHEESE FONDUE.

(*Mr. Mattieu Williams's Recipe. Another Mode.*)

Mode.—Take a quarter of a pound of grated cheese, add to it a gill of milk in which is dissolved as much powdered *bicarbonate of potash* as will stand upon a threepenny-piece, 1 oz. of butter, a tablespoonful of baked flour, and nearly a gill of new milk, with pepper, cayenne, mustard and nutmeg to taste. Heat this carefully until the cheese is completely dissolved; then beat up three eggs, yolks and whites together, and add them to this solution of cheese, stirring the whole. Now take a shallow metal or earthenware dish or tray that will bear heating; put in a little butter and heat the butter till it frizzles. Then pour the mixture into the tray and bake it till it is nearly solidified. A cheaper dish may be made by increasing the proportion of cheese, say one egg to a quarter of a pound of cheese. Bread-crumbs may also be added. The potash assists in the re-solution of the coagulated casein in the cheese.

2598.—BRILLAT SAVARIN'S FONDUE.

(*An Excellent Recipe.*)

Ingredients.—Eggs, cheese, butter, pepper and salt.

Mode.—Take the same number of eggs as there are guests; weigh the eggs in the shell, allow a third of their weight in Gruyère cheese, and a piece of butter one-sixth of the weight of the cheese. Break the eggs into a basin, beat them well; add the cheese, which should be grated, and the

GRUYÈRE CHEESE.

butter, which should be broken into small pieces. Stir these ingredients together with a wooden spoon; put the mixture into a lined saucepan, place it over the fire, and stir until the substance is thick and soft. Put in a little salt, according to the age of the cheese, and a good sprinkling of pepper, and serve the fondue on a very hot silver or metal plate. Do not allow the fondue to remain on the fire after the mixture is set, as, if it boils, it will be entirely spoiled. Brillat Savarin recommends that some choice Burgundy should be handed round with this dish. We have given

this recipe exactly as he recommends it to be made; but we have tried it with good Cheshire cheese, and found it answer remarkably well.

Time.—About 4 minutes to set the mixture. **Average Cost,** for 4 persons, 10*d.*

Sufficient.—Allow 1 egg, with the other ingredients in proportion, for 1 person.

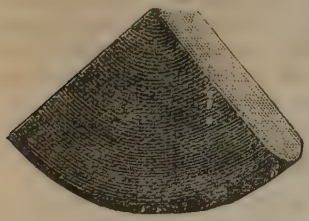
Seasonable at any time.

2599.—MACARONI.

(As usually Served with the Cheese Course.)

Ingredients.—½ lb. of pipe macaroni, ¼ lb. of butter, 6 oz. of Parmesan or Cheshire cheese, pepper and salt to taste; 1 pint of milk, 2 pints of water, bread-crumbs.

Mode.—Put the milk and water into a saucepan with sufficient salt to flavour it; place it on the fire, and, when it boils quickly, drop in the macaroni. Keep the water boiling fast until it is quite tender; drain the macaroni, and put it into a deep dish. Have ready the grated cheese, either Parmesan or Cheshire; sprinkle it amongst the macaroni and some of the butter cut into small pieces, reserving some of the cheese for the top layer. Season with a little pepper, and cover the top layer of cheese with some very fine bread-crumbs. Warm, without oiling, the remainder of the butter, and pour it gently over the bread-crumbs. Place the dish before a bright fire to brown the crumbs; turn it once or twice, that it may be equally coloured, and serve very hot. The top of the macaroni may be browned with a salamander, which is even better than placing it before the fire, as the process is more expeditious; but it should never be browned in the oven, as the butter would oil, and so impart a very disagreeable flavour to the dish. In boiling the macaroni, let it be perfectly tender, but firm, no part beginning to melt, and the form entirely preserved. It may be boiled in plain water, with a little salt, instead of using milk, but should then have a small piece of butter mixed with it.



PARMESAN CHEESE.

ROQUEFORT CHEESE.

Time.—½ to ¾ hour to boil the macaroni, 5 minutes to brown it before the fire. **Average Cost,** 1*s.* 2*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

Note.—Riband macaroni may be dressed in the same manner, but does not require boiling so long a time.

2600.—MACARONI.

(*Another Mode.*)

Ingredients.—¼ lb. of pipe or riband macaroni, ½ pint of milk, ½ pint of veal or beef gravy, the yolks of 2 eggs, 4 tablespoonfuls of cream, 3 oz. of grated Parmesan or Cheshire cheese, 1 oz. of butter.

Mode.—Wash the macaroni and boil it in the gravy and milk until quite tender, without being broken. Drain it, and put it into rather a deep dish. Beat the yolks of the eggs with the cream and 2 tablespoonfuls of the liquor the macaroni was boiled in; make this sufficiently hot to thicken, but do not allow it to boil; pour it over the macaroni, over which sprinkle the grated cheese and the butter broken into small pieces; brown with a salamander, or before the fire, and serve.

Time.—½ to ¾ hour to boil the macaroni, 5 minutes to thicken the eggs and cream, 5 minutes to brown. **Average Cost,** 1*s.* 2*d.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2601.—MACARONI.

(*Another Mode.*)

Ingredients.—¼ lb. of pipe macaroni, ½ pint of brown gravy, No. 614, 6 oz. of grated Parmesan cheese.

Mode.—Wash the macaroni, and boil it in salt and water or stock until quite tender; drain it, and put it into rather a deep dish. Have ready a pint of good brown gravy, pour it hot over the macaroni, and send it to table with grated Parmesan served on a separate dish. When the flavour is liked, a little pounded mace may be added to the water in which the macaroni is boiled; but this must always be sparingly added, as it will impart a very strong flavour.

Time.—½ to ¾ hour to boil the macaroni. **Average Cost,** with the gravy and cheese, 1*s.*

Sufficient for 3 or 4 persons.

Seasonable at any time.

2602.—CHEESE PATTIES.

Ingredients.—1 oz. of butter, 1 oz. of flour, ¾ pint of milk, ¼ lb. of cheese, 4 eggs, salt and cayenne, some scraps of puff-paste.

BONDON CHEESE.

Mode.—Rub the butter and flour together, and stir over the fire with the milk till it boils, then move the pan to the side of the fire and stir in the yolks of the eggs one by one, next the cheese, grated, and lastly the whites of the eggs, well beaten, and the

seasoning. Line some patty-pans with the pastry, pour in the mixture, and bake in a quick oven.

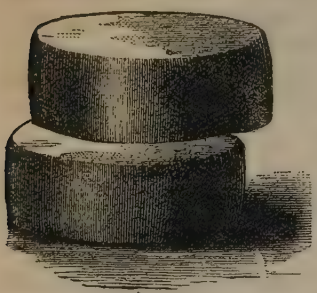
Time.—15 minutes to bake the tartlets. **Average Cost,** without the paste, 10*d.*

Sufficient for 8 patties.

Seasonable at any time.

2603.—POUNDED CHEESE.

Ingredients.—To every lb. of cheese allow 3 oz. of fresh butter.



YORK CHEESE.

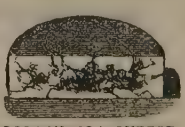
Mode.—To pound cheese is an economical way of using it, if it has become dry; it is exceedingly good spread on bread, and is the best way of eating it for those whose digestion is weak. Cut up the cheese into small pieces and pound it smoothly in a mortar, adding butter in the above proportion. Press it down into a jar, cover with clarified butter, and it will keep for several days. The flavour may be very much increased by adding mixed mustard (about a teaspoonful to every lb.), or cayenne, or pounded mace. Curry-powder is also not unfrequently mixed with it.

2604.—RAMEQUINS.

(To Serve with the Cheese Course.)

Ingredients.—¼ lb. of Cheshire cheese, ¼ lb. of Parmesan cheese, ¼ lb. of fresh butter, 4 eggs, the crumb of a small roll; pepper, salt, and pounded mace to taste.

Mode.—Boil the crumb of the roll in milk for five minutes; strain, and put it into a mortar; add the cheese, which should be finely scraped, the butter, the yolks of the eggs, and seasoning, and pound these ingredients well together. Whisk the whites of the eggs, mix them with the paste, and put it into small pans or saucers, which should not be more than half filled. Bake them from 10 to 12 minutes, and serve them very hot and very quickly. This batter answers equally well for macaroni after it is boiled tender.



GORGONZOLA CHEESE.

Time.—10 to 12 minutes. **Average Cost,** 1*s.* 4*d.*

Sufficient for 7 or 8 persons.

Seasonable at any time.

2605.—CHEESE BISCUITS.

Ingredients.—Any pieces of very good light puff-paste. Cheshire Parmesan, or Stilton cheese.

Mode.—The remains or odd pieces of paste left from large tarts, &c., answer for making these little dishes. Gather up the pieces of paste, roll it out evenly, and sprinkle it with grated cheese of a nice flavour. Fold the paste in three, roll it out again, and sprinkle more cheese over; fold the paste, roll it out, and with a paste-cutter shape it in any way that may be desired. Bake the biscuits in a brisk oven from 10 to 15 minutes, dish them on a hot napkin, and serve quickly. The appearance of this dish may be very much improved by brushing the biscuits over with yolk of egg before they are placed in the oven. Where expense is not objected to, Parmesan is the best kind of cheese to use for making this dish. See also Cheese Straws.

Time.—10 to 15 minutes. **Average Cost,** with ½ lb. of paste, 10*d.*

Sufficient for 6 or 7 persons.

Seasonable at any time.

2606.—CHEESE BISCUITS.

(*Another Mode.*)

Ingredients.—3 oz. of grated cheese, 3 oz. of butter, the yolk of an egg, cayenne and salt, 3 oz. flour.

Mode.—Mix the flour and the cheese, which should have been well seasoned with cayenne and a very little salt, knead in the butter and make it into a paste with the yolk of an egg. Roll it out to the thickness of an eighth of an inch, cut it in biscuits of any shape or size according to fancy, and bake a light brown in a quick oven. The biscuits will keep for a long time in a tin, and can be heated when wanted.

Time.—10 minutes to bake the biscuits. **Average Cost,** 7*d.*

Seasonable at any time.

2607.—TOASTED CHEESE, OR SCOTCH RARE-BIT.

Ingredients.—A few slices of rich cheese, toast, mustard, and pepper.

Mode.—Cut some nice rich sound cheese into rather thin slices; melt it in a cheese-toaster on a hot plate, or over steam, and, when melted, add a small quantity of mixed mustard and a seasoning of pepper; stir the cheese until it is completely dissolved, then brown it before the fire, or with a salamander. Fill the bottom of the cheese-toaster with hot water, and serve with dry or buttered toasts, whichever may be preferred. Our engraving illustrates a cheese-toaster with hot-water reservoir; the cheese is melted in the upper tin, which is

HOT-WATER CHEESE-DISH.

placed in another vessel of boiling water, so keeping the preparation beautifully hot. A small quantity of porter, or port wine, is sometimes mixed with the cheese; and, if it be not very rich, a few pieces of butter may be mixed with it to great advantage. Sometimes the melted cheese is spread on the toasts, and then laid in the cheese-dish at the top of the hot water. Whichever way it is served it is highly necessary that the mixture be very hot, and very quickly sent to table, or it will be worthless.

Time.—About 5 minutes to melt the cheese. **Average Cost,** 1½*d.* per slice.

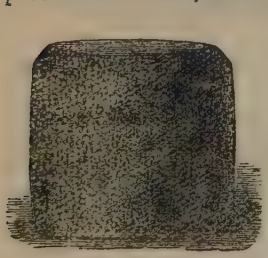
Sufficient.—Allow a slice to each person.

Seasonable at any time.

2608.—TOASTED CHEESE, or WELSH RARE-BIT.

Ingredients.—Slices of bread, butter, Cheshire or Gloucester cheese, mustard and pepper.

Mode.—Cut the bread into slices about half an inch in thickness; pare off the crust, toast the bread slightly without hardening or burning it, and spread it with butter. Cut some slices, not quite so large as the bread from a good rich fat cheese; lay them on the toasted bread in a cheese-toaster; be careful that the cheese does not burn, and let it be equally melted. Spread over the top a little made mustard and a seasoning of pepper, and serve very hot, with very hot plates. To facilitate the melting of the cheese, it may be cut into thin flakes or toasted on one side before it is laid on the bread. As it is so essential to send this dish hot to table, it is a good plan to melt the cheese in small round silver or metal pans, and to send these pans to table, allowing one for each guest. Slices of dry or buttered toast should always accompany them, with mustard, pepper and salt.



ENGLISH CHEDDAR.

Time.—About 5 minutes to melt the cheese. **Average Cost,** 1½*d.* each slice.

Sufficient.—Allow a slice to each person.

Seasonable at any time.

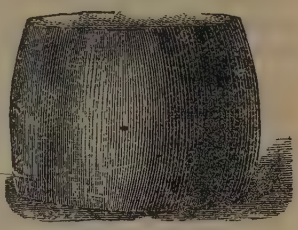
Note.—Should the cheese be dry, a little butter mixed with it will be an improvement.

"**Cow Cheese.**"—It was only fifty years after Aristotle—the fourth century before Christ—that butter began to be noticed as an aliment. The Greeks, in imitation of the Parthians and Scythians, who used to send it to them, had it served upon their tables, and called it at first "**oil of milk**,"—and later *boutyros*, "cow cheese."

2609.—WELSH RARE-BIT.

(Another Mode.)

Ingredients.—½ lb. of cheese (a good American one does very well for this dish), 1 oz. of butter, 2 tablespoonfuls of either milk or ale, a teaspoonful of made mustard, a little salt.



AMERICAN CHEDDAR.

Mode.—Oil the butter in the saucepan, then add the cheese, cut in thin slices, and stir till melted; put in the ale or milk a little at a time, then the mustard, and a very little salt. Should the fire be fierce, and the mixture bubble without the slices of cheese melting, lift the saucepan a little off the fire and stir till it is smooth, when it should be poured over slices of hot buttered toast.

Time.—About 10 minutes. **Average Cost,** 6*d.*

Sufficient for 3 persons.

Seasonable at any time.

2610.—SCOTCH WOODCOCK.

Ingredients.—A few slices of hot buttered toast; allow 1 anchovy to each slice. For the sauce: ¼ pint of cream, the yolks of 3 eggs.

Mode.—Separate the yolks from the whites of the eggs; beat the former, stir to them the cream, and bring the sauce to the boiling-point, but do not allow it to boil, or it will curdle. Have ready some hot buttered toast, spread with anchovies pounded to a paste; pour a little of the hot sauce on the top, and serve very hot and very quickly.

Time.—5 minutes to make the sauce hot.

Sufficient.—Allow ½ slice to each person.

Seasonable at any time.

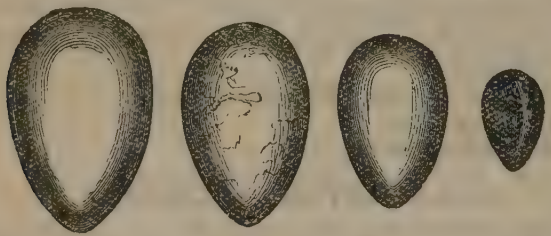
2611.—TO CHOOSE EGGS.

In choosing eggs, apply the tongue to the large end of the egg, and if it feels warm, it is new, and may be relied on as a fresh egg. Another mode of ascertaining their freshness is to hold them before a lighted candle or to the light, and if the egg looks clear, it will be tolerably good; if thick, it is stale; and if there is a black spot attached to the shell, it is worthless. No egg should be used for culinary purposes with the slightest taint in it, as it will render perfectly useless those with which it has been mixed. Eggs that are purchased, and that cannot be relied on, should always be broken in a cup, and then put into a basin; by this means stale or bad eggs may be easily rejected, without wasting

the others. Egg-tests are useful in determining the freshness of eggs. One of the best is Schäfer's Egg-Tester. This ingenious apparatus is a speculum, furnished with an interior looking-glass, which renders the egg sufficiently transparent to show if it is fresh, infected, or really bad. If fresh, a clear disk is thrown; if stale, a cloudy disk with spots; and if foul, a dark unsightly disk is visible.

Eggs contain, for their volume, a greater quantity of nutriment than any other article of food. But it does not follow that they are always good for weak stomachs; quite the contrary; for it is often a great object to give the stomach a large surface to work upon, a considerable volume of *ingesta*, over which the nutritive matter is diffused, and so exposed to the action of the gastric juice at many points. There are many persons who cannot digest eggs, however cooked. Their digestibility decreases in proportion to the degree in which they are hardened by boiling.

2612.—COMPARATIVE SIZES OF EGGS.



1 SWAN'S EGG. 2 TURKEY'S EGG. 3 DUCK'S EGG. 4 PLOVER'S EGG.

2613.—TO KEEP EGGS FRESH FOR SEVERAL WEEKS.

Have ready a large saucepan, capable of holding 3 or 4 quarts, full of boiling water. Put the eggs into a cabbage-net, say 20 at a time, and hold them in the water (which must be kept boiling) for 20 seconds. Proceed in this manner till you have done as many eggs as you wish to preserve; then pack them away in the sawdust. We have tried this method of preserving eggs, and can vouch for its excellence; they will be found, at the end of 2 or 3 months, quite good enough for culinary purposes; and although the white may be a little tougher than that of a new-laid egg, the yolk will be nearly the same. Many persons keep eggs for a long time by smearing the shells with butter or sweet oil; they should then be packed in plenty of bran or sawdust, and the eggs not allowed to touch each other. Eggs for storing should be collected in fine weather, and should not be more than 24 hours old when they are packed away, or their flavour, when used, cannot be relied on. Another simple way of preserving eggs is to immerse them in lime-water soon after they have been laid, and then to put the vessel containing the lime-water in a cellar or cool outhouse.

2614.—TO KEEP EGGS FRESH.

(*Another Mode.*)

Ingredients.—3 lbs. of quick lime, 10 oz. of salt, 1 oz. of cream of tartar, 1½ gallon of boiling water.

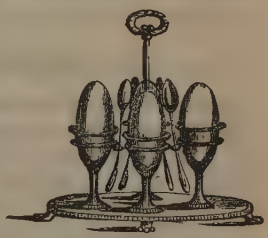
Mode.—Mix the ingredients, stir and cover closely. The eggs may be covered with the solution the following day. They will keep long, but the shell becomes very brittle.

Seasonable.—The best time for preserving eggs is from July to September.

Eggs.—The quality of eggs is very much affected by the food of the fowls who lay them. Herbs and grain together make a better food than grain only. When the hens eat too many insects or kitchen scraps and refuse, the eggs have a disagreeable flavour.

2615.—TO BOIL EGGS FOR BREAKFAST, SALADS, &c.

Mode.—Eggs for boiling cannot be too fresh, or boiled too soon after they are laid; but rather a longer time should be allowed for boiling a new-laid egg than for one that is three or four days old. Have ready a saucepan of boiling water; put the eggs into it gently with a spoon; letting the spoon touch the bottom of the saucepan before it is withdrawn, that the egg may not fall. For those who like eggs lightly boiled, 3 minutes will be found sufficient; 3¾ to 4 minutes will be ample time to set the white nicely; and if liked hard, 6 to 7 minutes will not be found too long. Should the eggs be unusually large, allow an extra half minute for them, or put the eggs in cold water, and when it boils the eggs are done. Eggs for salad should be boiled from 10 minutes to a quarter of an hour, and should be placed in a basin of cold water for a few minutes; they should then be rolled on the table with the hand, and the shell will peel off easily.



EGG-STAND FOR THE BREAKFAST-TABLE.

Time.—To boil eggs lightly, for invalids or children, 3 minutes; to boil eggs to suit the generality of tastes, 3¾ to 4 minutes; to boil eggs hard, 6 to 7 minutes; for salads, 10 to 15 minutes.

Eggs.—When fresh eggs are dropped into a vessel *full* of boiling water, they crack, because, the eggs being well filled, the shells give way to the efforts of the interior fluids, dilated by heat. If the volume of the hot water be small, the shells do not crack, because its temperature is reduced by the eggs before the interior dilation can take place. Stale eggs, again, do not crack, because the air inside is easily compressed.

2616.—ALPINE EGGS.

Ingredients.—4 eggs, 6 oz. of cheese, 2 oz. of butter, a little chopped parsley, pepper, salt.

Mode.—Butter a baking-tin rather thickly and line it with the greater

part of the cheese cut in slices, break over this the eggs, without breaking the yolks, season with pepper and salt. Grate the remainder of the cheese and mix with it the parsley and lay it over the top, and over this put the remainder of the butter in small pieces. Bake in a quick oven for 10 minutes and serve hot.

Time.—10 minutes. **Average Cost,** 10*d.*

Sufficient for 4 persons.

Seasonable at any time.

2617.—BAKED EGGS. (*Fr.*—Œufs au Gratin.)

Ingredients.—6 eggs, 2 oz. of cheese, grated, 2 oz. of bread-crumbs, ½ oz. of butter, a teaspoonful of chopped parsley, salt and cayenne.

Mode.—Butter 6 small paper cases or cups, put the seasoning into them, and break an egg into each; put over the cheese, then the crumbs, and put a little bit of butter on the top; bake for 5 minutes.

Time.—5 minutes to bake the eggs. **Average Cost,** 9*d.*

Seasonable at any time.

2618.—BUTTERED EGGS. (*Fr.*—Œufs au Beurre.)

Ingredients.—4 new-laid eggs, 2 oz. of butter, pepper, salt.

Mode.—Procure the eggs new-laid if possible; break them into a basin, and beat them well; put the butter into another basin, which place in boiling water, and stir till the butter is melted. Pour that and the eggs into a lined saucepan; hold it over a gentle fire, and, as the mixture begins to warm, pour it two or three times into the basin and back again, that the two ingredients may be well incorporated. Add the seasoning, and keep stirring the eggs and butter one way until they are hot, *without boiling*, and serve on hot buttered toast. If the mixture is allowed to boil, it will curdle, and so be entirely spoiled.

Time.—About 5 minutes to make the eggs hot. **Average Cost,** 7*d.*

Sufficient.—Allow a slice to each person.

Seasonable at any time.

2619.—DUCKS' EGGS.

DUCKS' EGGS

Duck's eggs are usually so strong-flavoured that, plainly boiled, they are not good for eating; they answer, however, very well for various culinary preparations where eggs are required, such as custards, &c. Being so large and highly-flavoured, 1 duck's egg will go as far as 2 small hen's eggs, besides making whatever they are mixed with exceedingly rich, but they do not stiffen puddings, &c., as well as hens' eggs.

2620.—FRIED EGGS. (*Fr.*—Œufs Frits.)

Ingredients.—4 eggs, ¼ lb. of lard, butter, or clarified dripping.

Mode.—Place a delicately-clean frying-pan over a gentle fire; put in the fat, and allow it to come to the boiling-point. Break the eggs into cups, slip them into the hot fat, and let them remain until the whites are delicately set; and, whilst they are frying, ladle a little of the fat over them. Take them up with a slice, drain them for a minute from their greasy moisture, trim them neatly, and serve on slices of toast, fried bacon or ham; or the eggs may be placed in the middle of the dish, with the bacon put round as a garnish. If they are to be served with ham or bacon, cook first these, and afterwards the eggs in the same pan.

FRIED EGGS ON BACON.

Time.—2 to 3 minutes. **Average Cost,** 1*d.* each; 2*d.* when scarce.

Sufficient for 2 persons.

Seasonable at any time.

Primitive Method of Cooking Eggs.—The shepherds of Egypt had a singular manner of cooking eggs without the aid of fire. They placed them in a sling, which they turned so rapidly that the friction of the air heated them to the exact point required for use.

2621.—EGGS À LA MAÎTRE D'HÔTEL.

Ingredients.—¼ lb. of fresh butter, 1 tablespoonful of flour, ½ pint of milk, pepper and salt to taste, 1 tablespoonful of minced parsley, the juice of ½ lemon, 6 eggs.

Mode.—Put the flour and half the butter into a stewpan; stir them over the fire until the mixture thickens; pour in the milk, which should be boiling; add a seasoning of pepper and salt, and simmer the whole for 5 minutes. Boil the eggs hard, strip off the shells, cut the eggs into quarters, and put them on a dish. Bring the sauce to the boiling-point; put the remainder of the butter into the sauce, the minced parsley and the lemon-juice, off the fire, pour over the eggs, and serve.

Time.—5 minutes to boil the sauce; the eggs, 10 to 15 minutes. **Average Cost,** 1*s.*

Sufficient for 4 or 5 persons.

Seasonable at any time.

Veneration for Eggs.—Many of the most learned philosophers held eggs in a kind of respect approaching to veneration, because they saw in them the emblem of the world and the four elements. The shell, they said, represented the earth; the white, water; the yolk, fire; and air was found under the shell at one end of the egg

2622.—ŒUFS SUR LE PLAT, or AU MIROIR.

(*Served on the Dish in which they are Cooked.*)

Ingredients.—4 eggs, 1 oz. of butter, pepper and salt to taste.

Mode.—Butter a dish rather thickly with good fresh butter; melt it,

break the eggs into it the same as for poaching, sprinkle them with white pepper and fine salt, and put the remainder of the butter, cut into very small pieces, on the top of them. Put the dish on a hot plate, or in the oven, or before the fire, and let it remain until the whites become set, but not hard, when serve immediately, placing the dish they were cooked in on another. To hasten the cooking of the eggs, a salamander may be held over them for a minute; but great care must be taken that they are not too much done. This is an exceedingly nice dish, and one very easily prepared for breakfast. A fire-proof china or earthenware dish is suitable to cook them in.

TURKEYS' EGGS.

Time.—3 minutes. **Average Cost,** 5*d.*
Sufficient for 2 persons.
Seasonable at any time.

2623.—OVERTURNED EGGS.

Ingredients.—Eggs, bread-crumbs.

Mode.—Butter well some pretty little patty-pans, sprinkle them with raspings or finely-crumbed bread-crumbs. Break as carefully as possible an egg into each patty-pan, bake them on a hot plate, or with under heat only. Let the whites of the eggs set, then turn them out, bottom upwards, on spinach or ragoût, &c.

Time.—3 minutes. **Average Cost,** 1*d.* each.
Seasonable at any time.

2624.—OX EYES.

Ingredients.—Eggs, bread, butter, sour cream, salt.

Mode.—Cut slices, an inch thick, or rather less, from good light bread or roll, and cut them into circles, with a proper paste-cutter, 3 inches in diameter; with a smaller cutter (1½ inch in diameter) cut out the middle of each circlet or cake, letting the ring remain intact. Fry the rings in butter of a pretty bright yellow colour. Butter a dish well, lay the rings in, and pour over them a little sour cream, enough to moisten them well, and put, very carefully, a raw egg into each ring. Dredge with a little salt, put a very little cream on the top of each egg, and bake. Do not let the whites get brown; cover them lightly with paper. When set, the yolks being soft, they are ready to serve. Send to table with a garnishing of parsley or watercresses.

Time.—5 minutes. **Average Cost,** 2*d.* each.
Sufficient.—Allow 2 for each person
Seasonable at any time.

2625.—PLOVERS' EGGS. (*Fr.*—Œufs de Pluvier.)

Plovers' eggs are usually served boiled hard, and sent to table in a napkin, either hot or cold. They may also be shelled, and served the same as eggs à la Tripe, with a good Béchamel sauce, or brown gravy, poured over them. They are also used for decorating salads, the beautiful colour of the white being generally so much admired.

2626.—POACHED EGGS.
(*Fr.*—Œufs en Chemise: Œufs Pochés.)

Ingredients.—Eggs, water. To every pint of water allow 1 tablespoonful of vinegar.

Mode.—Eggs for poaching should be perfectly fresh, but not quite new-laid; those that are about 36 hours old are the best for the purpose If quite new-laid, the white is so milky it is almost impossible to set it; and, on the other hand, if the egg be at all stale, it is equally difficult to poach it nicely. Strain some boiling water into a deep, clean frying-pan; break the egg into a cup, without damaging the yolk, and when the water boils, remove the pan to the side of the fire, and gently slip the egg into it. Place the pan over a gentle fire, and keep the water very gently simmering until the white looks nicely set, when the egg is ready. Take it up gently with a slice, cut away the ragged edges of the white, and serve either on toasted bread or on slices of ham or bacon, or on spinach, &c. A poached egg should not be overdone, as its appearance and taste will be quite spoiled if the yolk be allowed to harden. When the egg is slipped into the water, the white should be gathered together, to keep it a little in form, or the cup should be turned over it for half a minute. To poach an egg to perfection is rather a difficult operation; so, for inexperienced cooks, a tin egg-poacher may be purchased, which greatly facilitates this manner of dressing eggs. Our illustration clearly shows what it is; it consists of a tin plate with a handle, with a space for three perforated cups. An egg should be broken into each cup, and the machine then placed in a stewpan of boiling water, which has been previously strained. When the whites of the eggs appear set, they are done, and should then be carefully slipped on to the toast or spinach, or with whatever they are served. In poaching eggs in a frying-pan, never do more than four at a time; and, when a little vinegar is liked mixed with the water in which the eggs are done, use the above proportion.

POACHED EGGS ON TOAST.

TIN EGG-POACHER.

Time.—2½ to 3½ minutes, according to the size of the egg.
Sufficient.—Allow 2 eggs to each person.
Seasonable at any time, but less plentiful in winter.

2627.—POACHED EGGS WITH CREAM. (*Fr.*—Œufs Pochés à la Crême.)

Ingredients.—1 pint of water, 1 teaspoonful of salt, 4 teaspoonfuls of vinegar, 4 fresh eggs, ½ gill of cream, salt, pepper, and pounded sugar to taste, 1 oz. of butter.

Mode.—Put the water, vinegar, and salt into a frying-pan, and break each egg into a separate cup; bring the water, &c., to boil, and slip the eggs gently into it without breaking the yolks. Simmer them from 3 to 4 minutes, but not longer, and, with a slice, lift them out on to a hot dish, and trim the edges. Empty the pan of its contents, put in the cream, add a seasoning, to taste, of pepper, salt, and pounded sugar; bring the whole to the boiling-point; then add the butter, broken into small pieces; toss the pan round and round till the butter is melted; pour it over the eggs and serve. To ensure the eggs not being spoiled whilst the cream, &c., is preparing, it is a good plan to warm the cream with the butter, &c., before the eggs are poached, so that it may be poured over them immediately after they are dished.

Time.—3 to 4 minutes to poach the eggs, 5 minutes to warm the cream.
Average Cost for the above quantity, 9*d.*
Sufficient for 2 persons.
Seasonable at any time.

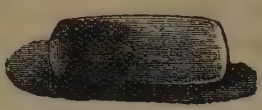
2628.—SCOTCH EGGS. (*Fr.*—Œufs Farcis au Jus.)

Ingredients.—6 eggs, 6 tablespoonfuls of forcemeat, No. 629, hot lard, ½ pint of good brown gravy.

Mode.—Boil the eggs for 10 minutes; strip them from the shells, and cover them with forcemeat made by recipe No. 629; or substitute pounded anchovies for the ham. Fry the eggs a nice brown in boiling lard, drain them before the fire from their greasy moisture, dish them, and pour round them a quarter to half a pint of good brown gravy. To enhance the appearance of the eggs, they may be rolled in beaten egg and sprinkled with bread-crumbs: but this is scarcely necessary if they are carefully fried. The flavour of the ham or anchovy in the forcemeat must preponderate, as it should be very relishing.

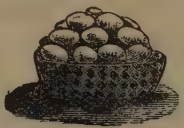
Time.—10 minutes to boil the eggs, 5 to 7 minutes to fry them
Average Cost, 1*s.* 4*d.*
Sufficient for 3 or 4 persons.
Seasonable at any time.

VARIOUS KINDS OF BUTTER, CHEESE AND EGGS.

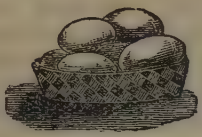


FRESH BUTTER.

BRITTANY BUTTER.

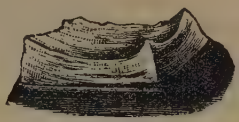


HENS' EGGS.

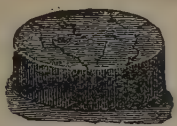


TURKEYS' EGGS.

GORGONZOLA CHEESE.



CREAM CHEESE.

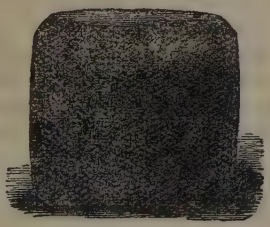


CAMEMBERT CHEESE.

BONDON CHEESE.

BALL OF BUTTER.

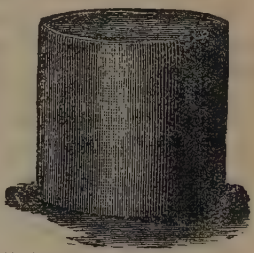
DUCKS' EGGS.



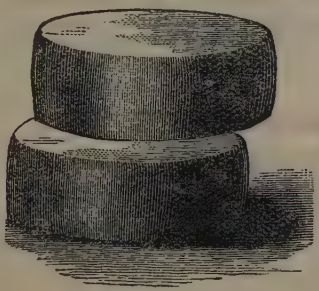
CHEDDAR CHEESE.

CURLED BUTTER.

PAT OF BUTTER



CHESHIRE CHEESE



YORKSHIRE CHEESE.

STILTON CHEESE.

2629.—EGGS WITH WHITE SAUCE. (*Fr.*—Œufs à la Tripe.)

Ingredients.—8 eggs, ¾ pint of Béchamel sauce No. 665, dessertspoonful of finely-minced parsley.

Mode.—Boil the eggs hard; put them into cold water, peel them, take out the yolks whole, and shred the whites. Make three-quarters of a pint of Béchamel sauce by recipe No. 665; add the parsley, and, when the sauce is quite hot, put the yolks of the eggs into the middle of the dish, and the shred whites round them; pour over the sauce, and garnish with leaves of puff-paste or fried croûtons. There is no necessity for putting the eggs into the saucepan with the Béchamel; the sauce, being quite hot, will warm the eggs sufficiently.

Time.—10 minutes to boil the eggs. **Average Cost,** 1*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

2630.—MUMBLED EGGS. (*Fr.*—Œufs Brouillés.)

Ingredients.—4 eggs, 4 slices of buttered toast, 2 oz. of fresh butter, 2 tablespoonfuls of milk, ½ a teaspoonful of salt, pepper.

Mode.—Lay the buttered toast in a hot dish before the fireplace, the butter and salt in a delicately-clean saucepan on the fire; break the eggs quickly on the butter, and stir one way with a silver spoon until a change is seen in the mixture, which solidifies; when remove it from the fire, still stirring, and spread upon the buttered toast, in four portions, lightly pepper, and serve *at once* very hot. Chopped ham or tongue, anchovy or tomatoes may be added.

Time.—5 minutes. **Average Cost,** 8*d.*

Sufficient for 4 persons.

Seasonable at any time.

Note.—A little practice will enable the cook to ascertain the exact moment for removing the saucepan from the fire; if taken off too soon, the mixture will run; if kept on the fire a minute too long it will harden and be spoilt. It should be of the consistency of good butter.

2631.—EGGS WITH MUSHROOMS. (*Fr.*—Œufs aux Champignons.)

Ingredients.—12 button mushrooms, 2 onions, 6 eggs, ½ pint of good gravy, pepper and salt, 1 oz. of butter.

Mode.—Slice, fry and drain the mushrooms and onions. Boil the eggs hard and slice them, white and yolk separately; add the butter and seasoning, and simmer the whole in a half pint of good gravy. Put in the

sliced yolk last, and let them remain a minute only. Serve very hot, and garnish with thin rings of some of the white of the eggs.

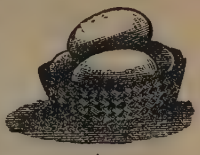
Time.—20 minutes. **Average Cost,** 1*s.* 4*d.* for this quantity.

Sufficient for 4 persons.

Seasonable at any time.

2632.—CURRIED EGGS. (*Fr.*—Œufs au Kari.)

Ingredients.—6 eggs, 2 teaspoonfuls of curry-powder, 1½ pint of good gravy, thickening of flour and butter.



GEESE'S EGGS.

Mode.—Mix the curry-powder into a paste with a little gravy, and rub it, adding the gravy until it is completely amalgamated; let it then simmer gently until it is reduced to little more than half a pint; thicken it with a little flour and butter; boil the eggs hard, cut them into slices, yolk and white together; warm up for 5 minutes and serve very hot.

Time.—4 hours to simmer slowly, 5 minutes to warm up. **Average Cost,** 1*s.* for this quantity.

Sufficient for 4 persons.

Seasonable at any time.

2633.—SAVOURY EGGS.

Ingredients.—4 eggs, ½ oz. of butter, anchovy sauce or paste, cayenne, 8 croûtons, Montpellier butter, aspic jelly.

Mode.—Boil the eggs for 10 minutes and put them in cold water; when cold, shell them, cut off a little piece at each end, so that they may stand, then cut them in halves and take out the yolks. Pound the yolks in a mortar with the butter, enough anchovy sauce or paste to flavour the eggs, and cayenne to taste. Spread the croûtons with Montpellier butter, put on each a cup formed of the half egg, filling them with the mixture; rough up a little aspic jelly, arrange the eggs in a circle on a dish or plate, put the jelly in the centre and garnish with watercress.

Average Cost, 1*s.*

Sufficient for 4 persons.

Seasonable at any time.

Note.—Anchovies pounded, Liebig, or sardines, may be used instead of anchovy paste for this dish.

CHAPTER XLIII.

GENERAL OBSERVATIONS ON BEVERAGES, INCLUDING TEA, COFFEE, COCOA, WINES, LIQUEURS, CUPS & AMERICAN DRINKS.

TEA, COFFEE AND COCOA

2634. ***Beverages*** are innumerable in their variety, and space does not avail to treat of all in detail, but the ordinary beverages drunk in the British Isles may be divided into three classes: 1. Beverages of the simplest kind, not effervescing nor fermented, generally infusions or decoctions of various substances. 2. Beverages, consisting of water containing a considerable quantity of carbonic acid. 3. Beverages containing alcohol in greater or less amount.

Of the first class may be mentioned—water, toast-and-water, barley-water, eau sucré, lait sucré, cheese and milk whey, milk and water, lemonade, orangeade, sherbet, apple and pear juice, capillaire, vinegar and water, raspberry vinegar and water, tea, coffee and cocoa. Of the common class of beverages consisting of water impregnated with carbonic acid gas, we may name soda water, single and double, ordinary effervescing draughts, gingerbeer and the various mineral waters, natural and artificial. The beverages composed partly of fermented liquors, are hot spiced wines, bishop, egg-flip, egg-hot, ale-posset, sack-posset, punch, and spirits and water.

2635. ***Water.***—To whichever class our beverages belong, water is the basis of them all. Even our solid food contains more water than anything else; our drink often contains only a trace of flavouring and colouring matter. Nothing is of more importance to the housekeeper than to obtain an ample supply of sufficiently pure water. We say "sufficiently pure," for absolutely pure water, consisting only of two parts of hydrogen to one of oxygen, does not exist in nature; and when it is obtained by the distiller's art, is flat and distasteful to those who have not accustomed themselves to its use. Water, as we get it, is never pure; the thing is, that it must not contain impurities dangerous to health. Dissolved air and gases make it bright and sparkling: they are driven off by boiling, and hence the insipid taste and dull appearance of boiled water. Whatever water we drink, it once existed in the form of rain, and, falling on the surface of the earth, took up a variable quantity of whatever it fell upon, and also dissolved something of the soil it trickled through. Some rocks, like granite, are insoluble; some, as for example chalk, are readily soluble, especially in water containing carbonic acid gas, which rain washes down out of the air. So, while

one water may contain only ½ grain of mineral matter in a gallon of water, another has many grains in the gallon. We call the latter a hard water, and object to it for cooking purposes for several reasons. It tends to make the meat and vegetables cooked in it hard; it wastes soap; it deposits "fur" on saucepans and kettles. The "fur" is the mineral matter once dissolved in the water, now thrown down in the saucepan (1) because water has boiled away and gone off in steam, leaving behind it the mineral that could not be vaporised; (2) because carbonate of lime is dissolved only in water that contains carbonic acid gas, and the gas is driven off as soon as the water boils, and long before it has boiled away. It is upon this last reason that the softening of water by boiling depends.

2636. ***Organic impurities.***—But hard water, if undesirable, is not dangerous. Admixture of organic matter is dangerous, of *animal* organic matter more especially. Where surface wells are dug into a porous soil in the neighbourhood of inhabited houses, there is greater danger of such contamination, and water from such a source is seldom fit to drink.

River water is often mixed with sewage, and water that is sufficiently pure in the company's mains is often made impure through the condition or position of the cistern in which it is stored.

FILTER.

2637. ***To purify Water.***—Water that is unfit to drink is not made in any way better by the addition of spirits, wine or any flavouring matter. It is improved by boiling, which is the only practicable household means of purifying unwholesome water. There is also some reason to believe that marsh water is purified by the addition of some vegetable bitter, of which tea is a convenient example. The Chinese, who habitually drink marsh water, and who do not appear to suffer from the practice, habitually use a decoction of tea leaves. Most of the decoctions and infusions mentioned above as belonging to class 1 are useful, because the water of which they are made must be boiled, the flavouring matter afterwards being added to conceal the insipidity. Boiled water can be aërated by trickling slowly through a small aperture—a cask pierced with pinholes serves the purpose; by pouring from one jug to another, if only a small quantity has to be dealt with; or by some of the aërating filters now in use.

2638. ***Filters*** should be resorted to as well as, not instead of, boiling, as a means of purifying bad water. They may act in two ways. First, mechanically, by separating or straining off all suspended matter. Secondly, by exposing suspended or dissolved organic matter to the action of oxygen. Besides this, certain filtering substances are used that appear to have some direct action on the water, the nature of which is imperfectly understood. Charcoal in blocks, lumps, or powder is the commonest filtering medium. It must be frequently renewed, cleaned, or reburnt, without which care it becomes useless, or worse: therefore, charcoal filters, where the charcoal cannot be got at, are open to grave objection. The filters must be left empty at least once in the twenty-four hours.

Spongy iron filters are well-known, and are excellent. Silicate of carbon is also good. Sand, sponge, &c., are useful only as strainers in domestic filtration. All filtration is more likely to be useful if it be slow.

2639. ***The most popular non-alcoholic beverage*** in this country is tea, now considered almost a necessary of life. Previous to the middle of the 17th century it was not used in England, and it was wholly unknown to the

Greeks and Romans. Pepys says, in his diary—"September 25th, 1661.—I sent for a cup of tea (a China drink), of which I had never drunk before." Two years later it was so rare a commodity in England that the English East India Company bought 2 lbs. 2 oz. of it as a present for his Majesty. In 1666 it was sold in London for sixty shillings a pound. From that date the consumption has gone on increasing from 5,000 lbs. to 50,000,000 lbs.

2640. ***The Tea Plant.***—Linnæus was induced to think that there were two species of tea-plant, one of which produced the black, and the other the green teas; but later observations do not confirm this. When the leaves of black and green tea are expanded by hot water, and examined by the botanist, though a difference of character is perceived, yet this is not sufficient to authorise considering them as distinct species. The tea-tree flourishes best in temperate regions; in China it is indigenous. The part of China where the best tea is cultivated is called by us the "tea country." The cultivation of the plant requires great care. It is raised chiefly on the sides of hills; and, in order to increase the quantity and improve the quality of the leaves, the shrub is pruned, so as not to exceed the height of from two to three feet, much in the same manner as the vine is treated in France. They pluck the leaves, one selecting them according to the kinds of tea required; and notwithstanding the tediousness of the operation, each labourer is able to gather from four to ten or fifteen pounds a day. When the trees attain to six or seven years of age, the produce becomes so inferior that they are removed to make room for a fresh succession, or they are cut down to allow of numerous young shoots. Teas of the finest flavour consist of the youngest leaves; and as these are gathered at four different periods of the year, the younger the leaves the higher flavoured the tea, and the scarcer, and consequently the dearer the article.

2641. ***Indian Tea.***—Much Indian tea is now brought to this country, and is, as a rule, more highly flavoured than the Chinese, so that it is used for mixing with the Chinese. The best Indian tea is high priced, but not, therefore, necessarily dear, as some tea is heavy and some light, so that a teaspoonful does not bear the same ratio to every pound, nor produce the same strength of infusion. "Strong, brisk, family tea" is generally warranted to produce the greatest quantity of the blackest liquid from a given number of spoonfuls, but the connoisseur does not need to be told that the best tea generally produces a pale-coloured infusion, and that depth of colour is not an invariable sign of strength. Orange, mandarin, Imperial pekoe are sold sparingly in this country, generally to mix with other qualities. Caravan tea comes overland to Russia, where it is sold at an immense price, on the supposition that a sea voyage destroys the flavour. Some is brought to this country. Twankay, Hyson and Gunpowder are green teas.

Tea, when chemically analysed, is found to contain woody fibre, extractives, colouring matters, and mineral ash. A more important constituent is the tannin, or tannic acid, to which it owes its bitter taste, particularly noticeable when the tea has stood for a long time, or has been boiled. It is to the tannin that its decided and often baneful effects upon the digestive organs are ascribed, effects that are most noticeable in those persons who have the habit of drinking tea that has stood, or "drawn" for a length of time.

The constituent *theine* is now found to be identical with *caffeine* in coffee, *theobromine* in cocoa, and with the vegetable alkaloid found in maté, the tea of Paraguay. It must be considered as something more than a coincidence that men under widely different circumstances of life, and in widely removed countries, should have brought into universal use beverages of identical effect, obtained from plants of entirely different species.

Tea is not to be looked upon as an article of food. The nourishment it

contains is that of the milk and sugar mixed with it, and no more. Theine acts directly on the nervous system, and it is for the sake of this action that tea is habitually consumed.

2642. ***Chinese Tea.***—The various names by which Chinese teas are sold in the British market are corruptions of Chinese words. There are about a dozen different kinds; but the principal are Bohea, Congou and Souchong, and signify respectively, inferior, middling and superior. Teas are often perfumed and flavoured with the leaves of different kinds of plants grown on purpose. Different tea-farms in China produce teas of various qualities, raised by skilful cultivation on various soils.

Chinese tea has frequently been adulterated in this country by the admixture of the dried leaves of certain plants. The leaves of the sloe, white thorn, ash, elder, and some others, have been employed for this purpose; such as the leaves of the speedwell, wild germander, black currant, syringa, purple-spiked willow-herb, sweetbrier and cherry tree. Some of these are harmless; others are to a certain degree poisonous, as, for example, are the leaves of all the varieties of the plum and cherry tribe, to which the sloe belongs. Adulteration by means of these leaves is by no means a new species of fraud; and several Acts of Parliament, from the time of George II., have been passed, specifying severe penalties against those guilty of the offence, which, notwithstanding numerous convictions, continues to the present time.

2643. ***In the purchase of tea,*** that should be chosen which possesses an agreeable odour and is as whole as possible, in order that the leaf may be easily examined. The greatest care should be taken that it has not been exposed to the air, which destroys its flavour. Good broken leaf tea may sometimes be bought advantageously.

2644. ***Coffee.***—It would be impossible, in the space at our command, to enumerate the various modes adopted in different countries for "making coffee;" that is, the phrase commonly understood to mean the complete preparation of this delicious beverage for drinking. For performing this operation, such recipes or methods as we have found most practical will be inserted in their proper place; but the following facts connected with coffee will be found highly interesting.

SPIRIT KETTLE.

2645. ***The Introduction of coffee*** into this country is comparatively of recent date. We are assured by Bruce that the coffee-tree is a native of Abyssinia, and it is said to have been cultivated in that country from time immemorial.

It appears that coffee was first introduced into England by Daniel Edwards, a Turkey merchant, whose servant, Pasqua, a Greek, understood the manner of roasting it. This servant, under the patronage of Edwards, established the first coffee-house in London, in George Yard, Lombard Street. Coffee was then sold at four or five guineas a pound, and a duty was soon afterwards laid upon it of four-

pence a gallon, when made into a beverage. In the course of two centuries, however, this berry, unknown originally as an article of food, except to some savage tribes on the confines of Abyssinia, has made its way through the whole of the civilised world. Mahommedans of all ranks drink coffee twice a day; it is in universal request in France; and the demand for it throughout the British Isles is daily increasing, the more especially since so much attention has been given to mechanical contrivances for roasting and grinding the berry and preparing the beverage.

2646. ***Of the various kinds of coffee,*** the Arabian is considered the best. It is grown chiefly in the districts of Aden and Mocha; whence the name of our Mocha coffee. Mocha coffee has a smaller and rounder bean than any other, and likewise a more agreeable smell and taste. The next in reputation and quality is the Java and Ceylon coffee, and then the coffees of Bourbon and Martinique, and that of Berbice, a district of the colony of British Guiana. The Jamaica and St. Domingo coffees are less esteemed.

A considerable change takes place in the arrangement of the constituents of coffee by the application of heat in roasting it. Independently of one of the objects of roasting, namely, that of destroying its toughness and rendering it easily ground, its tannin and other principles are rendered partly soluble in water; and it is to the tannin that the brown colour of the decoction of coffee is owing. An aromatic flavour is likewise developed during torrefaction, which is not perceived in the raw berry, and which is not produced in the greatest perfection until the heat has arrived at a certain degree of temperature; but if the heat be increased beyond this, the flavour is again dissipated, and little remains but a bitter and astringent matter, with carbon.

2647. ***The roasting of coffee*** in the best manner requires great nicety, and much of the qualities of the beverage depends upon the operation. The roasting of coffee for the dealers in London and Paris has now become a separate branch of business, and some of the roasters perform the operation on a great scale, with considerable skill. Roasted coffee loses from 20 to 30 per cent. by sufficient roasting, and the powder suffers much by exposure to the air; but, while raw, it not only does not lose its flavour for a year or two, but improves by keeping. If a cup of the best coffee be placed upon a table boiling hot, it will fill the room with its fragrance: but the coffee, when warmed again after being cold, will be found to have lost most of its flavour.

COFFEE-GRINDER.

2648. ***To have coffee in perfection***, it should be roasted and ground just before it is used, and more should not be ground at a time than is wanted for immediate use, or if it be necessary to grind more, it should be kept closed from the air. Coffee readily imbibes exhalations from other substances, and thus often acquires a bad flavour; brown sugar placed near it will communicate a disagreeable flavour. It is stated that the coffee in the West Indies has often been injured by being laid in rooms near the sugar works, or where rum is distilled; and the same effect has been produced by bringing over coffee in the same ships with rum and sugar. Dr. Moseley mentions that a few bags of pepper, on board a ship from India, spoiled a whole cargo of coffee.

With respect to the quantity of coffee used in making the decoction, much depends upon the taste of the consumer. The greatest and most common fault in English coffee is the too small quantity of the ingredient. Count Rumford says that to make good coffee for drinking after dinner, a pound of good Mocha

coffee, which, when roasted and ground, weighs only thirteen ounces, serves to make fifty-six full cups or a little less than a quarter of an ounce to a coffee-cup of moderate size.

2649. ***The use of chicory*** with coffee was originally a Dutch practice, and dates back about a century ago. The admixture was long kept a secret by the Dutch dealers, and only became known in other countries in the beginning of this century. For France alone the consumption now reaches 6,000,000 kilograms.

2650. ***Cocoa.***—The consumption of cocoa is yearly increasing in this country. It is prepared from the seeds of the *Theobroma Cacao*, a tree grown in South America, Asia and Africa. Chocolate was introduced into Europe by the Spaniards, whose national beverage it still is, and it reached England during the latter half of the seventeenth century. Columbus brought it to Europe in 1520.

Cocoa possesses to some extent the stimulating properties of tea and coffee, but it differs from them in that it contains also a considerable amount of fat and albuminous matter. It is, as its name implies, food as well as drink. Moreover we drink not merely an infusion of cocoa but the cocoa itself. A picture of cocoa as it is imported appears on page 1197. The first step is to roast the nut and to remove the husk. The kernel roughly ground, and usually with some of the fat removed, is sold as cocoa nibs. Prepared cocoa is made by grinding the kernel to powder, removing some of the fat, and adding a certain proportion of starchy matter and sugar. To some of the cheaper cocoas the ground husk is added by way of adulteration. All these preparations are sweet, and thicken when mixed with boiling water and milk. The pure cocoa extracts and essences consist only of ground cocoa nibs with some of the fat removed; they have a distinctly bitter flavour, and they do not thicken with boiling. Some few harmful substances are occasionally added as adulterants. The best prepared cocoas are wholesome and nourishing, and contain only cocoa, starch and sugar. Chocolate is prepared by grinding the finer sorts of cocoa beans over warm rollers, with a suitable addition of sugar and vanilla or other flavouring. Much skill is employed in its preparation, and the best qualities are sold at a high price. It is used as a beverage, but more often in this country as a luxury or a food. It is very nourishing and sustaining, and is often carried by pedestrians and mountaineers.

For most of the recipes in this book, cocoa and sugar form a cheap and good substitute for chocolate, for jellies, creams, puddings, &c.

2651. ***Maté,*** the tea of Paraguay, prepared from the Brazilian holly, is sold in this country, and has some few drinkers. The leaf is dried and pulverised and the infusion is prepared in a dried gourd or calabah, out of which it is sucked through a straw or bombilla.

2652. ***Coca,*** the dried leaf of the *Erythroxylon Coca*, is consumed in Bolivia, Peru, and the adjoining countries, where the inhabitants chew it as well as drink the infusion. In this country the leaves are chewed by pedestrians and cyclists as preventives of fatigue, or as restoratives after exertion. Used in the same way as Chinese tea, it has a pleasant flavour, and it does not appear to have the same ill-effects upon digestion, though there is no evidence to show what the effect of its prolonged use would be. Coca is sometimes used as a medicine.

These substitutes are in no wise imitations of tea and coffee, but are consumed for their own merits. Other substitutes are of the nature of adulterations, and contain no theine, nor analagous alkaloids. Much of the prepared coffee drunk in England is merely an infusion of burnt rye, beans and chicory, with coffee to flavour, and its power as a stimulant is that possessed by any hot liquid with accompanying nourishment in the shape of milk or sugar, a power that is very often forgotten or overlooked.

WINES, &c.

2653. ***Keeping Wines.***—Uniformity of temperature in the cellar is of the greatest importance. The cooler the cellar the better; you are not likely to find one too cold for such wines as champagnes and hocks. Ports, sherries and clarets require a medium temperature, say about 50° Fahrenheit; while madeiras, burgundies and sauternes will bear 60° as their average temperature. The less the range in temperature the better for all wines. A cellar always too warm is preferable to one that is sometimes hot and sometimes cold. A damp or badly ventilated cellar is prejudicial, especially to effervescing wines, as it rusts the wires and rots the strings which should secure the corks.

2654. ***Decanting Wines.***—This should always be done with great care. Some wines throw a deposit along the whole length of the side of the bottle as it lies in its bin. Such wines should be brought from the cellar and stood upright for a day or two before drinking them. The deposit thus falls to the bottom, or punt, of the bottle, and can be left there by not decanting quite all its contents. If any of this sediment is allowed to pass over into the decanter, it will render the wine cloudy and thick, and will displease the palate as well as the eye, for it will give a flat taste to the wine.

2655. ***Port and Claret.***—Other wines, notably port and clarets, coat the sides of the bottle on which they lie with a dark film, which in some cases adheres to the glass, but more frequently flakes off with a slight jar. These wines should, where it is practicable, be decanted in the cellar, so as to involve their not being carried farther than is absolutely necessary. Otherwise, each bottle should be brought to the decanting table in a separate basket, lying therein in nearly the same position as that in which it was found in the bin, but with the neck a little higher; the cork should then be removed with a lever or screw corkscrew and the wine poured into its decanter by steadily and slowly elevating the basket at the punt-end. By this means the film, or the "crust," as it is technically called, is left adhering to the bottle.

2656. ***Warming Wines.***—When certain wines, particularly clarets and madeira, are required in a hurry and have to be brought from a cold cellar, it is a good plan to warm the decanter before pouring the wine into it. When time permits, the decanters can be placed before a fire in the fender. A more expeditious way is to plunge the empty decanters into a pail of warm water; if, after decanting, the wine is found to be still too cold, the full decanter can then be held in the warm water for a sufficiently long time to bring it to the required temperature. As this temperature varies with the seasons, it is useless to give thermometrical observations. Practice will produce better results than hard and fast rules. An experienced bath-maker will tell by the hand in the water when your bath is at the heat that you have expressed your wish to have it. And so it is with the butler.

2657. ***Icing Wines.***—If you happen to possess a rich wine, which is rather more luscious than you care to drink, by icing it you will render it more palatable. Or if it be a highly flavoured wine, the character of which is too "prononcé" to please you, it may be toned down and the flavour subdued by icing it.

But for fine wines possessing delicate bouquet, our opinion of icing them corresponds with the German gentleman's views about matrimony, when he said "Wives ist de devil." Icing simply means ruining such wines as these, and should never on any account be permitted.

Icing has doubtless its advantages in the case of wines of inferior quality, as it

disguises some of the bad points. Hence one may reasonably conclude, when offered iced wine, either that it is not so good as it might be or that our entertainer is innocently spoiling the good wine which he is placing before us.

If an iced beverage is wanted in hot weather, have a cup made, either of cider, claret or rich champagne; but pray do not deteriorate fine wines by exposing them to temperatures many degrees below that at which they have been kept.

We knew, many years ago, a great epicure who always took, with his turtle-soup, *iced* madeira! De mortuis, &c.

2658. ***Serving Wines.***—Some few wines, notably old sherries, are often found to be better the day after the drawing of the cork. In such cases decanting should be done three or four hours before the time for serving, and the stopper of the decanter should not be put in.

Most wines are found to be at their best when they are served at about the temperature of the room in which they are to be consumed. Hence there is wisdom in the practice of placing decanters on the mantelpiece; for, as the room is always warmer at the end of a dinner than at its commencement, the wines for dessert which have been so treated are thus served at the proper temperature.

2659. ***Wineglasses.***—It is an undeniable fact that wine tastes better out of some forms and kinds of drinking-vessels than it does out of others. We do not know whether the reason for it has ever been satisfactorily explained. But if any one doubts it, let him put some of the same sherry into a tea-cup, and into a wineglass; and he will easily decide which of the two vessels gives the more satisfactory result. First, as to *form*. It is usually thought necessary to have different forms of wineglasses for different wines. Doubtless this variety pleases the eye; but there is not the slightest occasion for it, as far as the wine or the enjoyment of it is concerned. At least, there is one form which suits all wines, and that is, half of a soap-bubble, or to be very accurate, the lower five-eighths of a bubble, for the bowl of the glass should be a trifle more than the half of a globe. The reference to a soap-bubble is not merely for form's sake; it is intended also to convey the opinion that the glass cannot be too thin, if it will but hold the wine without breaking. You have only to try the same wine out of an old fashioned thick cut wineglass and out of a modern thin plain glass, and you will at once decide in favour of the latter.

2660. ***Large Glasses.***—Next, as to *size*. This is so much a matter of opinion and taste that we would leave it to our readers to decide for themselves. Not that we regard it as a matter of no moment, for we decidedly object to drinking champagne out of a liqueur-glass. But if one size of glass is to be sufficient—and we see no reason why it might not be so regarded—then let it be large enough. We have a higher opinion than most people entertain, of the wisdom of the gentleman who wished to have his maraschino "in a moog." History does not record that he wished the vessel to be filled; he simply requested that it might be served "in a mug;" and anyone who will compare the pleasure of drinking a tablespoonful of any liqueur out of a large thin claret-glass with the usual method of partaking of it will have no difficulty in deciding which he enjoys most. An old connoisseur of port, long since gone over to the majority, invariably had placed on his table after dinner one glass before each guest, and this was an elegant egg-shaped rummer made of very thin glass and holding nearly a pint. He explained that you might put as much or as little into it as you pleased, adding that in no glass of smaller size could you derive so much pleasure. In our opinion, glasses running four or five to the reputed quart bottle, are the best size.

RECIPES FOR BEVERAGES.

CHAPTER XLIV.

TEA, COFFEE, &c.

2661.—ALMOND MILK. (*Fr.*—Orgeat.)

Ingredients.—2 oz. of Jordan almonds, ½ oz. of bitter almonds, 2 oz. of loaf sugar, 1 tablespoonful of orange-flower-water, 1 pint of spring water.

Mode.—Blanch the almonds and pound them with the sugar and orange-flower-water, in a mortar, adding a few drops of water occasionally whilst pounding, to prevent too much oiliness. When the mixture looks creamy and smooth, pour it into a clean basin, add the cold spring water, and stir it with a silver or thin wooden spoon. Leave it for 2 hours, then strain and keep it either on ice or in a very cool place, as it is likely otherwise to turn sour. Almond milk is served with an equal quantity of water.

Average Cost, 4*d.* per pint.

2662.—TO MAKE CHOCOLATE. (*Fr.*—Chocolat.)

Ingredients.—Allow ½ ounce of chocolate to each person; to every oz. allow ½ pint of water, ½ pint of milk.

Mode.—Make the milk and water hot; scrape the chocolate into it, and stir the mixture constantly and quickly until the chocolate is dissolved; bring it to the boiling-point, stir it well, and serve directly with white sugar. Chocolate, prepared with a mill as shown in the engraving, is made by

putting in the scraped chocolate, pouring over it the boiling milk and water, and milling it over the fire until hot and frothy.

Sufficient.—Allow ½ oz. of cake chocolate to each person.

MILL.

Chocolate and Cocoa.—Both these preparations are made from the seeds, or beans, of the cocoa-tree, which grows in the West Indies and South America. The Spanish, and the proper name, is cacao, not cocoa, as it is generally spelt. From this mistake, the tree from which the beverage is procured has often been confounded with the palm that produces the edible cocoa-nuts, which are the produce of the cocoa-tree (*Cocos nucifera*), whereas the tree from which chocolate is procured is very different (the *Theobroma cacao*). The cocoa-tree was cultivated by the aboriginal inhabitants of South America, particularly in Mexico where, according to Humboldt, it was reared by Montezuma. It was transplanted thence into other dependencies of the Spanish monarchy in 1520: and it was so highly esteemed by Linnæus as to receive from him the name now conferred upon it, of Theobroma, a term derived from the Greek, and signifying "*food for gods.*" Chocolate has always been a favourite beverage among the Spaniards and Creoles, and was considered here as a great luxury when first introduced, after the discovery of America; but the high duties laid upon it confined it long almost entirely to the wealthier classes. Before it was subjected to duty, Mr. Bryan Edwards stated that cocoa plantations were numerous in Jamaica, but that the duty caused their almost entire ruin. The removal of this duty has increased the cultivation. (For Engraving of cocoa-bean, *see* No. 1197).

2663.—TO MAKE ESSENCE OF COFFEE.

(*Fr.*—Café.)

Ingredients.—To every ¼ lb. of ground coffee allow 1 small teaspoonful of powdered chicory, 3 small teacupfuls, or 1 pint, of water.

Mode.—Let the coffee be freshly ground, and, if possible, freshly roasted; put it into a percolator, or filter, with the chicory, and pour *slowly* over it the above proportion of boiling water. When it has all filtered through, warm the coffee sufficiently to bring it to the simmering-point, but do not allow it to boil; then filter it a second time, put it into a clean and dry bottle, cork it well, and it will remain good for several days. Two tablespoonfuls of this essence are quite sufficient for a breakfastcupful of hot milk. This essence will be found particularly useful to those persons who have to rise extremely early; and having only the milk to make boiling, it is very easily and quickly prepared. When the essence is bottled, pour another 3 teacupfuls of *boiling* water slowly on the grounds, which, when filtered through, will be a very weak coffee. The next time there is essence to be prepared, make this weak coffee boiling, and pour it on the ground coffee instead of plain water; by this means a better coffee will be obtained. Never throw away the grounds without having made use of them in this manner; and always cork the bottle well that contains this preparation, until the day that it is wanted for making the fresh essence. Prepared coffee essence can now be bought at a reasonable price, and of good quality. It needs to be mixed with *boiling* water or milk.

ESSENCE OF COFFEE.

Time.—To be filtered once, then brought to the boiling-point, and filtered again. **Average Cost,** with coffee at 1*s.* 8*d.* per lb., 6*d.*

Sufficient—Allow 2 tablespoonfuls for a breakfastcupful of hot milk.

2664.—TO ROAST COFFEE.

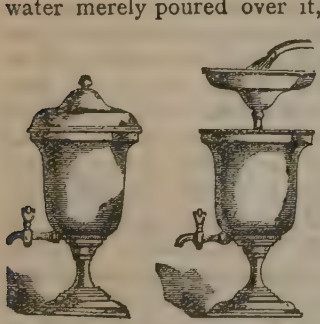
(A French Recipe.)

It being an acknowledged fact that French coffee is decidedly superior to that made in England, and as the roasting of the berry is of great importance to the flavour of the preparation, it will be useful and interesting to know how they manage these things in France. In Paris, there are two houses justly celebrated for the flavour of their coffee—*La Maison Corcellet* and *La Maison Royer de Chartres;* and to obtain this flavour, before roasting they add to every 3 lbs. of coffee a piece of butter the size of a nut, and a dessertspoonful of powdered sugar; it is then roasted in the usual manner. A tin in a slack oven, or a frying-pan over the fire will serve, with care. A rotating coffee roaster is of course better. The addition of the butter and sugar develops the flavour and aroma of the berry; but it must be borne in mind that the quality of the butter must be of the very best description.

2665.—TO MAKE COFFEE. (*Fr.*—Café.)

Ingredients.—Allow ½ oz., or 1 tablespoonful, of ground coffee to each person; to every oz. of coffee allow ⅓ pint of water.

Mode.—To make coffee good, *it should never be boiled*, but the boiling water merely poured over it, the same as for tea. The coffee should always be purchased in the berry—if possible, freshly roasted; and it should never be ground long before it is wanted for use. There are very many new kinds of coffee-pots, but the method of making the coffee is nearly always the same; namely, pouring the boiling water on the powder, and allowing it to filter through. Our illustration shows one of Loysel's Hydrostatic Urns, which are admirably adapted for making good and clear coffee, which should be made in the following manner:—Warm the urn with boiling water, remove the lid and movable filter, and place the ground coffee at the bottom of the urn. Put the movable filter over this, and screw the lid, inverted, tightly on the end of the centre pipe. Pour very slowly into the inverted lid the above proportion of boiling water, and when all the water so poured has disappeared from the funnel, and made its way down the centre pipe and up again through the ground coffee by *hydrostatic pressure*, unscrew the lid and cover the urn. Pour back direct into the urn, *not through the*



LOYSEL'S HYDROSTATIC URN.

funnel, one, two, or three cups, according to the size of the percolator, in order to make the infusion of uniform strength; the contents will then be ready for use, and should run from the tap strong, hot and clear. The coffee made in these urns generally turns out very good, and there is but one objection to them—the coffee runs rather slowly from the tap. This is of no consequence where there is a small party, but tedious where there are many persons to provide for. A remedy for this objection may be suggested; namely, to make the coffee very strong, so that not more than one-third of a cup would be required, as the rest would be filled up with milk. If coffee is properly made, whether in filters or percolators, or even in a jug or saucepan, there is no necessity for using isinglass, white of egg, and various other preparations to clear it. Coffee should always be served very hot, and, if possible, in the same vessel in which it is made, as pouring it from one pot to another cools, and consequently spoils it. Many persons may think that the proportion of water we have given for each ounce of coffee is rather small; it is so; and the coffee produced from it will be very strong; one-third of a cup will be found quite sufficient, which should be filled up with nice hot milk, or milk and cream mixed. This is the *café au lait* for which our neighbours over the Channel are so justly celebrated. Should the ordinary method of making coffee be preferred, use double the quantity of water, and, in pouring it into the cups, put in more coffee and less milk.

Sufficient.—For very good coffee, allow ½ oz., or 1 tablespoonful, to each person.

2666.—TO MAKE COFFEE IN A SAUCEPAN.

Have an earthenware or fire-proof china pan, put in freshly but not too finely-ground coffee with water, a dessertspoonful to every half pint. Set it over the fire till it is just about to boil. Take it off, stir it well, put it on again and again, let it nearly boil. Repeat this twice, when a thick scum will have risen. Set it by the side of the fire covered to settle, and serve with boiling milk.

2667.—A VERY SIMPLE METHOD OF MAKING COFFEE.

Ingredients.—Allow ½ oz., or 1 tablespoonful, of coffee to each person; to every oz. allow ½ pint of water.

Mode.—Have a small iron ring made to fit the top of the coffee-pot inside, and to this ring sew a small muslin bag (the muslin for the purpose must not be too thin). Fit the bag into the pot, pour some boiling water

in it, and, when the pot is well warmed, put the ground coffee into the bag; pour over as much boiling water as is required, close the lid, and when all the water has filtered through, remove the bag, and send the coffee to table. Making it in this manner prevents the necessity of pouring the coffee from one vessel to another, which cools and spoils it. The water should be poured on the coffee gradually, so that the infusion may be stronger: and the bag must be well made, that none of the grounds may escape through the seams, and so make the coffee thick and muddy.

COFFEE.

Sufficient.—Allow 1 tablespoonful, or ½ oz. to each person.

The Coffee Plant grows to the height of about twelve or fifteen feet, with leaves not unlike those of the common laurel, although more pointed, and not so dry and thick. The blossoms are white, much like those of jasmine, and issue from the angles of the leaf-stalks. When the flowers fade, they are succeeded by the coffee-bean, or seed, which is enclosed in a berry of a red colour, when ripe resembling a cherry. The coffee-beans are prepared by exposing them to the sun for a few days, that the pulp may ferment and throw off a strong acidulous moisture. They are then gradually dried for about three weeks, and put into a mill to separate the husk from the seed.

2668.—CAFÉ AU LAIT.

This is merely very strong coffee added to a large proportion of good hot milk; about 6 tablespoonfuls of strong coffee being quite sufficient for a breakfastcupful of milk. Of the essence, No. 2663, which answers admirably for *café au lait*, so much would not be required. This preparation is infinitely superior to the weak watery coffee so often served at English tables. A little cream mixed with the milk, if the latter cannot be depended on for richness, improves the taste of the coffee, as also the richness of the beverage.

MILK JUG.

Sufficient.—6 tablespoonfuls of strong coffee or 2 tablespoonfuls of the essence to a breakfastcupful of milk.

Tea and Coffee.—It is true, says Liebig, that thousands have lived without a knowledge of tea and coffee; and daily experience teaches us, that under certain circumstances, they may be dispensed with without disadvantage to the merely animal functions; but it is an error, certainly, to conclude from this that they may be altogether dispensed with in reference to their effects; and it is a question, whether, if we had no tea and no coffee, the popular instinct would not seek for and discover the means of replacing them. Science, which accuses us of so much in these respects, will have, in the first place, to ascertain, whether it depends on sensual and sinful inclinations merely, that every people of the globe have appropriated some such means of acting on the nervous life, from the shore of the Pacific, where the Indian retires from life for days in order to enjoy the bliss of intoxication with koko, to the Arctic regions, where Kamtschatdales and Koriakes prepare an intoxicating beverage from a poisonous mushroom. We think it, on the contrary, highly probable, not to say certain, that the instinct of man, feeling certain blanks, certain wants of the intensified life of our times, which cannot be satisfied or filled up by mere quantity, has discovered, in these products of vegetable life the true means of giving to his food the desired and necessary quality.

2669.—CAFÉ NOIR.

This is usually handed round after dinner, and should be drunk well sweetened, with the addition of a little brandy or liqueurs, which may be added or not at pleasure. The coffee should be made very strong, and served in very small cups, but never mixed with milk or cream. *Café noir* may be made of the essence of coffee, No. 2663, by pouring a dessert-spoonful into each cup, and filling it up with boiling water. This is a very simple and expeditious manner of preparing coffee for a large party, but the essence for it must be made very good, and kept well corked until required for use.

2670.—TO MAKE TEA.

There is very little art in making good tea; if the water is boiling, and there is no sparing of the fragrant leaf, the beverage will almost invariably be good. The teapot must be kept dry. Delicately-flavoured tea is better made in an earthen than a metal pot. The old-fashioned plan of allowing a teaspoonful to each person, and one over, is still practised. Warm the teapot with boiling water; let it remain for two or three minutes for the vessel to become thoroughly hot, then pour it away. Put in the tea, pour in from half to three-quarters of a pint of *freshly boiling* water, close the lid, and let it stand for the tea to draw from 5 to 10 minutes; then fill up the pot with water. The tea will be quite spoiled unless made with water that is actually *boiling*, as the leaves will not open, and the flavour not be extracted from them; the beverage will consequently be colourless and tasteless—in fact, nothing but tepid water. Neither will it be good if the water has simmered for hours. Where there is a very large party to make tea for, it is a good plan to have two teapots instead of putting a large quantity of tea into one pot; the tea, besides, will go farther. When the infusion has been once completed, the addition of fresh tea adds very little to the strength; so, when more is required, have the pot emptied of the old leaves, scalded, and fresh tea made in the usual manner. Economists say that a few grains of carbonate of soda, added before the boiling water is poured on the tea, assist to draw out the goodness. If the water is very hard, perhaps it is a good plan, as the soda softens it; but care must be taken to use this ingredient sparingly, as it is liable to give the tea a soapy taste if added in too large a quantity. For mixed tea, the usual proportion is four spoonfuls of black to one of green; more of the

TEAPOT.

latter when the flavour is very much liked; but strong green tea disagrees with some persons, and should never be partaken of by them.

Time.—2 minutes to warm the teapot, 5 to 10 minutes to draw the strength from the tea.

Sufficient.—Allow 1 teaspoonful to each person, and one over.

TEA.

Tea.—The tea-tree or shrub belongs to the class and order of *Monadelphia polyandria* in the Linnæan system, and to the natural order of *Aurantiaceæ* in the system of Jussieu. Lately it has been made into a new order, the *Theasia*, which includes the camellia and some other plants. It commonly grows to the height of from three to six feet; but it is said that, in its wild or native state, it reaches twenty feet or more. In China, it is cultivated in numerous small plantations. In its general appearance, and the form of its leaf, it resembles the myrtle. The blossoms are white and fragrant, not unlike those of the wild rose, but smaller; and they are succeeded by soft green capsules, containing each from one to three white seeds. These capsules are crushed for oil, which is in general use in China.

Note.—The Tea-Float is a very useful addition to the teapot. The tea is placed in the float, and the float in the teapot. Boiling water is added as in ordinary tea-making. The float rises to the surface, and thus retains the tea at the hottest part of the water, instead of its sinking to the bottom, which is the coldest part. By this application of natural laws and the chemistry of tea-making, all the strength of the tea is withdrawn, and the infusion is far stronger than when prepared in the usual way. A smaller quantity of tea is therefore required when the tea-float is used. The float can be procured of all grocers, tea dealers, &c., and is from 1*s.* to 1*s.* 6*d.* in price.

SUGAR BASIN, CREAM EWER AND TEAPOT.

2671.—AN EXCELLENT SUBSTITUTE FOR MILK OR CREAM IN TEA OR COFFEE.

Ingredients.—Allow 1 new-laid egg to every large breakfastcupful of tea or coffee.

Mode.—Beat up the whole of the egg in a basin, put it into a teacup (or a portion of it, if the cup be small), and pour over it the tea or coffee very hot. These should be added very gradually, and stirred all the time, to prevent the egg from curdling. In point of nourishment, both these beverages are much improved by this addition.

Sufficient.—Allow 1 egg to every large breakfastcupful of tea or coffee.

2672.—TO MAKE COCOA.

Ingredients.—Allow 2 teaspoonfuls of the prepared cocoa, or one of Cadbury's Cocoa Essence, to 1 breakfast-cup; boiling milk and boiling water.

Mode.—Put the cocoa into a breakfast-cup, pour over it sufficient cold milk to make it into a smooth paste; then add equal quantities of boiling milk and boiling water, and stir all well together. Care must be taken not to allow the milk to get burnt, as it will entirely spoil the flavour of the preparation. The rock cocoa, or that bought in a solid piece, should be scraped, and made in the same manner, taking care to rub down all the lumps before the boiling liquid is added. All cocoa is better boiled for a minute or two.

COCOA-BEAN.

Sufficient.—2 teaspoonfuls of prepared cocoa, or 1 of Cadbury's Cocoa Essence, for 1 breakfast-cup, or ¼ oz. of the rock cocoa for the same quantity.

WINES AND LIQUEURS.

2673.—APPLE WINE.

Ingredients.—40 lbs. of sugar, 15 gallons of cider.

Mode.—The cider must be pure and made only from really ripe, sound apples (this is important). If the wine is to be quite sweet, add another 10 lbs. of sugar, and put all into the cider, letting it stand till dissolved. Put the liquor into a cask but leave it unfilled to the extent of 2 gallons. Put the cask into a cool position, with the bung out for 48 hours. After this bung it up, but let there be a small vent somewhere—in the bung would do—until the fermentation is over. Then bung up quite securely, and the wine will be ready for consumption in twelve months. There is no racking required in the manufacture of this wine.

Time.—to remain in the cask twelve months. **Average Cost,** *2s. 6d.* per gallon.

Seasonable, make this in January or February

2674.—APRICOT WINE.

Ingredients.—12 lbs. of ripe apricots, 6 oz. of loaf sugar to every quart of liquor.

Mode.—Wipe the apricots, cut them in pieces and let them boil in two gallons of water. After boiling up, let them simmer, till the liquor is strongly impregnated with the flavour of the fruit. Strain through a hair sieve, and put 6 oz. of lump sugar to every quart of liquor. Boil up again, skim very carefully, and as soon as no more scum appears, put it into an

earthen pan. *Bottle next day* if it is quite clear, and put 1 lump of sugar into each bottle. It should be a fine wine in six months.

Time.—2 hours to boil. **Average Cost,** 1*s.* per quart.

Seasonable, make this in August or September.

2675.—BLACK CHERRY WINE.

(*Very Nice.*)

Ingredients.—24 lbs. of small black cherries, 2 lbs. of sugar to each gallon of liquor.

Mode.—Bruise the cherries, but leave the stones whole, stir well, and let the mixture stand 24 hours, then strain through a sieve, add the sugar, mix again, and stand another 24 hours. Pour away the clear liquor into a cask, and when fermentation has ceased, bung it closely. Bottle in 6 months' time. It will keep from 12 to 18 months.

Time.—To remain in the cask six months. **Average Cost,** 6*d.* per quart.

Seasonable, make this in July or August.

2676.—CLARY WINE.

Ingredients.—To 1 gallon of water, put 3 lbs. of sugar, 2 tablespoonfuls of yeast, 1 quart of fresh clary flowers and tops, ½ pint of brandy.

Mode.—This well-known and popular beverage, with the higher classes in bygone days, is made as follows. Boil together the water and sugar, skimming thoroughly; let it cool, then put it into a cask. Mix a little of the liquor with the yeast, and when it is working well add it to the rest, and add the clary flowers and tops. Stir the mixture twice daily for 5 days, and bung up when the wine has stopped hissing. Let it stand 4 months, then rack it off, empty away the dregs, cleanse the cask and put the wine back again, adding the brandy. Bung it, and it will be ready for bottling in 2 months, and for drinking in 6. (As this wine leaves much deposit, the tap for drawing it off should be high up in the cask.)

Time.—12 months. **Average Cost,** 1*s.* 6*d.* per gallon.

2677.—CHERRY BOUNCE.

Ingredients.—12 lbs. of cherries, 4 lbs. of sugar to each gallon of juice, ¼ teaspoonful of allspice, 4 blades of mace, 1 quart of brandy, 1 quart of rum.

Mode.—Stone the cherries, put them into a stone jar and set it in a saucepan of water, letting it boil till all the juice is extracted. Strain the juice and put sugar and spice as above, and boil until all the scum has disappeared. Let it cool, then add the spirits, and bottle.

Time.—It will be ready for use in 3 or 4 months. **Average Cost,** 3*s.* 6*d.* per quart.

Seasonable.—Make this in July or August.

2678.—TO MAKE CHERRY BRANDY.

Ingredients.—Morella cherries, good brandy; to every lb. of cherries allow 8 oz. of pounded sugar.

CHERRY BRANDY.

Mode.—Have ready some glass bottles, which must be perfectly dry. Ascertain that the cherries are not too ripe and are freshly gathered, and cut off about half of the stalks. Put them into the bottles, with the above proportion of sugar to every pound of fruit; strew this in between the cherries, and, when the bottles are nearly full, pour in sufficient brandy to reach just below the cork. A few peach or apricot kernels will add much to their flavour, or a few blanched bitter almonds. Put corks or bungs into the bottles, tie over them a piece of bladder, and store away in a dry place. The cherries will be fit to eat in 2 or 3 months, and will remain good for years. They are liable to shrivel and become tough if too much sugar be added to them.

Average Cost, 1*s.* to 1*s.* 6*d.* per pound.

Sufficient.—1 lb. of cherries and about ½ pint of brandy for a quart bottle.

Seasonable in August and September.

2679.—COWSLIP WINE.

Ingredients.—To every gallon of water allow 3 lbs. of lump sugar, the rind of 2 lemons, the juice of 1, the rind and juice of 1 Seville orange, 1 gallon of cowslip pips. To every 4½ gallons of wine allow 1 bottle of brandy.

COWSLIP WINE.

Mode.—Boil the sugar and water together for half-an-hour, carefully removing all the scum as it rises. Pour this boiling liquor on the orange and lemon-rinds, and the juice, which should be strained; when milk-warm, add the cowslip pips or flowers, picked from the stalks and seeds; and to 9 gallons of wine 3 tablespoonfuls of good fresh brewers' yeast. Let it ferment 3 or 4 days; then put all together in a cask, with the brandy, and let it remain for 2 months, when bottle it off for use.

Time.—To be boiled ½ hour; to ferment 3 or 4 days; to remain in the cask 2 months. **Average Cost,** exclusive of the cowslips, which may be picked in the fields, 2*s.* 9*d.* per gallon.

Seasonable.—Make this in April or May.

2680.—RED CURRANT WINE (WITH RASPBERRIES).

Ingredients.—10 gallons of red-currant juice, 1 pint of raspberry juice, 20 gallons of water, 18 lbs. of finely sifted loaf sugar.

Mode.—Put the ingredients together and let them stand until the sugar is dissolved, then put the liquor into a cask, and bung lightly, for the air to aid in the fermentation. Let it cease fermenting, then bung tightly. Bottle in a year's time, using sound corks and sealing them. It will be in excellent condition in three months.

Time.—Altogether about 16 months. **Average Cost,** 2*s.* per gallon.

Seasonable in June, July and August.

2681.—DAMSON WINE.

Ingredients.—1 gallon of boiling water to every 8 lbs. of bruised fruit, 2½ lbs. of sugar to each gallon of juice.

Mode.—Well bruise the fruit and pour the boiling water on it; let it stand 48 hours. Then strain the mixture into a cask and put in the sugar. When fermentation ceases fill up the cask and bung closely. Bottle in 10 months' time. It will be fit for use in a year, but improves with keeping.

Time.—About two years. **Average Cost,** 2*s.* per gallon.

Seasonable in September and October.

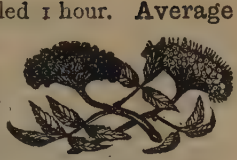
2682.—ELDER WINE.

Ingredients.—To every 3 gallons of water allow 1 peck of elderberries; to every gallon of juice allow 3 lbs. of sugar, ½ oz. of ground ginger, 6 cloves, 1 lb. of good Turkey raisins; ¼ pint of brandy to every gallon of wine. To every 9 gallons of wine 3 or 4 tablespoonfuls of fresh brewers' yeast.

Mode.—Pour the water, quite boiling, on the elderberries, which should be picked from the stalks, and let these stand covered for 24 hours; then strain the whole through a sieve or bag, breaking the fruit to express all the juice from it. Measure the liquor, and to every gallon allow the above proportion of sugar. Boil the juice and sugar with the ginger, cloves and raisins for 1 hour, skimming the liquor the whole time; let it stand until milk-warm, then put it into a clean, dry cask, with 3 or 4 tablespoonfuls of good fresh yeast to every 9 gallons of wine. Let it ferment for about a fortnight; then add the brandy, bung up the cask, and let it stand some months before it is bottled, when it will be found excellent. A bunch of hops suspended to a string from the bung, some persons say, will preserve the wine good for several years. Elder wine is usually mulled, and served with sippets of toasted bread and a little grated nutmeg.

Time.—To stand covered 24 hours; to be boiled 1 hour. **Average Cost,** when made at home, 3*s.* 6*d.* per gallon.

Seasonable.—Make this in September.



ELDERBERRIES.

Elderberry Wine.—The elderberry is well adapted for the production of wine; its juice contains a considerable portion of the principle necessary for a vigorous fermentation, and its beautiful colour communicates a rich tint to the wine made from it. It is, however, deficient in sweetness, and therefore demands an addition of sugar. It is one of the very best of the genuine old English wines; and a cup of it mulled, just previous to retiring to bed on a winter night, is a thing to be "run for," as Cobbett would say: it is not, however, agreeable to every taste.

2683.—GINGER WINE.

Ingredients.—To 9 gallons of water allow 27 lbs. of loaf sugar, 9 lemons, 12 oz. of bruised ginger, 3 tablespoonfuls of yeast, 2 lbs. of raisins stoned and chopped, 1 pint of brandy.

GINGER WINE.

Mode.—Boil together for 1 hour in a copper (let it previously be well scoured and beautifully clean), the water, sugar, *lemon-rinds* and bruised ginger: remove every particle of scum as it rises, and when the liquor is sufficiently boiled, put it into a large tub or pan, as it must not remain in the copper. When nearly cold, add the yeast, which must be thick and very fresh, and the next day, put all in a dry cask with the strained lemon-juice and chopped raisins. Stir the wine every day for a fortnight; then add the brandy, stop the cask down by degrees, and in a few weeks it will be fit to bottle.

Average Cost, 2*s.* per gallon. **Sufficient** to make 9 gallons of wine.

Seasonable.—The best time for making this wine is either in March or September.

Note.—Wine made early in March will be fit to bottle in June.

2684.—GINGER WINE.

(*The Editor's own Recipe.*)

Ingredients.—12 oz. of bruised unbleached ginger, 28 lbs. of loaf sugar, 12 lemons, 12 lbs. of raisins, 12 gallons of spring water, 6 tablespoonfuls of yeast, 1 oz. of isinglass, 3 pints of brandy.

Mode.—Boil the water, ginger, sugar and lemon-peel for half an hour; have the raisins ready chopped in a pan; pour the liquor over them when nearly cold; add the lemon-juice and the yeast; stir it every day for a fortnight, then add the isinglass, strain it, and put in the cask as soon as convenient.

Average Cost, 2*s.* per gallon. **Sufficient** to make 12 gallons of wine.

Seasonable.—To make in March or September; to drink in summer or winter.

Note.—If made in March this wine will be fit to bottle in June.

2685.—GOOSEBERRY VINEGAR.

(An Excellent Recipe.)

Ingredients.—2 pecks of crystal gooseberries, 6 gallons of water, 12 lbs. of foot sugar of the coarsest brown quality.

Mode.—Mash the gooseberries (which should be quite ripe) in a tub with a mallet; put to them the water nearly milk-warm; let this stand 24 hours; then strain it through a sieve, and put the sugar to it; mix it well, and tun it. These proportions are for a 9-gallon cask; and if it be not quite full, more water must be added. Let the mixture be stirred from the bottom of the cask two or three times daily for three or four days, to assist the melting of the sugar; then paste a piece of linen cloth over the bunghole, and set the cask in a warm place, *but not in the sun;* any corner of a warm kitchen is the best situation for it. The following spring it should be drawn off into stone bottles, and the vinegar will be fit for use twelve months after it is made. This will be found a most excellent preparation, greatly superior to much that is sold under the name of the best white wine vinegar. Many years' experience has proved that pickle made with this vinegar will keep, when bought vinegar will not preserve the ingredients. The cost per gallon is merely nominal, especially to those who reside in the country and grow their own gooseberries; the coarse sugar is then the only ingredient to be purchased.

Time.—To remain in the cask 9 months. **Average Cost,** when the gooseberries have to be purchased, 1*s.* per gallon; when they are grown at home, 6*d.* per gallon.

Seasonable.—This should be made the end of June or the beginning of July, when gooseberries are ripe and plentiful.

2686.—EFFERVESCING GOOSEBERRY WINE.

Ingredients.—To every gallon of water allow 6 lbs. of green gooseberries, 3 lbs. of lump sugar.

Mode.—This wine should be prepared from unripe gooseberries, in order to avoid the flavour which the fruit would give to the wine when in a mature state. Its briskness depends more upon the time of bottling than upon the unripe state of the fruit, for effervescing wine can be made from fruit that is ripe as well as that which is unripe. The fruit should be selected when it has nearly attained its full growth, and consequently before it shows any tendency to ripen. Any bruised or decayed berries, and those that are very small should be rejected. The blossom and stalk ends should be removed, and the fruit well bruised in a tub or pan, in such quantities as to ensure each berry being broken without crushing the seeds. Pour the water (which should be warm) on the fruit, squeeze and stir it with the hand until all the pulp is removed from the skin and

seeds, and cover the whole closely for 24 hours; after which, strain it through a coarse bag, and press it with as much force as can be conveniently applied, to extract the whole of the juice and liquor the fruit may contain. To every 40 or 50 lbs. of fruit one gallon more of hot water may be passed through the *marc*, or husks, in order to obtain any soluble matter that may remain, and be again pressed. The juice should be put into a tub or pan of sufficient size to contain all of it, and the sugar added to it. Let it be well stirred until the sugar is dissolved, and place the pan in a warm situation; keep it closely covered, and let it ferment for a day or two. It must then be drawn off into clean casks, placed a little on one side for the scum that rises to be thrown out, and the casks kept filled with the remaining "must," that should be reserved for that purpose. When the active fermentation has ceased, the casks should be plugged upright, again filled, if necessary, the bungs be put in loosely, and, after a few days, when the fermentation is a little more languid (which may be known by the hissing noise ceasing), the bungs should be driven in tight, and a spile-hole made, to give vent if necessary. About November or December, on a clear fine day, the wine should be racked from its lees into clean casks, which may be rinsed with brandy. After a month, it should be examined to see if it is sufficiently clear for bottling; if not, it must be fined with isinglass, which may be dissolved in some of the wine: 1 oz. will be sufficient for 9 gallons. In March or April, or when the gooseberry bushes begin to blossom, the wine must be bottled, in order to insure its being effervescing.

WINE-COOLER.

Seasonable.—Make this the end of May or beginning of June, before the berries ripen.

2687.—GRAPE WINE.

Ingredients.—Ripe grapes.

Mode.—Mash sound, ripe grapes well with your hands in an earthen pan, or if not with your hands, with a perfectly tasteless stick of wood. Do not crush the seeds; strain the liquor into a cask, gently squeeze the pulp, pouring the remainder of the juice into the cask (strained). Let it stand aside for a fortnight, when draw it off into another cask, covering up the bunghole with a piece of slate till all fermentation has ceased. Bottle in 6 months; cork and seal, and it will be drinkable in 12 months' time.

Time.—18 months. **Average Cost,** 6*d.* per lb.

Seasonable in September and October.

2688.—HOPS AND SHERRY.

(A Strengthening Cordial.)

Ingredients.—Hops, ½ pint of sherry, ½ pint of syrup, No. 2115.

Mode.—Fill a wide-mouthed bottle with hops; add the sherry, which should cover them, cork closely, and let them infuse 21 days; strain, and add the liquor to the syrup. When required for use, take a wineglassful in a little water.

Time.—21 days to infuse. **Average Cost,** 3*s.* for this quantity.

Seasonable.—In September, October and November.

Note.—This may be used as a tonic bitter by omitting the syrup.

2689.—LEMON SYRUP.

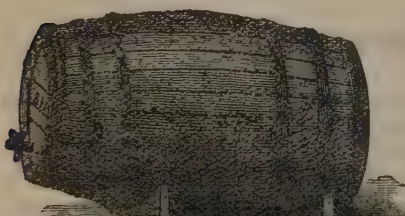
Ingredients.—2 lbs. of loaf sugar, 2 pints of water, 1 oz. of citric acid, ½ drachm of essence of lemon.

Mode.—Boil the sugar and water together for a quarter of an hour, and put it into a basin, where let it remain till cold. Beat the citric acid to a powder, mix the essence of lemon with it, then add these two ingredients to the syrup; mix well, and bottle for use. Two tablespoonfuls of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

Sufficient.—2 tablespoonfuls of syrup to a tumblerful of cold water.

2690.—LEMON WINE.

Ingredients.—To 4½ gallons of water allow the pulp of 50 lemons, the rind of 25, 16 lbs. of loaf sugar, ½ oz. of isinglass, 1 bottle of brandy.



WINE CASK.

Mode. — Peel and slice the lemons, but use only the rind of 25 of them, and put them into cold water. Let it stand 8 or 9 days, squeezing the lemons well every day; then strain the water off and put it into a cask with the sugar. Let it work some time, and when it has ceased working, put in the isinglass. Stop the cask down for about six months, put in the brandy, and bottle the wine off.

Seasonable.—The best time to make this is in January or February, when lemons are best and cheapest.

1, Chianti ; 2, Ginger Beer ; 3, Florentine Wine ; 4, Maraschino ; 5, Capri ; 6, Claret ; 7, Geneva ; 8, Parfait Amour ; 9, Syrup Fraises ; 10, Gingerette Cordial ; 11, Curaçoa ; 12, Dom Benedictine ; 13 and 14, Crême de Cassis ; 15, Neirstein Select ; 16, Tintara ; 17, Soda Water ; 18, Champagne ; 19, Vie Champagne Brandy ; 20, Schnapps ; 21, Lager Beer ; 22, Crême d' Allasch ; 23, Lemonade ; 24, Ice Cream Soda ; 25, Tankard Sherry Cobbler.

2691.—MALT WINE.

Ingredients.—5 gallons of water, 28 lbs. of sugar, 6 quarts of sweet-wort, 6 quarts of tun, 3 lbs. of raisins, ½ lb. of candy, 1 pint of brandy.

Mode.—Boil the sugar and water together for 10 minutes; skim it well and put the liquor into a convenient-sized pan or tub. Allow it to cool; then mix it with the sweet-wort and tun. Let it stand for 3 days, then put it into a barrel; here it will work or ferment for another 3 days or more, then bung up the cask, and keep it undisturbed for 2 or 3 months. After this, add the raisins (whole), the candy and brandy, and, in 6 months' time, bottle the wine off. Those who do not brew may procure the sweet-wort and tun from any brewer.

Time.—To be boiled 10 minutes; to stand 3 days after mixing; to ferment three days; to remain in the cask 2 months before the raisins are added; to bottle 6 months after.

Seasonable.—Make this in March or October.

Note.—Sweet-wort is the liquor that leaves the mash of malt before it is boiled with the hops; tun is the new beer after the whole of the brewing operation has been completed.

2692.—MEAD WITHOUT FRUIT.

Ingredients.—Allow 3½ lbs. of honey to every gallon of water.

Mode.—Boil the above for 1 hour, skimming very carefully. Drain the skimmings through a sieve, returning this to the pan. When almost cold stir in a teacupful of yeast for 9 gallons. Put in a cool place. Bottle in a year's time.

Time.—15 months. **Average Cost,** 1*s.* 6*d.* per gallon.

Seasonable at any time.

2693.—MEAD.

Ingredients.—1½ pint of sugar, ½ pint of molasses, 2 oz. of tartaric acid, 1 oz. of essence of sassafras.

LYTHIA WATER.

Mode.—Pour on to this 3 pints of boiling water; let it stand until luke-warm. Add the tartaric acid, and essence of sassafras; when cold, bottle. When required for a drink, put a tablespoonful of the mead in a tumbler; fill two-thirds full with cold water; stir in a little soda, and drink while foaming. Very delicious in warm weather.

Time.—½ hour. **Average Cost,** 6*d.* per quart.

Seasonable in hot weather.

2694.—HOME-MADE NOYEAU.

Ingredients.—2 oz. of bitter almonds, 1 oz. of sweet ditto, 1 lb. of loaf sugar, the rinds of 3 lemons, 1 quart of Irish whiskey or gin, 1 tablespoonful of clarified honey, ½ pint of new milk.

Mode.—Blanch and pound the almonds, and mix with them the sugar, which should also be pounded. Boil the milk; let it stand till quite cold, then mix all the ingredients together, and let them remain for 10 days, shaking them every day. Filter the mixture through blotting-paper, bottle off for use in small bottles, and seal the corks down. This will be found useful for flavouring many sweet dishes.

Average Cost, *2s. 9d.*

Sufficient to make about 2½ pints of noyeau.

Seasonable.—May be made at any time.

2695.—RAISIN WINE.

Ingredients.—10 lbs. of raisins, 1 lb. of sugar.

Mode.—The raisins must be sound and large. Pick them very clean and chop finely. Pour a gallon of hot water on them and press the liquor through a bag. Let it stand 12 hours, then put in the sugar and leave it to ferment. When this is over, cask it, bung it and leave it for 3 months; then draw it off into another cask, quite filling it. Bung very closely and bottle in 10 months' time. It will be fit to drink in a year.

Time.—About 2 years. **Average Cost,** *3s. 6d.* per gallon.

Seasonable.—Make this at any time.

2696.—TURNIP WINE.

Ingredients.—Sound turnips, 3 lbs. of loaf sugar and ½ pint of brandy to each gallon of juice.

Mode.—Wash, pare and slice the turnips, put them into a cider-press and press out the juice. Then add the sugar and brandy, put all into a cask and bung loosely. When fermentation is over, bung it closely for 3 months; then draw it off into a clean cask. When clear, bottle it. It will be ready in a year.

Time.—16 or 18 months. **Average Cost,** *2s.* per gallon.

Seasonable.—Make this in Autumn.

2697.—ANISE LIQUEUR.

Ingredients.—1 quart of brandy, 1 oz. of anise-seed, 1 lb. of loaf sugar.

Mode.—Put the anise-seed into good brandy and let it stand a fortnight, shaking it occasionally. Boil the sugar in 2 quarts of water to a strong syrup. Filter the brandy through blotting-paper and add to the syrup; then bottle and cork it well

2698.—ARRACK LIQUEUR.

Ingredients.—1 lb. of sugar-candy, peel of ½ a lemon, 1 quart of arrack.

Mode.—Put the candy and lemon-peel into a quart of water and boil it. Let it get cold, remove the peel, and mix the arrack with the syrup.

2699.—CARAWAY LIQUEUR.

Ingredients.—½ lb. of loaf sugar, 1 oz. of caraway seeds, 1 quart of brandy.

Mode.—Boil the sugar in half a pint of water, and put in the caraway seeds while it is still hot, then add the brandy. Cork it immediately. Let it stand for a week, then filter and bottle it.

Note.—Cinnamon liqueur is made in the same manner, with the same proportion of flavouring, but the latter may be boiled with the sugar,

2700.—CHERRY LIQUEUR.

Ingredients.—1 lb. of morella, 1 lb. of black, sweet cherries, 12 cloves, ¼ oz. of whole cinnamon, 1 quart of brandy, ½ lb. of sugar.

Mode.—Split the cherries and remove the stones, crush the latter and put all into a large bottle, bruise the cloves, add the sugar and cinnamon, and pour in the brandy. Cork closely, let it stand a fortnight then strain and bottle.

2701.—CITRONEN LIQUEUR.

Ingredients.—4 lemons, 1 quart of pure white spirit, 1 lb. of sugar.

Mode.—Peel the lemons thinly and infuse the peel 10 or 12 days in the spirit, then filter it. Boil the sugar to a syrup in a quart of water, add it and the juice of the lemons to the spirit, mix thoroughly and bottle.

2702.—LIQUEUR OF CLOVES.

Ingredients.—¼ lb. of cloves, ¼ lb. of coriander seed, ½ lb. of loaf sugar, 24 fine black cherries, 1 quart of spirit.

Mode.—Bruise the cloves and coriander seed, then infuse the whole ingredients for a month, after which strain and bottle.

2703.—CURACOA.

Ingredients.—Peel of 6 Seville oranges and 1 lemon, ¼ oz. of whole cinnamon, ¼ oz. of coriander seed, ½ teaspoonful of saffron, 3 pints of pure spirit, 2 lbs. of fine loaf sugar.

Mode.—Pare the fruit thinly and put the peel into a jar with all the ingredients, save the sugar. Cover very closely, and set in a warm, dry place to infuse 6 weeks. then filter through fine flannel. Put the sugar

into 3 pints of water and boil to a syrup. When cold add to the spirit. Bottle and cork securely.

2704.—BLACK CURRANT LIQUEUR.

Ingredients.—1 pint of black currants, 1½ pint of spirit, ¾ lb. of sugar candy.

Mode.—Pick the fruit, then measure it. Crush the candy and put it, with the fruit and spirit, into a bottle. Infuse it two months, then filter and bottle.

2705.—NOYAU, OR NOYEAU.

Ingredients.—3 lbs. of loaf sugar, 3 quarts of the best brandy, ½ oz. of cinnamon, 8 oz. of bitter almonds, peel of 2 lemons, juice of 1 lemon; 1 pint of boiling milk.

Mode.—Break up the sugar into small pieces and put it, with the other ingredients, save the milk, into a bottle. When the sugar is melted, pour in the hot milk. Cover closely, and stir every day for 3 weeks, then filter through blotting-paper and bottle.

NOYEAU.

2706.—ORANGE LIQUEUR.

Ingredients.—Peel of 4 Seville oranges, 1½ pint of pure spirit, or gin, ½ teaspoonful of saffron, 1 lb. of loaf sugar.

Mode.—Peel the oranges thinly and put the peel, with the saffron, into the spirit. Drop the sugar lump by lump into water, letting each lump absorb what moisture it can, then put them into the spirit. Cork closely and stand in a warm place for a month. Filter and bottle for use.

2707.—RASPBERRY LIQUEUR.

Ingredients.—1 pint of raspberries, 1 quart of spirit, 1 lb. of loaf sugar.

Mode.—Put the fruit and spirit into a bottle, cork closely and let it stand a fortnight. Boil the sugar in a pint and a half of water, then pour over the fruit and spirit when cold. Filter through blotting paper and put up in small bottles, securely corked.

2708.—STRAWBERRY LIQUEUR.

Ingredients.—Strawberries, sugar-candy, brandy or spirit.

Mode.—Get well-flavoured and quite ripe strawberries, and fill a large bottle half full with them. The rest of the bottle must be filled up with

sugar-candy broken into rather small pieces. Pour over all these as much spirit as the vessel with contain. Let it stand a month somewhere in the sun. Filter off and bottle.

2709.—VANILLA LIQUEUR.

Ingredients.—2 sticks of vanilla, 3 pints of brandy, or proof gin, 1 lb. of sugar.

Mode.—Break up the vanilla into the spirit, cork, and let it infuse a fortnight. Boil the sugar in a quart of water to a clear syrup, then pour in the spirit and vanilla and simmer 10 minutes. Filter and bottle.

2710.—ORANGE BRANDY.

(*Excellent.*)

Ingredients.—To every ½ gallon of brandy allow ¾ pint of Seville orange-juice, 1½ lb. of loaf sugar.

Mode.—To bring out the full flavour of the orange-peel, rub a few lumps of the sugar on 2 or 3 unpared oranges, and put these lumps to the rest. Mix the brandy with the orange-juice, strained, the rinds of 6 of the oranges, pared very thin, and the sugar. Let all stand in a closely-covered jar for about 3 days, stirring it 3 or 4 times a day. When clear, it should be bottled and close-corked for a year; it will then be ready for use, but will keep any length of time. This is a most excellent stomachic when taken pure in small quantities; or, as the strength of the brandy is very little deteriorated by the other ingredients, it may be diluted with water.

VICHY.

Time.—To be stirred every day for 3 days. **Average Cost,** 10*s.*

Sufficient to make 2 quarts.

Seasonable.—Make this in March.

2711.—A VERY SIMPLE AND EASY METHOD OF MAKING VERY SUPERIOR ORANGE WINE.

Ingredients.—90 Seville oranges, 32 lbs. of lump sugar, water.

Mode.—Break up the sugar into small pieces, and put it into a dry, sweet 9-gallon cask, placed in a cellar or other storehouse, where it is intended to be kept. Have ready close to the cask two large pans or wooden keelers, into one of which put the peel of the oranges pared quite thin, and into the other the pulp after the juice has been squeezed from it. Strain the juice through a piece of double muslin, and put it into the cask with the sugar. Then pour about 1½ gallon of cold spring water on both the peels and pulp; let it stand for 24 hours, and then strain it into

the cask; add more water to the peels and pulp when this is done, and repeat the same process every day for a week; it should take about a week to fill up the cask. Be careful to apportion the quantity as nearly as possible to the seven days, and to stir the contents of the cask each day. On the *third* day after the cask is full—that is, the *tenth* day after the commencement of making—the cask may be securely bunged down. This is a very simple and easy method, and the wine made according to it will be pronounced to be most excellent. There is no troublesome boiling, and all fermentation takes place in the cask. When the above directions are attended to, the wine cannot fail to be good. It should be bottled in 8 or 9 months, and it will be fit for use in a twelvemonth after the time of making. Ginger wine may be made in precisely the same manner, only, with the 9-gallon cask, for ginger wine, 2 lbs. of the best whole ginger, *bruised*, must be put with the sugar. It will be found convenient to tie the ginger loosely in a muslin bag.

Time.—Altogether, 10 days to make it. **Average Cost,** 2*s.* 6*d.* per gallon.

Sufficient for 9 gallons.

Seasonable.—Make this in March, and bottle it the following January

2712.—RASPBERRY VINEGAR.

Ingredients.—To every 3 pints of the best vinegar allow 4½ pints of freshly gathered raspberries; to each pint of liquor allow 1 lb. of pounded loaf sugar, 1 wineglassful of brandy.

Mode.—Let the raspberries be freshly gathered; pick them from the stalks, and put 1½ pint of them into a stone jar, pour three pints of the best vinegar over them, and let them remain for 24 hours, then strain the liquor over another 1½ pint of fresh raspberries. Let them remain another 24 hours, and the following day repeat the process for the third time; then drain off the liquor without pressing, and pass it through a jelly-bag (previously wetted with plain vinegar), into a stone jar. Add to every pint of the liquor 1 lb. of pounded loaf sugar; stir them together, and when the sugar is dissolved, cover the jar; set it upon the fire in a saucepan of boiling water, and let it boil for an hour, removing the scum as fast as it rises; add to each pint a glass of brandy, bottle it, and seal the corks. This is an excellent drink in cases of fevers and colds; it should be diluted with cold water, according to the taste or requirements of the patient.

Time.—To be boiled 1 hour. **Average Cost,** 1*s.* per pint.

Sufficient to make 2 quarts.

Seasonable.—Make this in July or August, when raspberries are most plentiful.

2713.—RHUBARB WINE.

Ingredients.—To every 5 lbs. of rhubarb pulp allow 1 gallon of cold spring water; to every gallon of liquor allow 3 lbs. of loaf sugar, ½ oz. of isinglass, the rind of 1 lemon.

Mode.—Gather the rhubarb about the middle of May; wipe it with a wet cloth, and, with a mallet, bruise it in a large wooden tub, or other convenient means. When reduced to a pulp, weigh it, and to every 5 lbs. add 1 gallon of cold spring water; let these remain for 3 days, stirring 3 or 4 times a day; and, on the 4th day, press the pulp through a hair-sieve; put the liquor into a tub, and to every gallon put 3 lbs. of loaf sugar; stir in the sugar until it is quite dissolved, and add the lemon-rind; let the liquor remain, and, in 4, 5 or 6 days, the fermentation will begin to subside, and a crust or head will be formed, which should be skimmed off or the liquor drawn from it, when the crust begins to crack or separate. Put the wine into a cask, and if after that, it ferments, rack it off into another cask, and in a fortnight stop it down. If the wine should have lost any of its original sweetness, add a little more loaf sugar, taking care that the cask is full. Bottle it off in February or March, and in the summer it should be fit to drink. It will improve greatly by keeping; and should a very brilliant colour be desired, add a little currant-juice.

Seasonable.—Make this about the middle of May.

2714.—WELSH NECTAR.

Ingredients.—1 lb. of raisins, 3 lemons, 2 lbs. of loaf sugar, 2 gallons of boiling water.

Mode.—Cut the peel of the lemons very thin, pour upon it the boiling water, and, when cool, add the strained juice of the lemons, the sugar, and the raisins, stoned and chopped very fine. Let it stand 4 or 5 days, stirring it every day; then strain it through a jelly-bag, and bottle it for present use.

Time.—4 or 5 days. **Average Cost,** 1*s.* 2*d.*

Sufficient to make 2 gallons.

2715.—SHRUB.

Ingredients.—½ gallon of rum, ¾ pint of orange juice, ½ pint of lemon-juice, peel of 2 lemons, 2 lbs. of loaf sugar, 2½ pints of water.

Mode.—Slice the lemon-peel very thin and put it, with the fruit juice and spirit, in a large covered jar, let it stand 2 days, then pour over it the water in which the sugar has been dissolved, take out the lemon-peel, and leave it for 12 days before using.

Time.—2 weeks. **Average Cost,** for this quantity, 9*s.* 6*d.*

CUPS AND DRINKS.

2716.—ALLAHABAD TANKARD.

Ingredients.—1 bottle of Bass's ale; 1 pint of white wine, ¼ pint of syrup, No. 21157, 1 sprig of mint or borage, 1 slice of toast, ½ teaspoonful of grated nutmeg.

Mode.—Cover the toast with the above quantity of nutmeg, mix the wine, syrup and all the ingredients together, pour over, add the mint or borage, and serve in a silver tankard.

Seasonable in June, July and August.

2717.—BISHOP.

Ingredients.—1 bottle of port or sherry, 2 lemons, 2 oz. of loaf sugar, 1 tumbler of water, spice to taste.

Mode.—Stick 1 lemon with cloves, and roast or bake it, boil the spice in the water, boil up the wine, take off some of the spirit with a lighted paper, add the water and the roasted lemon, and let it stand near the fire for a few minutes, during which rub the sugar on the rind of the other lemon and put it in a bowl, then squeeze in half the juice, and pour the wine over the sugar in the bowl.

DECANTER.

Average Cost, 3*s.* 6*d.*

Sufficient for 6 persons.

Seasonable in winter.

2718.—BURGUNDY CUP.

Ingredients.—1 bottle of burgundy, 1 bottle of seltzer, 1 lemon, sugar to taste, a few sprigs of borage.

SELTZER.

Mode.—Cut the rind of the lemon very thin, and put in a bowl with the sugar pounded, let it stand till the sugar is dissolved, then put in the seltzer and the borage, remove the lemon-peel and let it stand for a short time before serving.

Average Cost, 3*s.*

Sufficient for 4 persons.

Seasonable in summer.

2719.—CHAMPAGNE CUP.

Ingredients.—1 bottle of champagne, 1 glass each of liqueur, brandy and sherry, 1 Seville orange, 3 apricots (if not in season, a few slices of cucumber), sugar, a little verbena, 1 bottle of soda.

Mode.—Put the sugar, pounded, into a jug with the rind of the orange cut very thin, pour over the champagne, cut the apricots in half, stone them and slice them into the jug; then set it in ice for a little while, after which, remove the orange rind and add the sherry, brandy and liqueur, and lastly the soda, also iced; give one stir round, pour into a bowl, float the verbena on the top and serve.

Average Cost, 7*s.*
Sufficient for 4 persons.
Seasonable in Summer.

CHAMPAGNE. **Champagne.**—This, the most celebrated of French wines, is the produce chiefly of the province of that name, and is generally understood in England to be a brisk effervescing, or sparkling white wine, of a very fine flavour; but this is only one of the varieties of this class. There are both red and white champagnes, and each of these may be either still or brisk. There are the sparkling wines (*mousseux*), and the still wines (*non-mousseux*). The brisk are in general the most highly esteemed, or, at least, are the most popular in this country, on account of their delicate flavour and the agreeable pungency which they derive from the carbonic acid they contain, and to which they owe their briskness.

2720.—CHAMPAGNE CUP.

(*Another Mode.*)

Ingredients.—1 quart bottle of champagne, 2 bottles of soda water, 1 liqueur-glass of brandy or curaçoa, 2 tablespoonfuls of powdered sugar, 1 lb. of pounded ice, 1 sprig of green borage.

Mode.—Put all the ingredients together: stir them, and serve the same as claret-cup, No. 2723. Should the above proportion of sugar not be found sufficient to suit some tastes, increase the quantity. When borage is not easily obtainable, substitute for it a few slices of cucumber.

Seasonable.—Suitable for picnics, balls, weddings and other festive occasions.

2721.—CIDER CUP.

Ingredients.—1 quart bottle of cider, 1 bottle of seltzer, ½ a glass of brandy (or liqueur if preferred), 1 lemon, 2 tablespoonfuls of pounded sugar, borage or a few slices of cucumber.

Mode.—Put the sugar into a jug with the lemon-rind and half the juice, pour over the brandy, then the cider, and set in ice. When the cup is sufficiently flavoured with the lemon peel, take it out and add the seltzer, then pour all into a glass jug in which has been put a few sprigs of borage.

Average Cost, 2*s.*
Sufficient for 4 persons.
Seasonable in summer.

2722.—CLARET CUP.

Ingredients.—1 bottle of claret, 1 pint bottle of champagne, 1 bottle of seltzer or soda, 1 glass of maraschino, 2 peaches or a few slices of pine-apple, 3 or 4 tablespoonfuls of powdered sugar, borage.

SODA-WATER.

Mode.—Put the sugar in a jug and pour over the claret and liqueur, and stand in ice. When wanted, put the peaches sliced, or the pine, into a bowl, then pour over the contents of the jug, the champagne and the seltzer, both of which may be iced, put in the borage and let it stand for a few minutes before serving.

Average Cost, 5*s.*

Sufficient for 6 persons.

Seasonable in summer.

2723.—CLARET CUP.

(*Another Mode.*)

Ingredients.—1 bottle of claret, 1 or 2 bottles of soda-water, about ½ lb. of pounded ice, 4 tablespoonfuls of powdered sugar, ¼ teaspoonful of grated nutmeg, 1 liqueur glass of maraschino, a sprig of green borage.

Mode.—Mix all together, and serve in large glass or other ornamental jugs. The ice can be replaced by a second bottle of soda-water, or by one of effervescing lemomade, which is preferred by many persons. Sometimes all the ingredients are put into a silver cup, which is handed round with a clean napkin passed through one of the handles, that the edge of the cup may be wiped after each guest has partaken of the contents thereof, but this is now not very customary.

CLARET-CUP.

Seasonable in summer.

Clarets.—All those wines called in England clarets are the produce of the country round Bordeaux, or the Bordelais; but it is remarkable that there is no pure wine in France known by the name of claret, which is a curruption of *clairet*, a term that is applied there to any red or rose-coloured wine. Round Bordeaux are produced a number of wines of the first quality, which pass under the name simply of *vins de Bordeaux*, or have the designation of the particular district where they are made: as Lafite, Latour, &c. The clarets brought to the English markets are frequently prepared for it by the wine-growers, by mixing together several Bordeaux wines, or by adding to them a portion of some other wines; but in France the pure wines are carefully prepared distinct. The genuine wines of Bordeaux are of great variety, that part being one of the most distinguished in France: and the principal vineyards are those of Medoc, Palus, Graves, and Blanche, the product of each having characters considerably different.

2724.—CLARET GRANITO.

Ingredients.—1 quart of orangeade, 1 bottle of French claret.

Mode.—Mix the above, and put the mixture into a refrigerator.

Time.—15 minutes. **Average Cost,** 3*s.* 6*d.*

Sufficient to make 3 pints.

Seasonable in summer.

2725.—EGG FLIP.

Ingredients.—5 eggs, 2 tablespoonfuls of sugar, 2 glasses of rum, 3 pints of ale, nutmeg, allspice and ginger to taste.

Mode.—Break the eggs into a jug, adding the sugar and spice, and beat well. Heat the ale and pour it slowly on the eggs, beating well all the time, then heat all together and add the spirit.

Average Cost, 2*s.*

Sufficient for 6 persons.

Seasonable in winter.

2726.—GINGER BEER.

Ingredients.—2½ lbs. of loaf sugar, 1½ oz. of bruised ginger, 1 oz. of cream of tartar, the rind and juice of 2 lemons, 3 gallons of boiling water, 2 large tablespoonfuls of thick and fresh brewer's yeast.

SELTZOGENE.

Mode.—Peel the lemons, squeeze the juice, strain it, and put the peel and juice into a large earthen pan, with the bruised ginger, cream of tartar, and loaf sugar. Pour over these ingredients 3 gallons of *boiling* water; let it stand until just warm, when add the yeast, which should be thick and perfectly fresh. Stir the contents of the pan well, and let them remain near the fire all night, covering the pan over with a cloth. The next day skim off the yeast, and pour the liquor carefully into another vessel, leaving the sediment; then bottle immediately, and tie the corks down, and in 3 days the ginger beer will be fit for use. For some tastes, the above proportion of sugar may be found rather too large, when it may be diminished; but the beer will not keep so long good.

Average Cost, for this quantity, 1*s.* 6*d.*; or ½*d.* per bottle.

Sufficient to fill 4 dozen ginger-beer bottles.

Seasonable.—This should be made during the summer months.

2727.—FROSTY MORNING DRINK.

(Comforting and Grateful.)

Ingredients.—1 pint of good milk, 2 teaspoonfuls of curry-powder, sugar to taste.

Mode.—Boil the milk, add the curry and sugar and drink the mixture whilst hot.

Time.—About 7 or 8 minutes. **Average Cost,** 2½*d.*

Seasonable in winter.

2728.—MAY DRINK.

Ingredients.—2 bottles of hock or other light white wine, 6 oz. of sugar, 1 lemon, a handful of black-currant leaves, and some woodruff, ½ pint of water, ice.

HOCK.

Mode.—Steep the leaves and the woodruff with the rind of the lemon and the sugar, in the water until it is strongly flavoured; then pour in the wine, stir, pour into a glass jug, leaving the leaves behind, put in a few sprigs of woodruff and some broken ice before serving.

Average Cost, 4*s.*

Sufficient for 8 persons.

Seasonable in summer.

2729.—MOSELLE CUP.

Ingredients.—1 bottle of Moselle, 1 bottle of soda, the rind and juice of 1 lemon, 2 tablespoonfuls of pounded sugar, a few slices of cucumber.

Mode.—Put the cucumber in a jug with the rind and juice of the lemon and the sugar, pour over the wine and soda, and, when the cup is sufficiently flavoured with the cucumber and lemon-rind, remove them, squeeze in the juice of the lemon and serve, iced or not, as preferred.

Average Cost, 4*s.*

Sufficient for 4 persons.

Seasonable in summer.

2730.—LEMONADE.

Ingredients.—The rind of 2 lemons, the juice of 3 large or 4 small ones, ½ lb. of loaf sugar, 1 quart of boiling water.

LEMONADE.

Mode.—Rub some of the sugar, in lumps, on 2 of the lemons until they have imbibed all the oil from them, and put it with the remainder of the sugar into a jug; add the lemon-juice (but no pips), and pour over the whole a quart of boiling water. When the sugar is dissolved, strain the lemonade through a fine sieve or piece of muslin, and, when cold, it will be ready for use. The lemonade will be much improved by having the white of an egg beaten up in it; a little sherry mixed with it, also, makes this beverage much nicer.

Average Cost, 4*d.* per quart.

2731.—PORTABLE LEMONADE.

Ingredients.—1 oz. of powdered tartaric acid, 6 oz. of powdered white sugar, 1 drachm of essence of lemon.

Mode.—Mix, and let the mixture dry thoroughly in the sun; when dry

divide it into 24 parts, and wrap carefully in papers; each powder makes a glass of nice, sweet lemonade.

Time.—12 hours. **Average Cost,** 3*d.* for this quantity.

2732.—LOVING CUP.

Ingredients.—1 bottle of champagne, ½ bottle of Maderia, 4 glasses of brandy, ¼ lb. of loaf sugar, 2 lemons, 1½ pint of water, nutmeg, balm, borage.

Mode.—Rub the peel off 1 lemon with some lumps of sugar and put it in a jug with the rest of the sugar and the other lemon cut in slices; pour over the water, then the wine and brandy, and grate a little nutmeg in. Ice before putting in the cup. Serve as directed in recipe No. 2723.

Average Cost, 8*s.* **Sufficient** for 18 persons.

Seasonable at any time.

2733.—MY MUG.

Ingredients.—1 bottle of good ale, 2 lemons, 1 large glass of sherry, 1 glass of syrup, No. 2115, 1 pint of water, handful of mint, grating of nutmeg.

Mode.—Rub into a covered jug the juice of 2 lemons and the finely cut peel of one, the wine, syrup, and nutmeg, water, and mint. Ice this mixture for 15 minutes, remove the mint, and add the ale, and serve at once in a Viennese mug.

Seasonable during summer.

2734.—MULLED ALE.

Ingredients.—2 pints of good ale, 1 glass of rum or brandy, 1 tablespoonful of pounded sugar, nutmeg, cloves.

Mode.—Heat the ale with the sugar and cloves, warm a jug, pour into this, adding the brandy and some grated nutmeg to taste.

Average Cost, 1*s.* **Sufficient** for 4 persons.

Seasonable in winter.

2735.—NEGUS.

Ingredients.—1 bottle of port or sherry, 1 quart of water, 1 lemon, 1½ glass of brandy or liqueur, nutmeg and sugar to taste.

Mode.—Warm the wine before the fire, or if the negus is wanted very hot, heat it; rinse out a jug with hot water, slice in the lemon, pour in the wine, then the water, boiling; add nutmeg and sugar to taste and the brandy.

Average Cost, 3*s.* 6*d.* **Sufficient** for 12 glasses.

Seasonable in winter.

2736.—TO MAKE NEGUS.

(Another Mode.)

Ingredients.—To every pint of port wine allow 1 quart of boiling water, ¼ lb. of sugar, 1 lemon, grated nutmeg to taste.

DECANTER.

Mode.—The wine need not be very old or expensive for this purpose, a new fruity wine answering very well for it. Put the wine into a jug, rub some lumps of sugar (equal to a quarter of a pound) on the lemon-rind until all the yellow part of the skin is absorbed, then squeeze the juice, and strain it. Add the sugar and lemon-juice to the port, with the grated nutmeg; pour over it the boiling water, cover the jug, and, when the beverage has cooled a little, it will be fit for use. Negus may also be made of sherry, or any other sweet white wine, but is more usually made of port than of any other beverage.

Sufficient.—Allow 1 pint of wine, with the other ingredients in proportion, for a party of 9 or 10 persons.

2737.—A PLEASANT DRINK FOR WARM WEATHER.

Ingredients.—To every 1½ pint of good ale allow 1 bottle of ginger beer.

Mode.—For this beverage the ginger beer must be in an effervescing state, and the beer not in the least turned or sour. Mix them together, and drink immediately. The draught is refreshing and wholesome, as the ginger corrects the action of the beer. It does not deteriorate by standing a little, but of course is better when taken fresh.

2738.—ORANGEADE.

Ingredients.—Peel of 3, juice of 15 oranges, ¾ lb. of loaf sugar, 2 quarts of water.

Mode.—Peel the three oranges thinly and boil the peel with the sugar in a pint of water. Press all the juice from the oranges through a fine hair sieve into a jug. Add the strained syrup and the rest of the cold water, mix, and stand it on ice for an hour. Serve it from cut glass jugs or decanters and large claret glasses.

Time.—1¼ hour. **Average Cost,** 3*d.* per pint.

Seasonable from November to May.

2739.—TO MULL WINE.

Ingredients.—To every pint of wine allow one large cupful of water, sugar and spice to taste.

Mode.—In making preparations like the above, it is very difficult to give the exact proportions of ingredients like sugar and spice, as what quantity might suit one person would be to another quite distasteful. Boil the spice in the water until the flavour is extracted, then add the wine and sugar, and bring the whole to the boiling-point, when serve with strips of crisp dry toast, or with biscuits. The spices usually used for mulled wine are cloves, grated nutmeg and cinnamon or mace. Any kind of wine may be mulled, but port and claret are those usually selected for the purpose; and the latter requires a very large proportion of sugar. The vessel that the wine is boiled in must be delicately clean, and should be kept exclusively for the purpose. Small tin warmers may be purchased for a trifle, which are more suitable than saucepans, as, if the latter are not scrupulously clean, they will spoil the wine, by imparting to it a very disagreeable flavour. These warmers should be used for no other purpose.

MULL.

2740.—TO MAKE HOT PUNCH.

Ingredients.—½ pint of rum, ½ pint of brandy, ¼ lb. of sugar, 1 large lemon, ½ teaspoonful of nutmeg, 1 pint of boiling water.

Mode.—Rub the sugar over the lemon until it has absorbed all the yellow part of the skin, then put the sugar into a punchbowl; add the lemon-juice (free from pips), and mix these two ingredients well together. Pour over them the boiling water, stir well together, add the rum, brandy and nutmeg; mix thoroughly and the punch will be ready to serve. It is very important in making good punch that all the ingredients are thoroughly incorporated; and to insure success, the processes of mixing must be diligently attended to.

PUNCH-BOWL AND LADLE.

Sufficient.—Allow a quart for 4 persons; but this information must be taken *cum grano salis;* for the capacities of persons for this kind of beverage are generally supposed to vary considerably.

Punch is a beverage made of various spirituous liquors or wine, hot water, the acid juice of fruits, and sugar. It is considered to be very intoxicating; but this is probably because the spirit being partly sheathed by the mucilaginous juice and the sugar, its strength does not appear to the taste so great as it really is. Punch, which was almost universally drunk among the middle classes about fifty or sixty years ago, has almost disappeared from our domestic tables, being superseded by wine. There are many different varieties of punch. It is sometimes kept cold in bottles, and makes a most agreeable summer drink. In Scotland, instead of the Madeira or sherry generally used in its manufacture, whiskey is substituted, and then its insiduous properties are more than usually felt. Where fresh lemons cannot be had for punch or similar beverages, crystallised citric acid and a few drops of the essence of lemon will be very nearly the same thing. In the composition of "Regent's punch," champagne, brandy and *veritable Martinique* are required; "Norfolk punch" requires Seville oranges; "milk punch" may be extemporised by adding a little hot milk to lemonade, and then straining it through a jelly-bag. Then there are

"Wine punch," Tea-punch" and "French punch," made with lemons, spirits, tea and wine, in fantastic proportions. But of all the compounds of these materials, perhaps, for a *summer* drink, the North-American "mint julep" is the most inviting. Captain Marryat gives the following recipe for its preparation:—"Put into a tumbler about a dozen sprigs of the tender shoots of mint; upon them put a spoonful of white sugar, and equal proportions of peach and common brandy, so as to fill up one third, or, perhaps, a little less; then take rasped or pounded ice, and fill up the tumbler. Epicures rub the lips of the tumbler with a piece of fresh pineapple; and the tumbler itself is very often encrusted outside with stalactites of ice. As the ice melts, you drink." The Virginians, says Captain Marryat, claim the merit of having invented this superb compound; but, from a passage in the "Comus" of Milton, he claims it for his own country.

2741.—COLD PUNCH.

Ingredients.—1 bottle of rum, 2 glasses of curaçoa, 1 bottle of champagne, ½ lb. of powdered sugar, 1 large lemon, ½ pint of water, ice.

Mode.—Put the sugar and lemon-rind into a bowl with the water, and when dissolved add the spirits and wine and the juice of the lemon. Break into the bowl some ice before serving.

Average Cost, 8*s.* **Sufficient** for 10 or 12 persons.

Seasonable at any time.

2742.—SHANDY GAFF.

Ingredients.—Equal quantities of good ale and ginger beer, with a dash of liqueur if liked, ice.

Mode.—Empty the bottles into a jug in which some lumps of ice have been broken, and add the liqueur.

TANKARD FOR SHANDY GAFF.

Average Cost, 4*d.* per pint.

Seasonable in summer.

2743.—SHERRY COBBLER.

Ingredients.—4 glasses of sherry, 1 bottle of soda, 1 tablespoonful of pounded sugar, 1 glass of liqueur, ice.

Mode.—Divide the sherry into 3 parts, putting each into a tumbler with a lump of ice, and a third of the sugar, fill up each with a third of the soda and liqueur. Imbibe through straws.

Average Cost, 1*s.* 6*d.* **Sufficient** for 3 persons.

Seasonable in summer.

2744.—SUMMER DRINK.

Ingredients.—Tea, lemon, sugar, liqueur, ice.

Mode.—Make some good tea, letting it stand not more than 5 minutes, and pour it into a jug in which has been put sugar and sliced lemon. Let it stand till perfectly cold, then add the liqueur and ice.

Seasonable in summer.

2745.—A SUMMER DRAUGHT.

Ingredients.—The juice of 1 lemon, a tumblerful of cold water, pounded sugar to taste, ½ small teaspoonful of carbonate of soda.

Mode.—Squeeze the juice from the lemon; strain, and add it to the water, with sufficient pounded sugar to sweeten the whole nicely. When well mixed, put in the soda, stir well, and drink while the mixture is in an effervescing state.

Note.—Cooling and temperance drinks are always in request when "summer comes," or when slight illnesses attack us. It would be well to have at one's fingers' ends the easy methods of making several of these, such as are here given. A glass of lemonade, sharp, grateful and wholesome, made at home, will scarcely ever be refused.

2746.—TO MAKE VINEGAR FROM THE "PLANT."

Ingredients.—1 vinegar plant, 2 lbs. of coarse sugar, 2 lbs. of treacle, 2 quarts of water.

Mode.—Put the above ingredients into an earthenware jar, cover closely, and keep in a warm place for 3 months; then pour off the liquid, boil and strain it, and bottle for use; return the "plant" to the jar with a fresh supply of sugar, treacle, and water.

Note.—The "plant" can be obtained in Covent Garden Market; it is a kind of fungi which grows and increases in warmth and darkness; country folks call it a "mother."

2747.—WHISKEY CORDIAL.

Ingredients.—1 lb. of ripe white currants, the rind of 2 lemons, ¼ oz. of grated ginger, 1 quart of whiskey, 1 lb. of lump sugar.

SPIRIT STAND.

Mode.—Strip the currants from the stalks: put them into a large jug; add the lemon-rind, ginger and whiskey; cover the jug closely, and let it remain covered for 24 hours. Strain through a hair-sieve, add the lump sugar, and let it stand 12 hours longer; then bottle and cork well.

Time.—To stand 24 hours before being strained; 12 hours after the sugar is added.

Seasonable.—Should be made in July.

2748.—CURRANT WATER.

Ingredients.—1 lb. of fine red currants, ½ lb. of raspberries, 1 lb. of crushed loaf sugar, water.

Mode.—Pick the fruit, add half a pint of water, and crush with a wooden spoon, then put the pulp into a preserving pan with half the sugar. Stir till it is beginning to simmer, then filter through a hair-sieve. Make the rest of the sugar into a syrup with 3 gills of water, pour it to the fruit syrup, add a pint and a half of water. Let it cool, then decant like wine for use.

Time.—¼ hour. **Average Cost,** 3*d.* per pint.

Seasonable.—Make this in July or August.

2749.—PINEAPPLE WATER.

Ingredients.—1 large foreign pineapple, 1 pint of boiling syrup, juice of 1 lemon.

Mode.—Peel the pine, slice and mash it well in a basin, then pour on the syrup and lemon-juice; stir well and cover. Let it stand 2 hours, then filter through a fine silk sieve and add a quart of spring water.

Time.—2¼ hours. **Average Cost,** 1*s.* per quart.

Seasonable.—Make this in October.

2750.—STRAWBERRY WATER.

Ingredients.—1 lb. of fine strawberries, ½ lb. of loaf sugar, juice of 1 lemon.

Mode.—Crush the sugar finely, and sift over the strawberries, which should be red and ripe. Add half a pint of cold spring water, filter through a sieve, add a quart of spring water, and the strained juice of a lemon.

Time.—½ hour. **Average Cost,** 6*d.* per quart.

Seasonable.—Make this in June or July.

POPULAR AMERICAN DRINKS.

Most of the recipes for "Popular American Drinks" herewith given are much in vogue in England. They are usually remarkably palatable; our brethren over the water know very well indeed about the "good things" of the earth in the shape of eating and drinking.

2751.—CHING-CHING.

Ingredients.—1 good orange, a few drops of essence of cloves, ditto peppermint, 3 or 4 lumps of sugar, a tumblerful of ice,

Mode.—Slice the orange into a large glass, drop the essences and sugar on it, and add the ice, crushed or pounded.

Average Cost, 2*d.*

Seasonable in hot weather.

2752.—FLOSTER.

Ingredients.—1 gill of pale sherry, ½ gill of noyeau, 1 oz. of loaf sugar, 3 slices of lemon, 1 bottle of iced soda-water, 1 lump of ice.

Mode.—Mix all the above ingredients in a large glass, and drink through a straw.

Average Cost, 1*s.* 6*d.*

2753.—GIN-SLING.

Ingredients.—3 lumps of sugar, 2 slices of lemon, 1 wineglassful of gin, ice.

GOBLET.

Mode.—Put the sugar, lemon and gin into a half-pint tumbler, and fill up with small pieces of ice. Stir well and drink through a straw.

Average Cost, 3*d.*

2754.—LOCOMOTIVE.

Ingredients.—2 yolks of eggs, 1 oz. of honey, 1 liqueur-glassful of curaçoa, a few drops of essence of cloves, 1 pint of good Burgundy.

Mode.—Put the Burgundy on the fire in a saucepan to get hot. Beat up the other ingredients, then pour the hot wine on them, whisk well, and serve in glasses, hot.

Average Cost, 2*s.* 6*d.*

2755.—MINT JULIP.

Ingredients.—Thin rind of ½ an orange and all the juice, 1 sprig of green mint, 1 teaspoonful of sifted sugar, 1 wineglassful of gin or sherry, ice.

Mode.—Peel the orange and squeeze the juice through a strainer into a tumbler. Add the mint, sugar and peel, fill up with little pieces of thin ice, and add the wine.

Average Cost, 4*d.* or 6*d.*

2756.—A CAPITAL "NIGHTCAP."

Ingredients.—4 lumps of sugar, 4 drops of essence of cloves, ½ pint of strong ale, 1 wineglassful of brandy.

Mode.—Drop the essence on the sugar, put all the ingredients into a saucepan, and drink the mixture hot, just before bedtime.

Average Cost, 6*d.*

2757.—PINEAPPLE JULEP.

Ingredients.—1 ripe pineapple, juice of 2 oranges, 1 gill of raspberry syrup, 1 gill of maraschino, 1 gill of gin, 1 bottle of sparkling Moselle, 1 lb. of Wenham Lake ice.

Mode.—Peel and slice the pineapple into a glass bowl. Put in the wine, liqueur and spirit, and the ice chipped and broken into small pieces. Mix, and serve in flat glasses.

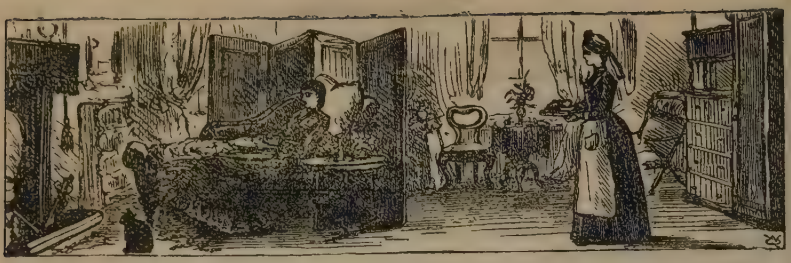
Average Cost, 6*s.*

2758.—SHERRY COBBLER.

Ingredients.—1 teaspoonful of rough white sugar, 3 slices of orange, 2 wineglassfuls of sherry, ice.

Mode.—Put the sugar, orange and wine into a tumbler, and fill up with pounded ice. Drink through a straw.

Average Cost, 7*d.*



CHAPTER XLV.

GENERAL OBSERVATIONS ON INVALID COOKERY.

2759. ***Diet of the Sick.***—It is not possible to lay down any laws upon the dieting of sick persons that will apply in all cases. For, given any two persons suffering from disease, the chances are that the temperament, the disease, and the hope for recovery of the one will be diametrically opposed to those of the other. One may be in the acute stage of an illness; the other may be a chronic patient. One may be convalescing after fever; the other suffering from a lifetime of overfeeding and underwork. And so on *ad infinitum*. It is evident that to feed all these people alike would be ridiculous. Whatever cured some must kill the rest.

There are, besides, many persons hopelessly ill, for whom food and physic can do no more than keep them alive with the least possible discomfort. One can only make the food pleasant to the eye and taste, and easily digestible, remembering always that in the course of any long illness the human machine is so worn that the least extra strain may stop its working altogether. It is with such cases as these that the art of sick-room cookery is of most avail.

Roughly speaking, the whole idea of sick-room diet is (1) to choose whatever food will give least work to that part of the digestive canal that is least able to bear it; (2) to compensate for any waste or drain upon the system. If the doctor does not know more about the condition of the digestive apparatus than unskilled and untrained persons he cannot know much, and some further medical advice would be desirable. If he does know his business, he ought to be trusted and obeyed. Untrained persons often have a superstitious faith in the cravings of the sick, and will disobey the doctor to gratify the patient. But it is well known that even in health people crave for and obtain things to eat and drink that do them harm. Why should a diseased appetite be more dependable than a healthy one?

In some cases (notably after fever) the patient developes a surprising appetite, which, in the state of his digestive organs, it would be dangerous to gratify.

Other patients will actually sink from exhaustion while refusing all food.

2760. ***Overfeeding gives no Strength.***—Nothing is more common than to find some such reasoning as this: "All invalids are more or less weak; weakness is to be cured by food; all persons in poor health should be persuaded or coerced into taking as much food as possible." It is forgotten that not what a man swallows feeds him, but what he is able to digest and assimilate out of what he swallows. To overload feeble digestive organs is the surest way of preventing them from doing even as much work as they could do if they were allowed to

work quietly. Again, a little wise starvation is nature's cure, and the best, for many complaints.

2761. ***Diet as a Cure.***—There are not a few diseases where the only hope of cure or alleviation lies in rigid abstention from some sorts of food. Diet can often cure where drugs are useless or worse. Diet is always harmless where drugs are usually dangerous. Every year diet plays a larger part in the skilled treatment of disease. And yet we often see unskilled women, who would hesitate before changing their children's diet from roast meat and milk puddings, more than before pouring down their throats all manner of powerful medicines. For the majority of common ailments, some slight change of diet is by far the best remedy.

2762. ***Food or Physic?***—Many well-known remedies are thought to be physic because they are prescribed by the doctor and sold by the chemist, but they are, in reality, foods. The best example is cod-liver oil, the most digestible of all fats, given often to consumptive and other persons, who either cannot take other fats, or who do not like any fat, and will not force themselves to swallow fat food as they do to take fat physic. Cream, or any other fat, if it is digested, answers the same purpose as oil.

Parrish's Chemical Food is another food-physic.

2763. ***Certain rules apply*** to all sick-room feeding.—Give little food and often. It is a mistake to persuade a patient to swallow large quantities at once. What is eaten willingly and with relish does more good than double the amount swallowed with disgust. At the same time it must be remembered that when people are very ill they will often refuse to swallow anything, though they are actually sinking for want of food.

Let the food come at stated times, and punctually. A very weak patient faints and flags if the hour is stretched to an hour and a quarter. A convalescent looks forward to meals as the great events of the day, and frets and worries if they do not come to time. As a rule, a patient should not be awakened to be fed, though it may sometimes be necessary to do so. Amateur nurses often forget to feed in the small hours of the morning, when the patient's strength is always at the lowest ebb. If obliged to wait a long time the patient loses the desire to eat, and often turns against the food when brought to him or her.

When there is no appetite, give such food as affords the most nourishment for the least work, either to the digestive organs or to teeth. If the patient is very weak the exertion of eating, even without mastication, is already very severe. Put the greatest amount of nourishment into the smallest space, and let the food be already divided.

Let such work of digestion as there must be fall on the part of the patient that is best able to bear it, as to which the doctor should be the best judge.

Only just so much as the patient is likely to eat should be taken into a sick-room, and what remains should be at once removed. Never keep any food standing by the bedside. Never leave food about a sick-room; if the patient cannot eat it when brought to him, take it away and bring it to him in an hour or two's time. Miss Nightingale says: "To leave the patient's untasted food by his side from meal to meal, in hopes that he will eat it in the interval, is simply to prevent him from taking food at all. I have known patients literally incapacitated from taking any one article of food after another by this piece of ignorance. Let the food come at the right time, and be taken away, eaten or uneaten, at the right time; but never let a patient have 'something always standing' by him, if you don't wish to disgust him with everything."

In a case of infectious fever, all remains of food should at once be burnt, and *on no account* eaten by another person. The nurse must *not* eat in the sick-room.

For a convalescent the food should be as varied as possible. In the monotonous existence of the sick-room small events appear great.

For invalids, never make a large quantity of *one thing*, as they seldom require much at a time. Because a patient once likes a food do not repeat it till he is tired of its very name.

If the food may not be varied, the mode of serving may. A stray flower, or a new patterned plate, is better than no variety at all. Let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray; let the spoons, tumblers, cups and saucers, &c., be very clean and bright. Gruel served in a tumbler is more appetising than when served in a basin or cup and saucer. Do not put a very little broth in the bottom of a very large basin.

Let all the kitchen utensils used in the preparation of invalids' cookery be delicately and *scrupulously clean;* if this is not the case, a disagreeable flavour may be imparted to the preparation, which flavour may disgust and prevent the patient from partaking of the refreshment when brought to him or her. Invalids notice flavours more than people in health do. It is generally better to cook in earthenware, glass or china, than in metal.

In Miss Nightingale's admirable "Notes on Nursing," a book that no mother or nurse should be without, she says: "You cannot be too careful as to quality in sick diet. A nurse should never put before a patient milk that is sour, meat or soup that is turned, an egg that is bad, or vegetables underdone." Yet often, she says, she has seen these things brought in to the sick, in a state perfectly perceptible to every nose or eye except the nurse's. It is here that the clever nurse appears—she will not bring in the peccant article; but, not to disappoint the patient, she will whip up something else in a few minutes. Remember that sick cookery should half do the work of your poor patient's weak digestion. She goes on to caution nurses, by saying: "Take care not to spill into your patient's saucer; in other words, take care that the outside bottom rim of his cup shall be quite dry and clean. If, every time he lifts his cup to his lips, he has to carry the saucer with it, or else to drop the liquid upon and to soil his sheet, or bedgown, or pillow, or, if he is sitting up, his dress, you have no idea what a difference this minute want of care on your part makes to his comfort, and even to his willingness for food."

Crumbs are great enemies to the patient's comfort, and even with the greatest care they are difficult to keep out of the bed. Tuck a tablenapkin carefully round the patient's shoulders before each time of feeding.

If a feeding cup is used, scald it carefully, and keep it quite clean. Warm it before using it for any hot food. Keep one for milk, and lay that in water. Have a separate cup for beef-tea and broth.

No cooking may be done in the sick room.

2764. ***In acute disease*** the diet is often limited to milk and beef-tea. Inexperienced persons imagine that every liquid food is insufficient nourishment, and that the patient should be persuaded to take some solid. So far from this being true, milk is the best of all foods, the only food we could live on for a length of time without admixture of anything else. A patient who can take milk has at once a greater chance of prolonging life or recovering health. But there are some persons who cannot take milk, in health or sickness. They will often find it agrees with them better mixed with lime-water, a third or half of water to two-thirds or half of milk. Soda-water and milk is agreeable to some patients, and to some boiled milk is more digestible, especially boiled milk hot. Only in rare cases should the cream be removed. Whey has been found useful when every preparation of fresh milk has been tried in vain. Koumiss or fermented milk is also sold in considerable quantities for the use of invalids.

2765. ***Sickness and Nausea.***—If the patient suffers from sickness and nausea, every food should be given iced, or as cold as possible, and in the smallest quantities, and it is a good plan to slip a tiny piece of ice into the patient's mouth immediately after taking food. Milk may be kept on ice for a long time, or if no ice is at hand, set the jug in a tub of salt and water, or wrap a wet cloth round the jug and stand it in a draught outside the door. The slightest souring is sufficient to make milk disagree with a patient.

2766. ***Cooking Apparatus.***—In keeping anything hot in the sick-room a Norwegian cooking apparatus is very useful. It is a box thickly padded with non-conducting material, and containing a double tin receptacle, the outer for hot water and the inner for beef-tea, or whatever has to be cooked or kept hot. The tin is filled with hot water, and retains the heat for many hours without evaporation or giving out any smell.

2767. ***Beef-tea*** is the nurse's great support. Directly a person is ill we give beef-tea, and we think that the more the patient swallows the sooner he must recover. Yet beef-tea is not a nourishing food, and, though sick people do exist upon it for a length of time, it appears to be more of a stimulant than a food properly speaking, and at any rate there is not more than half an ounce of solid in a whole pint of beef-tea, the rest being water. Wherever possible it should be given alternately or combined with other food.

In making beef-tea for a patient suffering from acute disease, no flavouring, salt, or spice should be added. It is very easy to add afterwards if it is needed, but the organs of taste are often in an abnormally sensitive condition, so that the tea already tastes too salt from the presence of saline matter in the meat, especially if it is made very strong in the hope of affording better nourishment. This does not apply to convalescents. As to skimming all the fat off, some few patients demand it, and it is at all times easy, but a little fat aids in digestion, and often makes the food slip down less painfully when deglutition is difficult. Beef-tea or milk must never be cooked in an iron saucepan. A jam-pot or wide mouthed bottle is always available.

Many patients have derived great benefit from taking raw meat rubbed through a sieve, and served as sandwiches between bread and butter, or in a little hot beef-tea or Liebig. *It must not be heated to boiling*, or the meat would harden.

2768. ***Meat juice*** or raw beef-tea is often given to patients suffering from typhoid fever or gastric disorders. A recipe is given below. It is also useful in the wasting diseases of young children. There are many substitutes for beef-tea in the market. The best known is, perhaps, Liebig's extract of meat. It is not to be classed among foods, as it contains little more than the salines and contractions of the meat, but it is a most valuable stimulant and restorative, easily prepared and always at hand, and more harmless as well as more efficacious than the two popular stimulants—brandy-and-water and a cup of tea. Brand's Extract is sold in tins and in sausage skins ; the latter form is much cheaper, and, unlike the tins, can be kept for a length of time after they are opened. Both these preparations contain a certain amount of nourishment.

Fluid meat, prepared by Messrs. Darby and Gosden, consists of lean meat liquified by artificial digestion and in a fit state for immediate absorption into the body. In severe illness it is a most valuable food, and is also used for nutrient enemata. Dr. Pavy recommends the following mixture when used for this purpose : 2 ozs. of white sugar, 6 ozs. of mucilage of starch or arrowroot, with 2 tablespoonfuls of the fluid meat.

Beef peptonoids and peptonised beef-jelly are also most valuable preparations for the sick-room. Unlike beef-tea and beef extracts, which consist only of the juice of the meat, more or less perfectly extracted, they are the meat itself in a

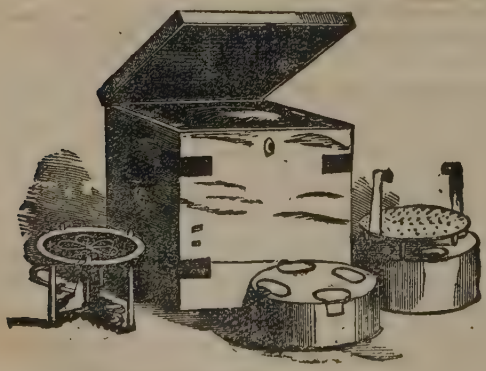
fluid form, fit to be taken at once into the body without any work for the feeble digestion of the invalid.

2769. ***Eggs*** should be given raw, or cooked as lightly as possible, and if beaten to a froth they are more digestible. The white is nourishing as well as the yolk, and is less likely to disagree with a bilious patient.

2770. ***As the patient convalesces*** the list of foods may be gradually added to—"In febrile, acute inflammatory, and other conditions where an absence of digestive power prevails . . . . the food should be confined to such articles as beef-tea, mutton, veal, or chicken-broth, whey, calf's foot and other kinds of jelly, arrowroot, and such-like farinaceous articles, barley-water, rice, mucilage, gum-water, fruit-jelly, and the juice of fruits, as lemons, oranges, &c., made into drinks . . . . Where a little latitude is allowable, the employment of milk and eggs in a fluid form may be sanctioned. Bread jelly, which is made by steeping bread in boiling water and passing through a sieve while still hot, is also an article that may be used either alone or boiled with milk. From this, as circumstances permit, an advance may be made to solid substances which do not throw much work on the stomach, such as rice, sago, tapioca, bread and custard puddings, and stale bread and toast sopped. Next may be allowed fish; and the varieties to select are whiting, sole, flounder, or plaice, which should be boiled or broiled, and not fried. Whiting, of all fish, is that which proves lightest to the stomach. As power becomes restored, calves' feet, chicken, game, and butcher's meat—mutton to begin with—may be permitted to follow." *

And so on till ordinary diet is reached.

* "Treatise on Food and Dietetics."—Pavy, Published by Churchill, London.



NORWEGIAN COOKING APPARATUS.

RECIPES FOR INVALID COOKERY.

CHAPTER XLVI.

2771.—ALMOND MILK.

(*Dr. Pavy.*)

Blanch 2 oz. of sweet almonds and 4 bitter almond seeds. Pound with a little orange-flower-water into a paste and rub this with a pint of milk diluted with a pint of water until it forms an emulsion. Strain and sweeten with sugar. A demulcent and nutritive liquid.

2772.—TO MAKE ARROWROOT.

Ingredients.—Two teaspoonfuls of arrowroot, a tablespoonful of cold water, ½ pint of boiling water or milk.

Mode.—Mix the arrowroot smoothly in a basin with the cold water, then pour on it *boiling* water or milk, *stirring* all the time. The water must be *boiling* at the time it is poured on the mixture, or it will not thicken; if mixed with hot water only, it must be put into a clean saucepan, and boiled until it thickens; but this is more trouble, and quite unnecessary if the water is boiling at first. Put the arrowroot into a tumbler, sweeten it with lump sugar, and flavour it with grated nutmeg or cinnamon, or a piece of lemon-peel, or, when allowed, 3 tablespoonfuls of port or sherry may be added with water. Arrowroot made with milk instead of water is far nicer, but is not so easily digested. It should be mixed in the same manner, with 3 tablespoonfuls of cold water, the boiling milk then poured on it, and well stirred. When made in this manner, no

wine should be added, but merely sugar, and a little grated nutmeg or lemon-peel. Cornflour is better boiled for a minute. It is as nourishing as arrowroot, but possibly not always so digestible.

Time.—If obliged to be boiled, 2 minutes. **Average Cost,** 2*d.* per pint.

Sufficient to make ½ pint of arrowroot.

Miss Nightingale says, in her "Notes on Nursing," that arrowroot is a grand dependence of the nurse. As a vehicle for wine, and as a restorative quickly prepared, it is all very well, but it is nothing but starch and water; flour is both more nutritive and less liable to ferment, and is preferable wherever it can be used.

2773.—SIMPLE ARROWROOT JELLY.

(*For an Invalid.*)

Ingredients.—½ tablespoonful of arrowroot, sugar, nutmeg; ½ pint of water.

Mode.—Put the water to boil in a saucepan, mix the arrowroot to a smooth paste with cold water and then pour it into the saucepan; stir briskly for 5 minutes, add the sugar and nutmeg, and pour into a wet cup to serve when cold.

Time.—¼ hour. **Average Cost,** 2*d.*

Sufficient to make ½ pint of arrowroot.

2774.—BARLEY GRUEL.

Ingredients.—2 oz. of Scotch or pearl barley, ½ pint of port, the rind of 1 lemon, 1 quart and ½ pint of water, sugar to taste.

Mode.—After well washing the barley, boil it in half a pint of water for a quarter of an hour; then pour this water away; put to the barley the quart of fresh boiling water, and let it boil until the liquid is reduced to half; then strain it off. Add the wine, sugar and lemon-peel; simmer for 5 minutes and put it away in a clean jug. It can be warmed from time to time, as required.

Time.—To be boiled until reduced to half. **Average Cost,** 1*s.* 6*d.*

Sufficient, with the wine, to make 1½ pint of gruel.

2775.—BARLEY GRUEL.

(*Another Mode.*)

Ingredients.—½ oz. of barley, ½ pint of broth or beef-tea, seasoning to taste.

Mode.—Wash the barley and stew it with the broth over a very slow fire for half to three-quarters of an hour, in an earthenware pan or jar. Strain and serve hot. The gruel should be thick.

Time.—¾ hour. **Average Cost,** with beef-tea, 4*d.*

Sufficient to make a cupful.

2776.—TO MAKE BARLEY-WATER.

Ingredients.—2 oz. of pearl barley, 2 quarts of boiling water, 1 pint of cold water.

Mode.—Wash the barley in cold water; put it into a saucepan with the above proportion of cold water, and when it has boiled for about a quarter of an hour, strain off the water, and add the 2 quarts of fresh boiling water. Boil it until the liquid is reduced one half; strain it, and it will be ready for use. It may be flavoured with lemon-peel, after being sweetened, or a small piece may be simmered with the barley. When the invalid may take it, a little lemon-juice gives this pleasant drink in illness a very nice flavour. A very nutritious and extremely pleasant drink may be more quickly and easily prepared by using "Robinson's Patent Barley," following the directions given with each packet.

Time.—To boil until the liquid is reduced one half.

Sufficient to make 1 quart of barley water.

2777.—TO MAKE BEEF-TEA.

Ingredients.—1 lb. of lean gravy-beef, 1 quart of water.

Mode.—Have the meat cut without fat and bone, and choose a nice fleshy piece. Cut it into small pieces about the size of dice, and put it into a clean jar. Add the water *cold* to it; set the jar in a saucepan of water, put it on the fire, and *simmer* the beef-tea *gently* from 3 to 5 hours. Strain the tea through a coarse sieve, and set it by in a cool place. When wanted for use, it is easy to remove every particle of fat from the top; warm up as much as may be required, adding, if necessary, a little salt. This preparation is simple beef-tea, and is to be administered to those invalids to whom flavourings and seasonings are not allowed. When the patient is very low, use double the quantity of meat to the same proportion of water. Should the invalid be able to take the tea prepared in a more palatable manner, it is easy to make it so by following the directions in the next recipe, which is an admirable one for making savoury beef-tea; but it should never be forgotten that when a patient is very ill, the less seasoning of any kind the better. A sick person tastes what is imperceptible to a person in health, and even a moderate amount of salt often increases the pain of swallowing in very delicate states of the mouth and throat. Very strong beef-tea is often disliked for the same reason; with all the care possible to make the tea without seasoning, it tastes salt from the salts in the meat itself. The fat can be removed as above, or by laying pieces of paper on the surface while it is hot, but (except for a patient likely to be sick) it is often better to leave a little fat, as it aids digestion and makes it go down easier. It is a good plan to put the tea into a small cup or basin, and to place this basin in a saucepan of boiling water,

if it is necessary to warm it up. When the tea is warm it is ready to serve.

Time.—½ to ¾ hour. **Average Cost,** 7*d.* per pint.

Sufficient.—Allow 1 lb. of meat for a pint of good beef-tea.

Miss Nightingale says one of the most common errors among nurses, with respect to sick diet, is the belief that beef-tea is the most nutrititive of all articles. She says, "Just try and boil down a lb. of beef into beef-tea; evaporate your beef-tea, and see what is left of your beef; you will find that there is barely a teaspoonful of solid nourishment to half a pint of water in beef-tea. Nevertheless, there is a certain reparative quality in it—we do not know what—as there is in tea; but it may be safely given in almost any inflammatory disease, and is as little to be depended upon with the healthy or convalescent, where much nourishment is required."

2778.—BEEF-TEA.

(*Dr. Pavy's Recipe.*)

Mode.—Mince finely 1 lb. of lean beef, and pour upon it, in a preserve jar, or other suitable vessel, 1 pint of cold water. Stir, and allow the two to stand for about an hour, that the goodness of the meat may be dissolved out. Next, stand the preserve jar or other vessel in a saucepan of water, and place the saucepan over the fire or a gas stove, and allow the water in it to boil gently for an hour. Remove the jar, and pour its contents on to a strainer. The beef-tea which runs through contains a quantity of fine sediment which is to be drunk with the liquid, after being flavoured with salt at discretion. The jar or other vessel in which the beef-tea is made may be introduced into an ordinary oven for an hour, instead of being surrounded by the water in the saucepan. Beef-tea thus prepared represents a highly nutritive and restorative liquid, with an agreeable, rich, meaty flavour. It is a common practice, however, amongst cooks to make it by putting it into a saucepan, and subjecting it to prolonged boiling or simmering over the fire; but the product then yielded constitutes in reality a soup or broth instead of a tea. The prolonged boiling leads to the extraction of gelatine, and the liquid gelatinises on cooling (which is not the case when prepared as above directed), but, at the same time, the albuminous matter becomes condensed and agglomerated in such a manner as to subsequently form a part of the solid rejected residue. The liquid also loses in flavour and invigorating power. All that is wanted is that the cold infusion should be heated to about 170° Fahr. This just suffices to coagulate the albumen and colouring matter, and thus deprive the product of its character of rawness.

2779.—BEEF-TEA.

(*Baron Liebig's Method.*)

Mode.—Mince very finely ½ lb. of lean beef, put it in a glass or cup (not in metal) and pour on it ¾ pint of cold water, 4 drops of muriatic acid, and half a saltspoonful of salt. Let it stand for an hour, then strain it

through a hair sieve, and rinse the residue with another ½ pint of water. This is quite transparent, and contains the albumen in solution. It should be taken cold, or, if heated, it should not be above 120° Fahr. Sometimes the acid is objectionable, and in that case raw beef-tea should be prepared by the following recipe.

2780.—MEAT JUICE.

Mode.—Scrape the meat very fine with a knife, and take away all fat and fibre. The finer it is scraped the better. Put it in a glass with its own weight of cold or lukewarm water, and let it stand twenty minutes. Then strain it. Children sometimes take it mixed with sugar. The appearance can be disguised with Liebig's extract.

2781.—BEEF-TEA CUSTARD.

Mode.—In those cases where some variation from beef-tea is desired, the following may be found useful:—Take a gill of beef-tea, the yolks of 2 eggs, the white of 1, and a pinch of salt. Mix all thoroughly together, butter an earthenware cup very thoroughly, pour in the mixture, tie buttered paper over, and steam it for twenty minutes. Turn it out, and serve hot or cold, or put a few pieces into a cup of broth. The water should not bubble after the custard is in.

2782.—INVALID'S BEEF JELLY.

Mode.—Cut 3 lbs. of lean shin of beef into small pieces, and put it in a jar with seasoning, and just enough water to cover it. Lemon-peel, celery, or spice may be added to flavour. Tie it closely down with brown paper, and set it in a *cool* oven, where it should remain for 4 or 5 hours. Then strain off the liquor into very small moulds or cups, out of which it should turn in a jelly. If steak is used, it is necessary to add a little gelatine or isinglass. To be served cold. It can sometimes be retained on the stomach when ordinary hot beef-tea is at once rejected, but, if made for such a patient, should be without flavouring.

2783.—SAVOURY BEEF-TEA.

(*Soyer's Recipe.*)

Ingredients.—1 lb. of solid beef, 1 oz. of butter, 1 clove, 2 button onions or ½ a large one 1 saltspoonful of salt, 1 quart of water

Mode.—Cut the beef into very small dice; put it into a stewpan with the butter, clove, onion, and salt; stir the meat round over the fire for a few minutes, until it produces a thin gravy; then add the water, and let it simmer gently from half to three-quarters of an hour, skimming off every particle of fat. When done, strain it through a sieve, and put it by in a

cool place until required. The same, if wanted quite plain, is done by merely omitting the vegetables, salt and clove; the butter cannot be objectionable, as it is taken out in skimming. This beef-tea is only suitable for convalescents, and for them it is wise to vary the flavouring as much as possible every day. The above flavourings can be used in turns with a stick of celery, a piece of carrot, a bunch of herbs, possibly even a little sauce, or a piece of fresh tomato.

Time.—½ to ¾ hour. **Average Cost,** 8*d.* per pint.

Sufficient.—Allow 1 lb. of beef to make 1 pint of good beef-tea.

Note.—The meat left from beef-tea may be boiled a little longer, and pounded, with spices, &c., for potting. It makes a very nice breakfast dish.

Dr. Christison says that "every one will be struck with the readines. with which certain lasses of patients will often take diluted meat-juice, or beef-tea repeatedly, when they refuse all ther kinds of food." This is particularly remarkable in cases of gastric fever, in which he says, ittle or nothing else besides beef-tea, or diluted meat-juice, has been taken for weeks, or even nonths; and yet a pint of beef-tea contains scarcely ½ oz. of anything but water. The result is o striking that he asks, "What is its mode of action? Not simple nutriment; ½ oz. of the most nutritive material cannot nearly replace the daily wear and tear of the tissue in any circumtances." Possibly, he says, it belongs to a new denomination of remedies.

Liebig's "Extract of Meat" is a most invaluable friend in cases of extreme prostration. Care should be taken in preparing it not to make it too strong the first time of giving it, lest the patient should dislike the "meaty" flavour. It must be prepared with *boiling* water, or it will taste raw. It is an excellent stimulant.

2784.—BAKED BEEF-TEA.

Ingredients.—1 lb. of fleshy beef, 1½ pint of water, ½ saltspoonful of salt.

Mode.—Cut the beef into small square pieces, after trimming off all the fat, and put it into a baking-jar, with the above proportion of water and salt; cover the jar well, place it in a warm, but not hot, oven, and bake for 3 or 4 hours. When the oven is very fierce in the daytime, it is a good plan to put the jar in at night, and let it remain till the next morning, when the tea will be done. It should be strained, and put by in a cool place until wanted. It may also be flavoured with an onion, a clove, and a few sweet herbs, &c., when the stomach is sufficiently strong to take these.

BEEF-TEA TRAY.

Time.—3 or 4 hours, or to be left in the oven all night. **Average Cost,** 6*d.* per pint.

Sufficient.—Allow 1 lb. of meat for 1 pint of good beef-tea.

2785.—BEEF-TEA IN HASTE.

Ingredients.—1 lb. of lean beef, 1 pint of water.

Mode.—With a sharp knife scrape the beef into *fibres*; this should be done on a board. Place the scraped meat into a delicately-clean cup

with water, cold or lukewarm, and let it stand for a quarter of an hour or rather longer. Then put the whole into a saucepan and let it cook, just enough to colour it but no more—3 to 5 minutes is quite long enough, and on no account should it be cooked too much. Mutton broth can be made the same way.

Time.—½ hour. **Average Cost,** 8*d.* per pint.

Seasonable at any time.

Note.—When required of greater strength, use half the above quantity of water; or even less, when the patient is able to take a spoonful only at a time.

2786.—NOURISHING BLANCMANGE.

(*Burdett.*)

Ingredients.—1½ oz. of isinglass, 1 quart of new milk, ¼ pint of cream, sugar, flavouring to taste.

Mode.—Soak the isinglass in the milk, then boil it, stirring till the isinglass is all dissolved. Add sugar and any flavouring that may be preferred with a quarter of a pint of cream. Stir it again till it nearly boils, strain it, keep stirring till it is cool then put it into a mould.

Note.—Swinborne's Patent Refined Isinglass is the best for all confectionery purposes, being perfectly pure, free from all taste or smell, and of uniform strength—a most important matter to the cook, as all other kinds of isinglass vary so much in quality and strength that it is difficult to give the exact proportions to be used, and few things are so provoking as to find a jelly too strong or too weak when turned out of a mould. Russian and Brazil were the kinds of isinglass formerly in use, but for all confectionery purposes they are inferior to Swinborne's.

2787.—BOILED OR BAKED FLOUR.

Mode.—Tie some flour in a cloth as if it were a pudding, put it in boiling water and boil it for 3 hours. Then scrape down the inner part of the ball and use a tablespoonful in a pint of milk to make gruel. Or put the flour on a tin in the oven, and bake it till it is a light brown. Both these preparations are more digestible than unboiled flour.

2788.—CALF'S FOOT BLANCMANGE.

Ingredients.—1 calf's foot, 1 quart of milk, 1 egg, sugar, nutmeg and lemon, or seasoning to taste.

Mode.—Get a calf's foot that has been already cooked, such as is sold by the tripe-dressers, and put it on the fire with milk enough to cover it, a strip of lemon-peel, a piece of nutmeg, and sugar to taste. Let it cook very slowly for 3 or 4 hours, and then strain it. While still hot stir in the yolk of an egg, and set it in small moulds. This blancmange can be made savoury by using a little salt, peppercorns, parsley, nutmeg or cloves,

onion and celery instead of the sugar. The lemon-peel may be added in any case. The egg may be omitted if it is not liked, a little cream might also be added. It is directed that small moulds shall be used. For an invalid, it is better to set just as much as is wanted for one meal rather than to cut a piece out of a large quantity.

2789.—BAKED OR STEWED CALF'S FOOT.

Ingredients.—1 calf's foot, 1 pint of milk, 1 pint of water, 1 blade of mace, the rind of ½ a lemon, pepper and salt to taste.

Mode.—Well clean the foot, and either stew or bake it in the milk and water with the other ingredients from 3 to 4 hours. To enhance the flavour, an onion and a small quantity of celery may be added, if approved; half a teacupful of cream, stirred in just before serving, is also a great improvement to this dish; a cowheel is cheaper. What remains of the foot may be cut in pieces, egged-and-breadcrumbed and fried, or may be warmed up in some simple sauce.

Time.—3 or 4 hours. **Average Cost,** in full season, 9*d.* each.

Sufficient for 1 person.

Seasonable from March to October.

2790.—CALF'S-FOOT BROTH.

Ingredients.—1 calf's foot, 3 pints of water, 1 small lump of sugar, nutmeg to taste, the yolk of 1 egg, a piece of butter the size of a nut.

Mode.—Stew the foot in the water, with the lemon-peel, *very gently* until the liquid is half wasted, removing any scum, should it rise to the surface. Set it by in a basin until quite cold, then take off every particle of fat. Warm up about half a pint of the broth, adding the butter, sugar, and a very small quantity of grated nutmeg; take it off the fire for a minute or two, then add the beaten yolk of the egg; keep stirring over the fire until the mixture thickens, but do not allow it to boil again after the egg is added, or it will curdle and the broth will be spoiled.

Time.—To be boiled until the liquid is reduced one half. **Average Cost,** in full season, 9*d.* each.

Sufficient to make 1½ pint of broth.

Seasonable from March to October.

2791.—CHICKEN BROTH FOR INVALIDS.

Ingredients.—½ a fowl, or the inferior joints of a whole one, 1 quart of water, 1 blade of mace, ½ onion, a small bunch of sweet herbs, salt to taste, 10 peppercorns.

Mode.—If a young one be used for this broth, the inferior joints may

be put in the broth, and the best pieces reserved for dressing in some other manner. Put the fowl into a jar, with all the ingredients, set it in a saucepan of water and simmer gently for 5 hours, carefully skimming the broth well. When done, strain, and put by in a cool place until wanted; then take all the fat off the top, warm up as much as may be required, and serve. This broth is, of course, only for those invalids whose stomachs are strong enough to digest it, with a flavouring of herbs, &c. It may be made in the same manner as beef-tea, with water and salt only; but the preparation will be but tasteless and insipid. When the invalid cannot digest this chicken broth with the flavouring, we would recommend plain beef-tea in preference to plain chicken tea, which it would be without the addition of herbs, onions, &c.

Time.—1½ hour.

Sufficient to make rather more than 1 pint of broth.

Note.—A stronger "chicken flavour" is obtained by previously roasting the fowl for 20 minutes before placing it in the saucepan.

2792.—NUTRITIOUS COFFEE.

Ingredients.—½ oz. of ground coffee, 1 pint of milk.

Mode.—Let the coffee be freshly ground; put it into a saucepan with the milk, which should be made nearly boiling before the coffee is put in, and boil both together for 3 minutes; clear it by pouring some of it into a cup, and then back again, and leave it on the hob for a few minutes to settle thoroughly. This coffee may be made still more nutritious by the addition of an egg well beaten, and put into the coffee-cup.

Our great nurse, Miss Nightingale, remarks, "that a great deal too much against tea is said by wise people, and a great deal too much of tea is given to the sick by foolish people. When you see the natural and almost univefsal craving in English sick for their 'tea,' you cannot but feel that Nature knows what she is about. But a little tea or coffee restores them quite as much as a great deal; and a great deal of tea, and especially of coffee, impairs the little power of digestion they have. Yet a nurse, because she sees how one or two cups of tea or coffee restore her patient, thinks that three or four cups will do twice as much. This is not the case at all; it is, however, certain that there is nothing yet discovered which is a substitute to the English patient for his cup of tea; he can take it when he can take nothing else, and he often can't take anything else, if he has it not. Coffee is a better restorative than tea, but a greater impairer of the digestion. In making coffee, it is absolutely necessary to buy it in the berry, and grind it at home; otherwise, you may reckon upon its containing a certain amount of chicory, *at least*. This is not a question of the taste, or of the wholesomeness of chicory; it is, that chicory has nothing at all of the properties for which you give coffee, and, therefore, you may as well not give it.

FEEDING-BOAT.

2793.—THE INVALID'S CUTLET.

Ingredients.—1 nice cutlet from a loin or neck of mutton, 2 teacupfuls of water, 1 very small stick of celery, pepper and salt to taste.

Mode.—Have the cutlet cut from a very nice loin or neck of mutton; take off all the fat; put it into a stewpan, with the other ingredients; stew *very gently* indeed for nearly 2 hours, and skim off every particle of

fat that may rise to the surface from time to time. The celery should be cut into thin slices before it is added to the meat, and care must be taken not to put in too much of this ingredient, or the dish will not be good. If the water is allowed to boil, the cutlet will be hard. It is better cooked in a jar set in a saucepan of water, as it must then be below boiling point.

Time.—2 hours' very gentle stewing. **Average Cost,** 6*d.*

Sufficient for 1 person.

Seasonable at any time.

2794.—EEL BROTH.

Ingredients.—½ lb. of eels, a small bunch of sweet herbs, including parsley; ½ onion, 10 peppercorns, 3 pints of water, 2 cloves, salt and pepper to taste.

Mode.—After having cleaned and skinned the eel, cut it into small pieces, and put it into a stewpan with the other ingredients; simmer gently until the liquid is reduced nearly half, carefully removing the scum as it rises. Strain it through a hair-sieve; put it by in a cool place, and, when wanted, take off all the fat from the top, warm up as much as is required, and serve with sippets of toasted bread. This is a very nutritious broth, and easy of digestion.

Time.—To be simmered until the liquor is reduced to half. **Average Cost,** 6*d.*

Sufficient to make 1½ pint of broth.

Seasonable from June to March.

2795.—DRINK FOR INVALIDS.

Ingredients.—1 pint of new milk, 1 pint of water, salt to taste, 1 egg.

Mode.—Pour the milk and water together, beat up the egg with the salt, and add it, mixing thoroughly.

Time.—2 minutes. **Average Cost,** 3*d.*

Sufficient to make 1 quart.

2796.—EGG WINE.

Ingredients.—1 egg, 2 tablespoonfuls of cold water, 1 glass of sherry, sugar and grated nutmeg to taste.

Mode.—Beat the egg, mixing with it a tablespoonful of cold water; make the wine and the rest of the water hot, but not boiling: pour it on the egg, stirring all the time. Add sufficient lump sugar to sweeten the mixture, and a little grated nutmeg; put all into a very clean saucepan, set it on a gentle fire, and stir the contents one way until they thicken, but *do not allow them to boil.* Serve in a glass with sippets of toasted bread

or plain crisp biscuits. When the egg is not warmed, the mixture will be found easier of digestion, but it is not so pleasant a drink.

Sufficient for 1 person.

2797.—TO MAKE GRUEL FOR INVALIDS.

Ingredients.—1 tablespoonful of Robinson's patent groats, 2 tablespoonfuls of cold water, 1 pint of boiling water.

Mode.—Mix the prepared groats smoothly with the cold water in a basin; pour over them the boiling water, stirring it all the time. Put it into a very clean saucepan; boil the gruel for 10 minutes, keeping it well stirred, sweeten to taste and serve. It may be flavoured with a small piece of lemon-peel, by boiling it in the gruel, or a little grated nutmeg may be put in; but in these matters the taste of the patient should be consulted. Pour the gruel in a tumbler and serve. When wine is allowed to the invalid, 2 tablespoonfuls of sherry or port make this preparation very nice. In cases of colds, the same quantity of spirits is sometimes added instead of wine. Fine oatmeal may be used, but it then requires rather longer boiling.

Time.—10 minutes.

Sufficient to make a pint of gruel.

2798.—ICELAND MOSS.

Mode.—Wash the moss very thoroughly. Put it in cold water and let it nearly boil. Throw this first water away, as it will be bitter. Then put the moss on again with water, allowing 1 oz. of moss to a pint and a half of water. Boil it for 15 or 20 minutes, and strain it while hot. It should be sweetened, and flavoured with lemon or spice. Milk can be used instead of water. It is a slightly bitter drink, or if a sufficient quantity of the moss is used it cools into a jelly.

2799.—IMPERIAL OR CREAM OF TARTAR DRINK.

Mode.—Dissolve half an ounce of cream of tartar in half a pint of syrup of sugar and water, add 20 drops of essence of lemon, and keep it in a bottle to be diluted with water, or soda-water, as required. It will keep a long time.

2800.—IRISH MOSS OR CARRAGEEN.

Mode.—This seaweed has a reputation as a remedy for chest diseases. It should be first soaked and washed in cold water, and then boiled for a quarter of a hour in fresh water, allowing half an ounce of moss to a pint and a half of water. Strain, and when cold it will set to a jelly. If required as a drink, it should have double the quantity of water, or milk can be used.

2801.—INVALID'S JELLY.

Ingredients.—12 shanks of mutton, 3 quarts of water, a bunch of sweet herbs, pepper and salt to taste, 3 blades of mace, 1 onion, 1 lb. of lean beef, a crust of bread toasted brown.

JELLY IN GLASS.

Mode.—Soak the shanks in plenty of water for some hours, and scrub them well; put them, with the beef and other ingredients, into a saucepan with the water, and let them simmer very gently for 5 hours. Strain the broth, and, when cold, take off all the fat. It may be eaten either warmed-up or cold as a jelly.

Time.—5 hours.

Sufficient to make from 1½ to 2 pints of jelly.

Seasonable at any time.

2802.—LEMONADE FOR INVALIDS.

Ingredients.—½ a lemon, lump sugar to taste, 1 pint of boiling water.

Mode.—Pare off the rind of the lemon thinly; remove as much as possible of the white outside pith, and all the pips; cut the lemon into slices. Put the slices of lemon, the peel and lump sugar, into a jug; pour over the boiling water; cover it closely, and when it is cold, it will be fit to drink. It should either be strained or poured off from the sediment.

Time.—2 hours. **Average Cost,** 1*d.*

Sufficient to make 1 pint of lemonade.

Seasonable at any time.

2803.—NOURISHING LEMONADE.

Ingredients.—1½ pint of boiling water, the juice of 4 lemons, the rinds of 2, ½ pint of sherry, 4 eggs, 6 oz. of loaf sugar.

Mode.—Pare off the lemon-rind thinly, put it into a jug with the sugar, and pour over the boiling water. Let in cool, then strain it; add the wine, lemon-juice, and eggs, previously well beaten, and also strained, and the beverage will be ready for use. If thought desirable, the quantity of sherry and water could be lessened, and milk substituted for them. To obtain the flavour of the lemon-rind properly, a few lumps of the sugar should be rubbed over it, until some of the yellow is absorbed.

Time.—Altogether 1 hour to make it. **Average Cost,** 1*s.* 6*d.*

Sufficient to make 2½ pints of lemonade.

Seasonable at any time.

2804.—MILK AND SUET.

Mode.—Scrape half an ounce of veal suet very fine, and boil it slowly in a pint of new milk for half an hour with a bit of cinnamon, or any other spice that is preferred, and 2 or 3 lumps of sugar.

2805.—TO MAKE MUTTON BROTH FOR INVALIDS.

Ingredients.—1 lb. of the scrag-end of the neck of mutton, 1 onion, a bunch of sweet herbs, ½ turnip, 3 pints of water, pepper and salt to taste.

Mode.—Put the mutton into a stew-pan; pour over the water cold, and add the other ingredients. When it boils, skim it very carefully, cover the pan closely, and let it simmer very gently for an hour; strain it, let it cool, take off all the fat from the surface, and warm up as much as may be required, adding, if the patient be allowed to take it, a teaspoonful of minced parsley which has been previously scalded. Pearl barley or rice are very nice additions to mutton broth, and should be boiled as long as the other ingredients. When either of these is added, the broth must not be strained, but merely thoroughly skimmed. Plain mutton broth without seasoning is made by merely boiling the mutton, water and salt together, straining it, letting the broth cool, skimming all the fat off, and warming up as much as is required. This preparation would be very tasteless and insipid, but likely to agree with very delicate stomachs. Veal broth may be made in the same manner.

Time.—1 hour. **Average Cost,** 7*d.*

Sufficient to make from 1½ to 2 pints of broth

Seasonable at any time.

Note.—Mutton broth may be quickly made by cutting a chop into small pieces, putting these in a saucepan with the seasoning and ¾ pint of water, bringing this quickly to the boil, then with the lid off continuing the rapid boiling for 20 minutes, skimming well.

2806.—THE INVALID'S MUTTON CHOP.

A well broiled chop is a very digestible thing to give to an invalid. It should be cut fairly thin and thoroughly well cooked. None of the skin should be eaten of this or any meat. A fresh tomato is a wholesome and digestible accompaniment. To vary a diet of chops, of which most invalids tire, one may be cut from the loin, the next day the bone can be taken out and the chop rolled up and skewered, and a third 1 or 2 tiny cutlets from the neck might be served. The greatest care must be taken that the meat should not have the slightest taint, which is most likely to be in the under part or in the marrow. The under-cut of a loin of mutton is a very good and tender piece of meat to serve to an invalid.

LUNCHEON DISH.

2807.—PANADA FOR INVALIDS.

These are rather different to what is understood by panada in the ordinary routine of cooking. They are useful in invalid cookery because

whatever they are made of is finely divided. The following recipe is given by Dr. F. V. Pavy: Take the white part of the breast and wings freed from skin, of either roasted or boiled chicken, or the under side of cold sirloin of roasted beef; or cold roasted leg of mutton, and pound in a mortar with an equal quantity of stale bread. Add either the water in which the chicken has been boiled, or beef tea, until the whole forms a fluid paste, and then boil for 10 minutes, stirring all the time.

2808.—PANADA.

(*Another Mode.*)

Take of pearl barley or rice 2 oz., wash and put it in a saucepan with half a pound of veal or mutton cut in small pieces, and half a pint of water. Simmer it all very gently for 2 hours, or set it in the oven all night. Then pound it in a mortar and rub it through a fine sieve. Add a little cream to make it as thin as desired, with seasoning to taste, and serve it hot or cold; or to the meat and barley pounded add a handful of breadcrumbs and the yolk of 1 or 2 eggs. Poach it in dessertspoonfuls and serve with any vegetable and a little milk sauce.

2809.—STEWED RABBITS IN MILK.

Ingredients.—2 very young rabbits, not nearly half grown; 1½ pint of milk, 1 blade of mace, 1 dessertspoonful of flour, a little salt and cayenne.

Mode.—Mix the flour very smoothly with 4 tablespoonfuls of the milk, and when this is well mixed, add the remainder. Cut up the rabbits into joints, put them into a stewpan, with the milk and other ingredients, and simmer them *very gently* until quite tender. Stir the contents from time to time, to keep the milk smooth and prevent it from burning. Half an hour will be sufficient for the cooking of this dish.

Time.—½ hour. **Average Cost,** from 1*s.* to 1*s.* 6*d.* each.

Sufficient for 3 or 4 meals.

Seasonable from September to February.

2810.—RICE MILK FOR INVALIDS.

Ingredients.—3 tablespoonfuls of rice, 1 quart of milk, sugar to taste; when liked, a little grated nutmeg.

Mode.—Well wash the rice, put it into a saucepan with the milk, and simmer gently until the rice is tender, stirring it from time to time to prevent the milk from burning; sweeten it, add a little grated nutmeg, and serve. This dish is also very suitable and wholesome for children; it may be flavoured with a little lemon-peel, and a little finely-minced suet may be boiled with it, which renders it more strengthening and more

wholesome. Tapioca, semolina, vermicelli and macaroni, may all be dressed in the same manner.

Time.—From ¾ to 1 hour.

Seasonable at any time.

2811.—RESTORATIVE JELLY.

(*Burdete.*)

Ingredients.—3 oz. of isinglass, 2 oz. of gum arabic, 2 oz. of sugar candy, a bottle of sherry.

Mode.—Put them in a jar, cover it closely, and let it stand all night; then set it in a saucepan of water, and let it simmer till it is dissolved.

2812.—SAGO, CREAM, AND EXTRACT OF BEEF.

(*Tanner.*)

Ingredients.—2 oz. of sago, ½ pint of water, ½ pint of cream, yolks of 4 eggs, 1 quart of beef tea.

Mode.—Wash 2 oz. of sago until the water poured from it is clear. Then stew the sago in half a pint of water until it is quite tender and very thick: mix with it half a pint of good cream and the yolks of 4 eggs, and mingle the whole with 1 quart of beef-tea, which should be boiling. Useful in cases of lingering convalescence after acute disease.

2813.—TAPIOCA AND COD LIVER.

(*Alexis Soyer.*)

Ingredients.—¼ lb. of tapioca, 2 quarts of water, ½ pint of milk, 1 lb. of fresh cod liver, salt, pepper.

Mode.—Boil a quarter of a pound of tapioca till tender in 2 quarts of water, drain it, add half a pint of milk, salt and pepper to season, and 1 lb. of fresh cod liver cut in pieces. Simmer very slowly for half an hour till the liver is quite cooked. Press on it with a spoon to get as much oil into the tapioca as possible. After taking away the liver, mix the tapioca. If too thick, add a little more milk. Tapioca thus cooked is nourishing and easily digested.

2814.—TO MAKE TOAST-AND-WATER.

Ingredients.—A slice of bread, 1 quart of boiling water.

Mode.—Cut a slice from a stale loaf (a piece of hard crust is better than anything else for the purpose), toast it of a nice brown on every side, *but do not allow it to burn or blacken.* Put it into a jug, pour the boiling water over it, cover it closely, and let it remain until cold. When strained, it will be ready for use. Toast-and-water should always be made a short

time before it is required, to enable it to get cold if drunk in a tepid or lukewarm state, it is an exceedingly disagreeable beverage. If, as is sometimes the case, this drink is wanted in a hurry, put the toasted bread into a jug, and only just cover it with the boiling water; when this is cool, cold water may be added in the proportion required—the toast-and-water strained; it will then be ready for use, and is more expeditiously prepared than by the above method. A toasted biscuit, instead of the bread, is a good thing to use.

2815.—TOAST SANDWICHES.

Ingredients.—Thin cold toast, thin slices of bread-and-butter, pepper and salt to taste.

Mode.—Place a very thin piece of cold toast between 2 slices of thin bread-and-butter in the form of a sandwich, adding a seasoning of pepper and salt. This sandwich may be varied by adding a little pulled meat, or very fine slices of cold meat, to the toast, and in any of these forms will be found very tempting to the appetite of an invalid.

Note.—Besides the recipes contained in this chapter, there are, in the previous chapters on cookery, many others suitable for invalids, which it would be useless to repeat here. Recipes for fish simply dressed, light soups, plain roast meat, well-dressed vegetables, poultry, simple puddings, jelly, stewed fruits, &c., &c., all of which dishes may be partaken of by invalids and convalescents, will be found in preceding chapters. Clear soup, with or without savoury custard, is often much relished, so are quenelles of various kinds, mince of *fresh meat*, entrées with plain milk or cream sauce, and so on.

2816.—VEGETABLES FOR INVALIDS.

If an invalid is allowed to eat vegetables, be careful to choose only such as are young and tender, perfectly fresh, and sufficiently cooked. Never send them up half done. The cabbage tribe are unsuitable, as likely to produce flatulence, and all the pulses are difficult of digestion. A mealy old potato is more digestible than a new potato.

2817.—WHEY.

Mode.—To a pint of warm new milk add a teaspoonful of prepared rennet. Let it stand, and then strain it through a piece of muslin. This can sometimes be taken when milk cannot. It is a useful drink in feverish complaints.

White wine whey is made by pouring a wine-glassful of sherry into a breakfast-cupful of boiling milk, and then straining through muslin.

Treacle posset is made of boiling milk, with one or two tablespoonfuls of treacle, in the same way. Alum whey and tamarind whey are also occasionally made.

AMERICAN STOVE.

AMERICAN AND COLONIAL COOKERY.

CHAPTER XLVII.

GENERAL OBSERVATIONS ON AMERICAN COOKERY.

2818. ***The American housewife*** had, till some few years ago, to lead a somewhat hard life. Her necessary qualifications for the part were not only those of an ordinary mistress of a household, but a thorough practical knowledge of cookery, of household and dairy work as well, to say nothing of knowing how to make soap, candles, sugar, and other household requisites, that no English housekeeper would ever dream could come to be a part of her duty to understand.

Even now, though there are material changes in this respect, and there is what may be termed service in America (hign wages tempting many good English servants as well as others, to leave their native countries), it is not yet dependable and certain as at home. We do not speak of towns in America where hotel arrangements and household ones differ but little from what we are accustomed to in England; but settler's wives, no matter to what rank they belong, whose

husbands are emigrating to try their fortunes in the New Country, will find that the knowledge of all household work and cookery, if not in constant requisition, is absolutely necessary to provide against emergencies.

2819. ***American cooking*** has come to us to a certain extent, and with American stoves we are most of us familiar, and very excellent they are. International Exhibitions have shown us how the specialties of the country are made, and most of the provisions for which America is noted by the new systems of importation come to us in perfect condition, while those that will not bear transporting fresh, we are certain to be able to procure tinned or, as Americans say, "canned."

2820. ***The cooking of meat*** is much the same in America as in England, only that, out of the towns, it is so much cheaper and so plentiful that it is more wastefully treated, and very often as much is thrown away in one household as would keep another.

2821. ***Fish.***—The employment of fish in America as a diet is exceptionally large, the immense extent of the American coasts, Atlantic and Pacific, being yet supplemented by the resources of the large rivers and great lakes, so that a constant supply is obtainable of not only most of the fish most esteemed in England, but of others unknown to us. We give recipes for the cooking of halibut and clams, the former a fish scarcely appreciated here, the latter a shell-fish that is used by Americans in the same way as we use oysters. Of these they have a far more abundant supply than we have, and they are, therefore, not esteemed a luxury as here.

2822. ***Of poultry and game*** in America it is well known there is an abundant supply, while the varieties of the latter are numerous. The preserving of game in the European sense of the word is not practised in America, but the seasons for it are nearly the same.

2823. ***Vegetables and fruits*** are not luxuries with Americans as they are too often at home. Nearly all the vegetable products of the earth are to be found in their immense extent of territory, and Americans use and appreciate these products, and find an infinite variety in food prepared from grain, fruit and vegetables.

2824. ***Bread-making,*** that is *home* bread-making, is practised in every household, and good pure bread of great variety (so many different flours are used and sometimes blended) is never lacking, to say nothing of the crackers, risen biscuits, and other dainty breakfast dishes that vary the monotony of the household loaf or hot rolls of English breakfast tables.

2825. ***Candies and ice-creams*** are now almost as familiar to us as to those to whom we are to a great extent indebted for them. The idea of sugar being detrimental to the teeth is an exploded one, but it is known that the ice-creams and ice-cold drinks are very often injurious when partaken of too freely, as is sometimes the case in America.

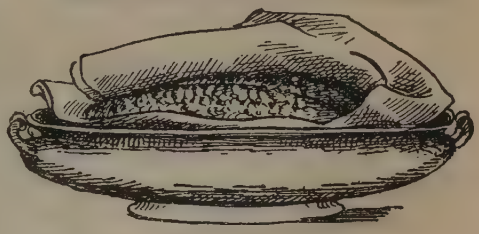
2826. ***American drinks*** we do not speak of in this chapter, as they have already been dealt with in that on beverages. We need only say that as they make them they are most delicious and excellent substitutes for those we combine with more alcohol and less refreshment. The American fluid beef is a splendid drink for cold weather, nourishing and warming and well suited to the climate in which so much of it is consumed, and we are just beginning to find it an excellent substitute for wines and spirits in the cold weather at home.

RECIPES FOR AMERICAN DISHES.

CHAPTER XLVIII.

2827.—GREEN CORN AND CHICKEN SOUP.

Ingredients.—1 large fowl, 1 dozen ears of green corn, ¼ lb. of rice, a bunch of parsley, pepper and salt to taste.



BOILED GREEN CORN.

Mode.—Cut up the fowl into joints, and put them in the soup-kettle with the water, boil 1 hour, or more if the fowl is tough; cut the corn from the cob, add it to the soup and stew for another hour. Take out the fowl when perfectly tender, cut the meat from the bones, and then into dice, add it with the parsley chopped, the rice and the seasoning to the soup, boil 20 minutes and serve without straining.

Time.—2½ hours. **Average Cost,** 4*s.*

Sufficient for 8 or 10 persons.

Seasonable from July to September.

2828.—CLAM SOUP.

Ingredients.—50 small clams, 1 quart of milk, 1 pint of water, 12 whole peppers, 6 blades of mace, ¼ lb. of butter, 1 tablespoonful of rice flour, salt to taste.

Mode.—Open the clams by pouring boiling water over them in a large pan; as the shells open, take them out, saving the liquor in a separate

vessel. Put the liquor and water over the fire with the seasoning; let it boil ten minutes, then put in the clams and boil half an hour fast; add next the milk, heated to scalding, the butter and the rice flour made into a paste with a little cold milk, boil another 10 minutes and serve hot.

Time.—1 hour.

Sufficient for 8 persons.

Seasonable from September to April.

2829.—BOILED BASS.

Ingredients.—1 fish, sufficient water to cover it, 1 tablespoonful of salt.

Mode.—Cleanse the fish, dredge a cloth with flour, and wrap the fish in it; put it in the fish-kettle, and pour in the water, pouring at the side and not *over* the fish, as that might break it; add the salt, and bring it gradually to a boil; boil for about 20 minutes; when done, take it out, unwrap the cloth, drain, and serve on a hot napkin, garnished with hard-boiled eggs cut in slices; serve with egg sauce.

Time.—From 15 to 20 minutes, according to size, to boil the fish.

Seasonable from May to September.

2830.—ROAST CLAMS.

Ingredients.—Hard-shell clams.

ROAST CLAMS.

Mode.—Wash and wipe the clams, lay them in a pan in the oven, or on the coals of an open fire, and when the shells open they are done. Serve in both shells with bread-and-butter.

Seasonable from September to May.

2831.—HALIBUT STEAKS.

Ingredients.—Some slices of halibut, 2 or 3 eggs, crackers, hot lard or dripping, salt.

Mode.—Wash and wipe the steaks dry, beat the eggs, and roll out the crackers till they are powdered fine. Dredge the steaks with flour, dip them in the egg, then rub them over with the powdered crackers, and fry in plenty of hot lard or dripping. They are also very good broiled over a clear fire (first seasoning them with pepper and salt) on a buttered gridiron.

Time.—10 to 15 minutes.

Seasonable at any time.

2832.—PORK STEAKS AND APPLES.

Ingredients.—Steaks cut from the loin or neck of pork, pepper and salt, hot lard, apples.

Mode.—Trim the steaks, cutting away the greater portion of the fat, season them with pepper, put the gridiron over the fire, and when quite hot lay the steaks upon it and broil them until thoroughly done, but not dry, turning them several times. Peel and slice the apples, fry them in hot lard, drain and send to table with the steaks. Tomato catsup and apple sauce may be substituted for the fried apples.

Time.—About 15 minutes.

Seasonable from October to March.

2833.—VEAL SCALLOPS.

Ingredients.—The remains of cold roast veal, crackers, 2 eggs, pepper and salt, butter, lemon-juice.

Mode.—Chop the veal very fine, put in a layer at the bottom of a pudding-dish and season with pepper and salt, next a layer of cracker crumbs, strew a few bits of butter over them and wet with a little milk. Proceed in this way till the dish is full, then pour in any gravy left, diluted with warm water and mixed with the lemon-juice. Spread a layer of crumbs at the top, and on this put small pieces of butter. Bake for about half an hour, putting a tin plate over the top of the dish for a time if it browns too fast.

Time.—½ to ¾ hour.

Seasonable from May to October.

2834.—CRANBERRY SAUCE.

(For Roast Turkey, Ducks, or Game.)

Ingredients.—1 quart of cranberries, white sugar to taste, ½ a pint of water.

Mode.—Wash and pick over the cranberries carefully and put them in a lined saucepan with water just sufficient to cover them. Let them stew slowly, stirring often till they are reduced to a pulp, which will take about an hour or longer. Take them from the fire and sweeten with the sugar, then turn into a deep dish or mould to cool. If a mould is used it should first be wetted. They may be strained and cleared as jelly if preferred. Serve cold in a glass dish.

Time.—1 hour, or longer.

Seasonable from October to March.

2835.—SWEET PICKLE.

(Of Plums, Pears, Peaches, &c.)

Ingredients.—7 lbs. of fruit, 4 lbs. of white sugar, 1 pint of strong vinegar, mace, cinnamon and cloves to taste.

Mode.—Pare the peaches and pears, prick the plums, or other fruits, put them in the pan with layers of sugar between the fruit, heat slowly to a boil, add the vinegar and spice, and boil 5 minutes. Take out the fruit with a skimmer and put on dishes to cool, and boil the syrup thick. Pack the fruit in glass jars, pour the syrup (boiling) over them and cork tightly. Examine frequently for the first month, and if there are any signs of fermentation, put the jars, uncovered, in a pan of water and heat until they are scalding hot.

Seasonable to make when fruit is cheap and plentiful.

2836.—SUCCOTASH.

Ingredients.—Green corn, Lima or string beans, milk, butter, pepper and salt to taste.

Mode.—Cut the corn from the cob and shell the beans, or if string beans are used, string and cut them in small pieces. Let there be one-third more corn than beans when prepared. Put the beans in a saucepan of boiling water, and boil 20 minutes, then drain and add the corn and mix. Put them in a saucepan with enough boiling water to cover them and a little salt, and after stewing half-an-hour, stirring often, pour off most of the water, substituting milk. Add a good-sized lump of butter, and pepper to taste, and let the whole stew 10 minutes longer, then dish and serve hot.

Time.—1 hour, or longer. **Seasonable** from July to October.

2837.—SUMMER OR WINTER SQUASH.

Ingredients.—Squash, water to boil, pepper, salt and butter.

Mode.—There are many kinds of squash, but they are all cooked in much the same manner. In winter they must lie in cold water for 2 hours before cooking, and will afterwards take longer to cook than the summer ones. Pare, cut in half, take out the seeds, quarter and lay them in cold water (in summer for half an hour). Put them in a saucepan of boiling water with a little salt, and boil till tender. Drain them, pressing the water out thoroughly, and mash with pepper, salt and butter.

Time.—½ hour, for summer squash, longer for winter ones.

Seasonable all the year.

Note.—The flat white ones are considered the best of the summer varieties. The yellow winter squashes grow best in New England, and are good all through the season.

2838.—SCALLOPED TOMATOES.

Ingredients.—Tomatoes, bread-crumbs, butter, sugar, pepper and salt.

Mode.—Peel the tomatoes, cut them in slices and put them in a pudding-dish in layers, with a forcemeat of the other ingredients, in which the sugar must be used very sparingly. Fill the dish in this way, letting the top layer be tomatoes with a small piece of butter upon each slice. Scatter over a few bread-crumbs and bake covered with a tin plate for half an hour, then remove the plate and brown the top. This dish may be varied by substituting finely-chopped green corn, fat pork and onion for the forcemeat.

Time.—¾ hour. **Seasonable** from June to October.

2839.—CRACKER PUDDING.

Ingredients.—¼ lb. of beef suet, 1 cup of cracker-crumbs, 2 tablespoonfuls of sugar, 4 eggs, 3 cups of milk, ½ teaspoonful of salt.

Mode.—Soak the cracker in the milk while preparing the other ingredients. Beat the eggs with the sugar, chop the suet as fine as possible, mix the egg and sugar with the cracker, then the suet and salt, and work to a smooth paste. Butter a pudding dish and pour in the mixture and bake for three-quarters of an hour. Serve with fruit sauce.

Time.—¾ hour. **Seasonable** at any time.

2840.—HUCKLEBERRY PUDDING.

Ingredients.—1 pint of huckleberries, 1 pint of milk, 2 eggs, 1 saltspoonful of salt, ¼ teaspoonful of soda, ½ teaspoonful of cream of tartar, flour sufficient to make a thick batter.

Mode.—Mix the cream of tartar with the flour, and dissolve the soda in hot water, make a thick batter with the other ingredients. Pick and mash the berries, dredge them with flour and stir into the batter. Boil 1 hour in a buttered mould and serve hot with sweet sauce.

Time.—1 hour. **Seasonable** from July to September.

Note.—Huckleberries, or whortleberries as we call them, grow well in England, and in some counties are used, as in America, for pies and puddings.

2841.—MOLASSES CANDY.

Ingredients.—1 quart of good molasses, 1 gill of vinegar, 1 cup of sugar, butter the size of an egg, 1 teaspoonful of soda or saleratus.

Mode.—Dissolve the sugar in the vinegar, mix with the molasses and boil, stirring frequently until the mixture hardens when dropped from the spoon into cold water. Stir in the butter and the soda or saleratus dissolved in hot water, and flavour with any essence to taste, boil up, stirring

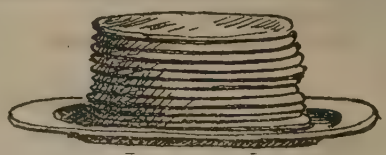
the while, and pour into buttered tins. It may be pulled into sticks or straws, with the fingers buttered, while warm.

Time.—About ½ hour.

2842.—BUCKWHEAT CAKES.

Ingredients.—1 quart of buckwheat flour, ½ pint of Indian corn meal, 4 tablespoonfuls of yeast, 1 teaspoonful of salt, 2 tablespoonfuls of molasses, enough water to make a thin batter.

Mode.—Mix the buckwheat and corn meal together, make a hole in the centre and pour in the yeast and salt, and add enough warm water to make a thin batter. Beat well and set to rise, covered with a cloth, in a warm place. When it has risen high and is covered with bubbles it is fit to bake. Heat and grease the griddle and dip out sufficient batter to make 3 cakes to a baking. When brown on one side turn with a pancake turner or broad knife, and brown the other. Serve hot with the molasses.



BUCKWHEAT CAKES

Time.—About 4 hours to rise. **Seasonable** at any time.

Note.—If the sponge is set over-night and is found at all sour in the morning, stir in a teaspoonful of soda in a little hot water. In cold weather a cupful of the batter may be saved from one baking and used instead of fresh yeast for the next.

2843.—ICE CREAMS.

Ingredients.—1 vanilla bean, or other flavouring; 1 pint of milk, 1 quart of cream, ½ lb. of loaf sugar.

Mode.—If a bean is used, break it in pieces and boil with the milk till flavoured sufficiently; if extract or essence, mix it with the milk cold. Add the cream and sugar, beat well together and freeze.

Time.—½ hour. **Seasonable** at any time.

2844.—POP-OVERS.

Ingredients.—1 teacupful of flour, the same of milk, 1 egg, a little salt.

POP-OVERS.

Mode.—Make a batter of the ingredients, and pour over a pop-over tin, which must be previously made very hot, and bake in a quick oven. Pop-over tins are similar to our sheets of patty-pans, but the hollows are deeper.

2845.—RAISED BISCUITS.

Ingredients.—1 quart of milk, ¾ cup of lard, or ½ lard and ½ butter, ¾ cup of yeast, 2 tablespoonfuls of white sugar, 1 teaspoonful of salt, flour to make a soft dough.

Mode.—Mix the ingredients over-night if wanted for breakfast, warming the milk slightly and melting the lard or butter. In the morning, roll the dough into a thick sheet and cut into round cakes or form into biscuits with the hands. Put them into a baking pan, let them rise 20 minutes and bake from 20 minutes to half an hour.

Time.—40 minutes.

2846.—CARAWAY COOKIES.

Ingredients.—1 cup of butter, 3 cups of sugar, 1 cup of sour or coppered milk or cream, 4 eggs, 7 cups of flour, 2 tablespoonfuls of caraway seed, 1 teaspoonful of soda, flour.

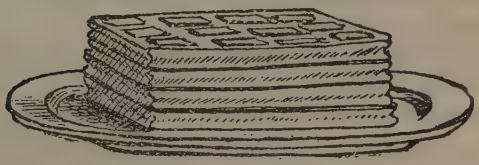
Mode.—Mix, using enough flour to make a dough that will roll out well, make into little cakes and bake gently. If sweet milk is used add 2 teaspoonfuls of cream of tartar.

Time.—18 to 20 minutes.

2847.—CRULLERS.

Ingredients.—1 lb. of sugar, ¼ lb. of butter, 6 eggs, 1 tablespoonful of sweet milk, 1 teaspoonful of soda, flour, lard to fry.

Mode.—Mix with sufficient flour to make a stiff dough, roll out, cut into shape, have ready a lined saucepan with the hot lard, drop the crullers in, and when they are puffed out and browned they are done.



WAFFLES.

Note.—A recipe for waffles is given amongst those for cakes and biscuits.

AUSTRALIAN KITCHEN.

CHAPTER XLIX.

GENERAL OBSERVATIONS ON AUSTRALIAN COOKERY.

2848. ***Cookery in Australia*** is to all intents and purposes English. The dishes are the same, the mode is the same, and the order of serving meals precisely what it is in England. An Englishman in a good hotel in Sydney or Melbourne would find no difference between that and one of comparative standing at home, except in the matter of expense, the same meals being served in Australia at two-thirds the cost. Were he, however, to penetrate to the region of the chef, he would find that in many hotels, in place of Frenchmen, Chinamen would be the cooks, good cooks of that nationality being found more easily than Frenchmen, so many Chinamen emigrating.

It is well known what marvellous patience Chinamen have, and they bring this quality to bear not only upon the way they cook, but in labour and pains they take to grow provisions, and it is a recognised fact that they are the best gardeners in the Colony, their mode of irrigation being superior to any other.

2849. ***Provisions in Australia*** are the same as in England only that the supply is more abundant, in fact, there is scarcely anything that we consume

here that cannot be found there cheaper and more plentiful; while many of the luxuries of English life are within the reach of the poorest of the Colonists.

2850. ***Australian meat*** is very much the same as our own. Stall-fed beasts are fattened in the same way as English ones and their flesh is equally rich and good, it only happening sometimes that up country, in a season of draught, where stall feeding is not practised, the food is occasionally insufficient, and the meat consequently poor.

In the towns the price of meat varies from 3*d.* to 6*d.* per lb. Beef being from 4*d.* to 6*d.*, and mutton from 3*d.* to 4*d.* Up country it is cheaper, so cheap, indeed, that much is wasted or given to the dogs, only the best parts being generally eaten. Lambs are seldom killed up country, as their wool as hoggets is most valuable.

The prejudice against Australian meat, as it is imported tinned, which still exists, would be banished, could it be seen as well as told that only the best meat is used for this purpose.

We have it from the Overlander, who brought across country the first 10,000 wethers, the flesh of which was first sent from Queensland as tinned mutton, that they were equal in condition to the best of sheep now sold in Smithfield Market; and the quality and condition of animals killed for exportation in this manner, has not since then in any way deteriorated.

2851. ***Australian fish*** is plentiful and good, but we miss one English favourite, namely, the sole, which is not found in any Australian waters. The oyster beds are fine ones and the luscious bivalve is too cheap to be considered a luxury as it is here. Fresh water fish are most abundant in both creeks and rivers; fresh water cod especially, a delicately-flavoured fish, generally considered superior to the cod fish we are inclined to despise here as tasteless and insipid.

2852. ***Fruit and vegetables*** are very easy to grow in Australia, many of the fruits that we esteem so highly growing wild. Where the soil is rich it is not at all an uncommon thing to see the banks of rivers covered with water melons, gladly hailed by many thirsty travellers as a refreshing meal under the scorching sun of summer.

2853. ***Groceries, beer, wines and spirits*** have been the most expensive items in Australian housekeeping; but now that so many Colonists grow their own rice, tea and coffee, and make their own sugar and rum from the sugar canes, to say nothing of brewing their own beer, and cultivating their own grapes for wine making, even these articles will cease to be luxuries, and come within the reach of all. Australian wines, many of them, are excellent, particularly the red ones, and it seems a pity that they should be rather high in price, as the best brands undoubtedly are, even in the country where the grapes are grown.

2854. ***Wages in Australia*** are the only things that render housekeeping in any way as expensive as at home; for it may be reckoned that the pay of female servants is quite doubled when they emigrate. A good cook can easily command from £40 to £50 a year, and in many households a man and wife are engaged in the capacities of butler and cook at excellent salaries. Up country really good servants are very hard to find, and the Australian housewife (no matter to what rank she belongs) ought to be prepared to undertake the duties of any absent domestic, so that a knowledge of cooking and ordinary household work, are necessary qualifications for a settler's wife.

RECIPES FOR AUSTRALIAN DISHES.

CHAPTER L.

2855.—SOUP FROM KANGAROO TAILS.

Ingredients.—1 tail, 2 lbs. of beef, 3 carrots, 3 onions, a bunch of herbs, pepper and salt, butter.

Mode.—Cut the tail into joints and fry brown in butter; slice the vegetables and fry them also. Cut the meat into thin slices and boil all for four hours in 3 quarts of water. Take out the pieces of tail, strain the stock, thicken it with flour, put back the pieces of tail and boil up another ten minutes before serving.

Time.—4 to 5 hours.

Sufficient for 8 persons.

Seasonable in winter.

2856.—OYSTER SOUP.

Ingredients.—1 quart of oysters, freed from their shells; 2 oz. of butter, 1 quart of milk, ½ pint of water, pepper and salt.

Mode.—Heat the liquor from the oysters with the water, and when near boiling add the milk, stirring all the time; add the seasoning, and when the soup is just to the boil, the oysters. Stew these for about 5 minutes, then add the butter, stirring the soup till it is melted.

Time.—5 minutes to stew the oysters.

Sufficient for 6 persons.

2857.—BROILED COD STEAKS.

Ingredients.—3 slices cut from the middle of the fish, 2 eggs, a few capers, oil, vinegar, pepper and salt.

Mode.—Clean and dry the fish, warm and grease a gridiron, and brown

the steaks upon it till thoroughly done. Break the yolks of the eggs into a basin, add oil enough to make a thick cream, then a little vinegar and the chopped capers, warm this sauce and pour over the steaks

Time.—15 minutes to grill the steaks.

Sufficient for 6 or 8 persons.

2858.—ROAST WALLABY.

Ingredients.—Wallaby, forcemeat, milk, butter.

Mode.—In winter the animal may hang for some days, as a hare, which it resembles, but in summer it must, like all other flesh, be cooked very soon after it is killed. Cut off the hind-legs at the first joints, and, after skinning and paunching, let it lie in water for a little while to draw out the blood. Make a good veal forcemeat, and after well washing the inside of the wallaby, stuff it and sew it up. Truss as a hare and roast before a bright clear fire from 1¼ to 1¾ hour, according to size. It must be kept some distance from the fire when first put down, or the outside will be too dry before the inside is done. Baste well, first with milk and then with butter, and when nearly done dredge with flour and baste again with butter till nicely frothed.

ROAST WALLABY.

Time.—1¼ to 1¾ hour.

Sufficient for 6 persons.

Seasonable.—Best in cold weather.

2859.—PARROT PIE.

Ingredients.—1 dozen paraqueets, a few slices of beef (underdone cold beef is best for this purpose), 4 rashers of bacon, 3 hard-boiled eggs, minced parsley and lemon-peel, pepper and salt, stock, puff-paste.

PARROT PIE.

Mode.—Line a pie-dish with the beef cut into slices, over them place 6 of the paraqueets, dredge with flour, fill up the spaces with the egg cut in slices and scatter over the seasoning. Next put the bacon, cut in small strips, then 6 paraqueets and fill up with the beef, seasoning all well. Pour in

stock or water to nearly fill the dish, cover with puff-paste, and bake for 1 hour.

Time.—1 hour.

Sufficient for 5 or 6 persons.

Seasonable at any time.

2860.—FRICASSEED OR CURRIED KANGAROO TAILS.

The tail and tongue are the only parts of the animal that are eaten, the former made into soup

FRICASSEED KANGAROO TAILS.

CURRIED KANGAROO TAILS.

or fricasseed, or curried in the same manner as an ox-tail. The tongue is pickled as that of heep or oxen.

2861.—PUMPKIN PIE.

Ingredients.—Pumpkin, 6 eggs, 3 pints of milk, ½ pound of loaf sugar, flavouring of mace and nutmeg.

Mode.—Pare the pumpkin, take out the seeds and stew till soft. Press it through a sieve, and to a quart of the pulp allow the ingredients named above. Mix first the sugar, then the milk, then the yolks and whites of eggs beaten separately, and beat all together. Line a dish with puff-paste, pour in the mixture and bake in a rather quick oven.

Time.—¾ hour to bake the pie.

Seasonable in summer.

2862.—APRICOTS AU RIZ.

Ingredients.—1 breakfastcupful of rice, 1 quart of milk, a small piece of butter, 1 large breakfastcupful of sugar, 4 eggs, 2 dozen fresh ripe apricots, 3 tablespoonfuls of apricot marmalade, 2 lemons.

Mode.—Place the rice, milk, butter, and 2 tablespoonfuls of sugar in a lined saucepan, together with the rind of one lemon, and let it all simmer gently until the milk is all absorbed and the rice tender, then add the beaten up eggs, and let it boil again, stirring all the time till the eggs are cooked; remove the lemon rind, and, placing a gallipot in the middle of a glass dish, pile the rice round it neatly, smoothing it so as to let it gently slope towards the edge of the dish, leaving the gallipot in until the rice is cold. Take 2 dozen apricots, pare and stone them,

make a syrup of the remainder of the sugar and the lemon juice; when it is boiling throw in the fruit, and boil them quickly, adding a few of the chopped kernels for flavouring; then remove the gallipot from the rice, and put a layer of apricot marmalade at the bottom of the hollow with a little of the syrup, and pile the fruit in the shape of a pyramid on that; the remainder of the kernels may be used for garnishing the rice, and stuck in here and there.

APRICOT AND JELLY.

Time for boiling the apricots, 5 minutes. **Sufficient** for 6 or 8 persons.

2863.—PEACH AND PINEAPPLE MARMALADE.

Ingredients.—6 lbs. of peaches, weighed after paring and stoning; good-sized ripe pine, 6 lbs. of sugar, 3 lemons, water.

Mode.—Crack half the stones and stew the kernels in a little water. Put the peaches and pine cut up in a stewpan and heat slowly, stirring them well up now and then, boil for three-quarters of an hour; add the sugar, boil for 10 minutes and skim well. Squeeze the juice from the lemons and add with the water in which the kernels have been boiled, and stew all for 15 minutes. Pour into air-tight tins.

Time.—1¾ hour.

Seasonable.—Make this marmalade when fruit is plentiful.

2864.—PRESERVED WATER MELON RIND.

Ingredients.—Water melon, syrup made from loaf sugar, lemon-juice, ginger, vine leaves, water, alum.

Mode.—Pare off the skin and mince the rind of the melon, cut it in pieces and lay it in a stewpan between two layers of vine leaves strewn with a little powdered alum, with enough water to barely cover the upper layer of leaves. Cover the pan and let it steam, but not boil, for 2½ hours, then take out the rind and put it into cold water for 3 to 4 hours. The water should be changed twice. Make some rather thick syrup, put in the melon rind and simmer about 1 hour; take out the rind, lay it on a large dish in the sun, and when cool repeat the process. Some hours later put the syrup again into the pan, flavouring it with the lemon and ginger, and boil till thick. Fill some jars with the rind, pour over syrup, and when cool tie down.

Seasonable in summer.

INDIAN COOKS.

CHAPTER LI.

GENERAL OBSERVATIONS ON INDIAN COOKERY.

2865. ***Housekeeping in India*** is an utterly different thing to housekeeping here. The mistress cannot undertake the personal supervision of her kitchen, which is not in the house or bungalow, but outside, and very likely some distance away. She will also soon learn (that is supposing she has been accustomed to English housekeeping) that it is impossible to treat Indian servants in the same manner as those on whom she has been accustomed to depend for daily service. Indian servants are good, many of them, but they cannot be trusted implicitly, and *will* cheat if they have a chance, and it is absolutely necessary to look after the cook (*Khánsámán*), who will probably be the marketer.

It is best to give him his orders over night, that he may go early to the bazaar to buy. There is a tariff of all articles sold at the bazaar, regulated by the bazaar master and Cantonment Magistrate, therefore having mastered the value of the various coins and a few words for every day wants in the way of food, it should be difficult for your *Khánsámán* to exercise his proclivities for defrauding you.

Drink is the greatest expense in housekeeping. The climate is a thirsty one and the water is bad, so filled with animalculæ that it cannot be drank with

safety unless boiled and filtered, when it is then so flat and unpalatable that it is necessary to add something to make it more pleasant to the taste.

Too often this "something" happens to be brandy, of which a great deal is consumed in India, to the detriment of the health of the majority.

One of the most refreshing drinks is lime-juice and water, and iced tea is another very pleasant one. Bottled beer is a favourite drink, but this, as well as draught beer, is expensive. Still, drinking is, after all, more of a *habit* than a necessity, and it would be well for our constitution when in India if we were to try and take as few "pegs," as the many brandies and sodas and other drinks are generally denominated, as possible.

2866. ***Food in India*** is not dear, and the fact of only having to provide for the family and not for any servants, makes a very great difference in the trouble of housekeeping. Indian cooks are clever, and, with very simple materials, will turn out a good dinner; whereas the same food in the hands of an ordinary English cook would resolve itself into the plainest meal.

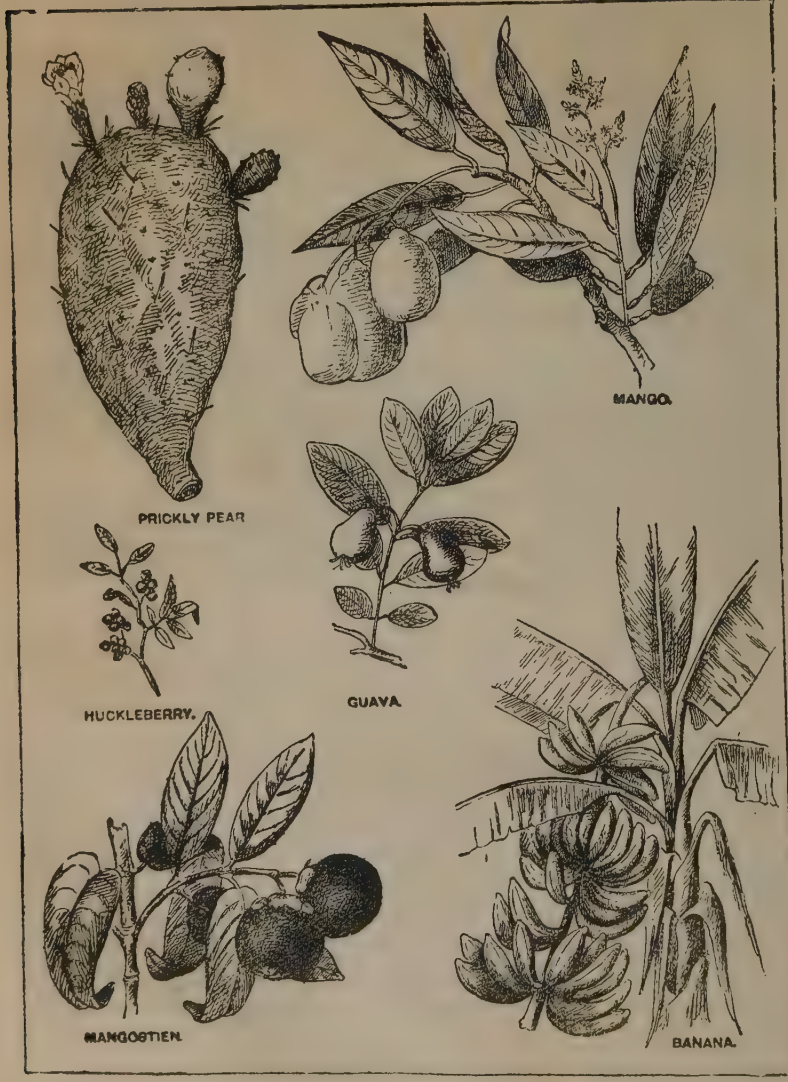
2867. ***Meat*** being eaten so soon after it is killed, even if for no other reason, is not good, the beef is coarse, sinewy and tasteless, and the mutton decidedly inferior in quality, and it is well that Indian cooks are so clever in disguising the insipidity of both, or we should scarcely be able to partake of meat at all. English ham is considered a delicacy, otherwise pork is not eaten in India. Goat's flesh is sometimes cooked, but is anything but pleasant to English tastes.

2868. ***Poultry and game*** may be said to be very plentiful and good, although the latter is rather wanting in flavour. Fowls may be considered a staple food, and are usually home grown; rabbits are also generally kept in the compound, and answer well for curries and made dishes. Snipe are well flavoured and good, while quails and teal are better in India than almost anywhere else.

2869. ***Fruit*** is well known to be plentiful and varied in India, but to many English people the quality, so relished at home, is wanting. Peaches are poor and not well-flavoured, grapes are thick-skinned but of strong muscat flavour, plantains are insipid, mangoes, a taste only acquired by those who have not a strong prejudice against turpentine; still most people who have lived long in India are fond of them.

Amongst the best of the fruits indigenous to the country are bananas, dates, melons and cocoanuts. English vegetables, with proper care, grow well, and Indian cooks, properly instructed, will cook them, as well as anything else, in the way we are accustomed to have them cooked at home.

A knowledge of cookery is a good thing for the English mistress of an Indian Household to possess, and she can often find some amusement when shut indoors during the heat of the day in making such things as cakes and biscuits, which are better not trusted to the hands of the *Khânsâmân*. Those English ladies who have best preserved their health in India appear to be those who *do not give way to the climate*, but perform their household duties in hot weather as well as cold, busying themselves in some manner indoors during their enforced seclusion instead of taking refuge in siestas, which are so often fatal to rest at night. The maladies of nervousness and weakness, so common in India find a powerful enemy in *work*.



Note.— Mangoes and mangostiens are the most popular fruits of India, huckleberries we always associate with American cookery, while the prickly pear is, perhaps, most abundant in Australia.

RECIPES FOR INDIAN COOKERY.

CHAPTER LII.

2870.—RICE FOR CURRIES.

Ingredients.—Rice, water, salt.

Mode.—Wash 1 lb. of rice in several waters, then let it stand in cold water for half an hour to soak. Strain off the water and put the rice into a saucepan with enough water to cover it about 2 inches above add a little salt and boil over a brisk fire. When the rice is tender take it off the fire, and while the water is still boiling throw in a cupful of cold water, shake the pan, and then strain the rice and let it stand back from the fire, with a cloth thrown over the saucepan for a little time.

SUDDEN DEATH. (*See* No. 1300.)

2871.—INDIAN CORN ROASTED

Ingredients.—Unripe corn, butter, salt.

Mode.—Strip the green ears of their leaves and roast before a quick fire till the grain is brown, serve with plain or melted butter. Corn soup is very good made in the same way as pea-soup in England, from the corn picked green and dried.

2872.—CHITCHKEE CURRY.

Ingredients.—Fresh onions, butter, any cold vegetables (the greater the variety the better), curry powder, gravy, rice.

Mode.—Slice the onions, and fry them brown in butter, mix the curry powder to a paste with a little gravy, stir in, and afterwards the vegetables chopped fine and simmer the whole in the frying pan until thoroughly done. Serve with boiled rice.

2873.—KOUFTAS.

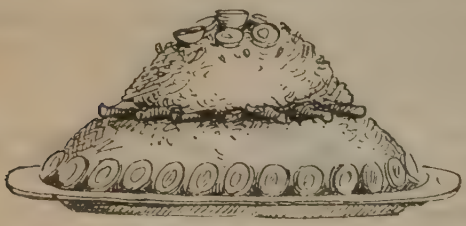
Ingredients.—Cold meat or chicken, yolk of egg, butter, spice, pepper and salt.

Mode.—Chop the meat finely, season it well with spice, pepper and salt, make into a paste with yolk of egg. Form into cakes and fry brown in butter.

2874.—PILAU.

Ingredients.—1 chicken, or a small neck of mutton divided into cutlets, 6 large onions, 2 mangoes, 6 oz. of butter, rice, seasoning.

Mode.—Peel and chop the onions and slice the mangoes, and put them into a stewpan with 4 oz. of the butter and the seasoning. Cut the chicken into joints and fry in the other 2 oz. of butter, then put it into the stewpan and let the whole stew for about an hour. Boil some rice as for curry, lay it on a hot-water dish, over this the joints of fowl, and again over this pour the sauce. Instead of preparing the rice in the ordinary way, it may be dressed as follows:—Wash three-quarters of a pound of rice, and boil it gently for a quarter of an hour in 1 pint of stock, then pour off the gravy, add 3 oz. of fresh butter to the rice, and stir over a quick fire until it is brightly and deeply coloured; then moisten with a little stock, and season with a pinch of mixed sweet herbs, a pinch of grated nutmeg, and the thin rind of half a lemon. Simmer again until the rice is quite tender, without being broken, lift out the lemon rind, and add a quarter of a pint of thick cream. Spread half the rice on a hot dish, lay the pieces of meat or chicken upon it, squeeze a little lemon-juice upon them, and cover with the remainder of the rice. Garnish with hard-boiled eggs.



PILAU.

2875.—DUMPOKE.

Ingredients.—1 chicken, forcemeat made from rice and fresh herbs with seasoning.

Mode.—Bone the chicken and stuff it as nearly into shape as possible with the forcemeat, and either roast or boil it. It may be served either hot or cold, and is cut through in slices.

2876.—KALLEAH YEKHUNEE.

Ingredients.—2 lbs. of the lean of mutton, 4 onions, ¼ oz. each of ginger and cloves, 1 tablespoonful of sugar, 2 of lime juice, 1 dessertspoonful of curry powder, salt and cayenne to taste, water.

Mode.—Slice the meat into a stewpan with enough water to cover, add the seasoning and stew until the meat is tender. Strain off the gravy into another saucepan, mix together the sugar, lime-juice and curry powder with a little water, mix this with the gravy, pour it back on the meat and stew all for another 15 minutes.

2877.—POOLOOT.

Ingredients.—1 fowl, 1 lb. of rice, 1 quart of stock, 8 onions, 1 tablespoonful of ground ginger, a few thin rashers of bacon, 6 hard-boiled eggs, 1 lemon, butter for frying, pepper corns, cardamoms.

Mode.—Truss the fowl as for boiling, boil the rice for 5 minutes and drain, and put fowl and rice into a stewpan with the stock, over a slow fire. Pound 4 of the onions, and squeeze out the juice, and add with the ginger tied in a bag and the juice of the lemon. When the fowl is sufficiently done, take it out and keep hot while the rice is drying before the fire. Have ready the rest of the onions sliced and fried, cut up the fowl, and fry it in the same butter, pile the rice in the centre of a dish with the joints of fowl on the top, and over these the onions. Strew over the peppercorns and cardamoms and garnish with the eggs and fried bacon.

POOLOOT.

Time.—To boil the fowl, ¾ hour.

2878.—INDIAN VEAL COLLOPS.

Ingredients.—2 lbs. of fillet of veal, 1 small cupful of bread-crumbs, 1 large dessertspoonful of curry-powder, pepper and salt, 1 lemon, butter, gravy, 2 yolks of eggs.

INDIAN VEAL COLLOPS.

Mode.—Cut the veal into neat-shaped pieces about 3 inches across, beat them and dip in

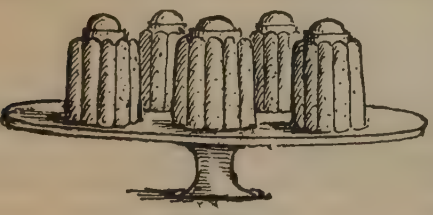
beaten yolk of egg, then in bread-crumbs, which should cover them thickly, and curry-powder; repeat this, then fry in butter. Make a sauce with a little gravy, curry-powder, and a small piece of butter thickened with flour; squeeze in the juice of a lemon, boil, and serve poured round the collops.

Time.—20 minutes to fry.

Sufficient for 1 dish.

2879.—HULLUAH.

Ingredients.—½ pint of sugee or tous les mois, ½ lb. each of butter, sugar, pounded almonds, stoned and chopped raisins, a few ripe cardamoms, 1 stick of cinnamon, 1 pint of water.



HULLUAH.

Mode.—Soak the grain in the water for 12, or if in winter, for 18 hours, strain through a coarse duster, removing only such impurities as remain unstrained. Add to this the sugar, put it in a lined saucepan over the fire, and as it comes to the boil, add the other ingredients one at a time, stirring all the while till it thickens. Pour into oiled shapes, and when cold turn out.

2880.—INDIAN PANCAKE.

Ingredients.—½ a teacupful of rice, 1 pint of milk, 3 eggs, butter for frying, ¼ lb. of sugar, flavouring of cinnamon, crystallised cherries, preserved ginger.

Mode.—Boil the rice in the milk, and beat to a pulp; add the eggs well beaten with the sugar and the flavouring. Form into a round, flat cake, as shown in illustration, and fry on one side in butter. When done, lift it carefully on to a hot dish, and garnish with ginger and cherries.

INDIAN PANCAKE.

Time.—7 or 8 minutes to fry.

2881.—CHILWARS.

Ingredients.—Fish, hot lard or clarified dripping, green limes, flour, salt.

Mode.—These small silvery fish somewhat resemble whitebait, although a trifle larger. They are run on sticks, sprinkled with flour and a little salt, then fried in boiling lard as whitebait. They should be very crisp and dry. They are served with fresh cut green limes, instead of lemons as here, and are sent to table on the sticks, which are run through their heads, or, with greater elegance, strung upon a thin silver skewer.

2882.—TAMARIND SAUCE.

Ingredients.—Fruit, a little pounded loaf sugar.

Mode.—Fill a stone jar with thoroughly ripe tamarinds, and put into a cool oven until quite tender, adding during the stewing enough sugar, but not more than enough, to take away the extreme acidity of the fruit, then rub through a sieve.

2883.—FRUIT DRINKS.

Ingredients for Pomegranate Drink.—4 pomegranates, ½ lb. of pounded loaf sugar, 1 pint of water, the juice of 2 limes.

Mode.—Put the red pips of the fruit into a basin with the sugar, bruise all together, pour over the water, then the lime-juice and strain several times through muslin.

Ingredients for Lime-juice Drink.—Fresh limes, iced water, loaf sugar, a little liqueur.

Mode.—Squeeze the juice from the limes, strain it, and add pounded sugar to taste, and a little flavouring of liqueur, if liked. Put a little of this mixture in a glass, and fill up with water. All the cups, such as champagne and claret cup, are improved by the introduction of slices of fresh fruit, such as apricots or pine-apple.

FRENCH KITCHEN

CONTINENTAL COOKERY.

CHAPTER LIII.

GENERAL OBSERVATIONS ON FRENCH COOKERY.

2884. ***The introduction of French cookery*** into England in years comparatively recent has been so general, that its adoption by many of us ought to have become frequent, and it would argue ignorance, indeed, to be entirely unacquainted with the various *à las* so often presented to us in the present day at dinners in good private houses, hotels and restaurants. Nor are we now averse to the many delicacies greeted in former years with the non-euphonious term of "French messes."

French cookery ranks deservedly high, perhaps higher than any other, and the land that gave birth to a Savarin, a Soyer and others, is justly proud of having raised the culinary art to the highest standard of perfection.

Unfortunately cooking is an art which few of us practise, and in which still fewer of us ever excel. This latter fact is due almost entirely to the want of early cultivation.

2885. ***French Kitchens.***— French children possess exquisite little toy kitchens. These are very fair models of the household kitchen, commonly floored with red bricks (*carrelé*), with its simple square piece of furniture in one corner called a *fourneau*, looking for all the world like a washing stand covered with encaustic tiles, full of little square holes filled with charcoal in every stage of heat, and steaming stewpans and saucepans, principally made of fireproof china, crowning each aperture. An English cook would open her eyes indeed on hearing that a recondite French dinner could be prepared with so tiny an amount of fuel, forgetful of the fact, that in this very slow manner of preparing food lies the secret of its delicacy. True the kitchen contains a large open chimney without a grate in it, but the log fire sometimes burning here is only utilised to prepare a *pot au feu* in the indispensable *marmite*, or, when required to roast a joint on a spit. Rows of wooden spoons, funnels, tammeys, and the whole *batterie de cuisine* hang on the walls and over the fireplace, and ugly, rough earthenware pots and pans of every shape adorn, or rather do not adorn, the shelves.

2886. ***Meals in France.***—The French rise early, and it is the custom in most houses to send up to the bedroom chocolate or the delicious *café-au-lait*. The coffee, except, indeed, among the poorer classes, contrary to the present English idea, is unmixed with chicory, made very strong, and diluted with rich boiling milk. The usual hour of the déjeuner, or second breakfast, is about eleven. All the family assemble at this meal, and a very elaborate one it generally is. The numerous hors d'œuvre which make their appearance at the déjeuner, as well as at dinner time, are frequently consumed as a preliminary to the repast, apparently only whetting the appetite before the meal begins in earnest. Five o'clock is the general hour for dinner, and French men and women make a regular business of it; the men often tying their napkin round their neck, and the ladies fastening it to a button on their dress, set to work with a will. Hors d'œuvres, soup, bouilli, fish, entreés, game, *rôti*, vegetables and salad, vanish like magic, the ordinary beverage being claret, of which children and even babies are allowed to partake. Then follow the sweets, and when all this is done, the amount of fruit eaten at dessert is astonishing to the English visitors. Finally café noir, with its *petit verre* of cognac (appropriately designated as *chasse café* and *lait de tigre*) and liqueurs are handed round, the lady of the house frequently herself presiding over the casket containing the latter.

The French sit long over their dinner-table, and later in the evening tea, with some light biscuits or cakes, is served in the drawing-room.

2887. ***Provisions in France.***—Certainly France abounds in everything that can further good cooking. The rich and exquisite milk and butter of the North—the latter now consumed in such quantities in our English homes—the fine poultry as well as eggs that find their way in thousands to our shores, are so many proofs of this.

And what of the fruits of the South? We may form some idea of their plenty, when we see the pigs fed with melons, and eating for their dessert as many pomegranates as may suit their voracious appetite. Of the luscious grape we need say nothing, its juice is only too well known amongst us.

There is plenty of fish, too, in the many rivers of the country as well as in the seas that bathe its shores, and the delicate sardine, with which we are all acquainted, forms a staple branch of industry on its Western Coast.

Game, too, is abundant. The French are great *chasseurs*, always dressing in *costume de chasse*—the ladies sharing in this weakness—even when the *chasse* is no larger than larks. Not that these delicate little creatures are to be despised, as we well know, when sent up smoking hot off the spit, surrounded by a dainty

garnish. Pheasant and partridge stand high in favour, and no dinner, even for six persons, is considered complete without some delicious *salmis* or *fumée de gibier*.

Roast kid, unknown, or nearly so, in England, is a favourite dish, more especially in the South, where it is so plentiful that it is frequently cried in the streets. It is dressed like lamb, but often, when very young, roasted whole, and being stuffed with bread-crumbs and herbs, makes a very delicate morsel.

Truffles form a very important feature of French cooking. They find their way into many a dish, rendered more savoury, though perhaps not more pleasing to the eye, by their dark presence. That pork cutlets should be seasoned with them goes without saying. Truffles are so common in France, that no French madame is likely to be in the position of an English lady—herself probably an exception—who a short time since drove up in her carriage to a French *charcutier's* shop in the West End, and seeing a quantity of truffles in the window, asked what they were. On being told their name, she further enquired how they ought to be cooked, and triumphantly carried away two pounds, in order to let her cook make a first attempt at dressing them. Although far less expensive to purchase than in England, they are still too dear to be in frequent use, except amongst the well to do.

Unlike the German working class, the poor live on the simplest fare. It is no uncommon thing to see a labouring man or woman—for they, too, labour in the fields—making his or her dinner off a piece of dry bread and garlic.

2888. ***French Dishes.***—Garlic plays a great *rôle* in the flavouring of French dishes. The quantity used is sometimes so excessive as to make some of them quite inedible to the unaccustomed palate, but in delicate cookery its presence is scarcely suspected; nevertheless, on partaking of a *gigot* of mutton, for example, dainty little cloves of the fragrant bulb occasionally tumble out into one's plate. Salads, too, are perfumed with it, a clove or two being simply rubbed through the salad and removed before the dish is brought to the table.

2889. ***French Soups.***—Excellent as some of the French soups are, there is often much to be desired as regards the every day *potages* served in most houses. There is a lack of richness and thickening about them, which is not attractive even to the non-epicurean visitor. In the *soupe aux choux*, cabbage leaves struggle about in pale-coloured bouillon, and in the *soupe au pain* there is little taste save of the floating bread crusts that cover over its surface. An effort is made to get good soups out of the bouilli, and yet make the latter appetising. Alas! notwithstanding all its disguises, in the shape of sauces and pickles, if the soup has been really good, the meat has suffered accordingly and has nothing tempting left about it.

2890. ***Fish Dishes.***—Much importance is attached to a good dish of fish, which frequently makes its appearance at the déjeuner, often in the form of a matelotte served up in red or white wine. A fish most generally in use is the skate, its quaint "wings" being usually smothered in white sauce On the south coast the sturgeon is in every day use, and a huge slice of it, larded and covered with herbs, may be frequently seen carried through the streets to the baker's oven. It looks and tastes very much like a fillet of veal.

This attention to the preparation of fish is most natural in a country like France, where the rules of the Church prescribe as a penance, a *maigre* fare twice a week, though it is generally observed only on Fridays. This penance on the whole is a very pleasant one, for, besides the delicious dishes of fish, eggs, vegetables and sweets, dressed in most attractive and varied fashion, contribute to the enjoyment of the penitent, to say nothing of teal, which is not regarded as meat.

2891. ***Poultry feeding*** is quite an art in France, and every French cook, male or female, knows how to cram a fowl, duck or goose. To watch them

they would appear to go at the process with a will. Seizing the unfortunate bird three or four times a day, they open its bill and stuff a quantity of warm meal and potatoe down its throat, caressing it and talking to it the while, and when they consider it has had food enough, wind up by giving it a very small walnut by way of a digestive.

2892. ***The pâtés of France*** may be regarded as the equivalent of the German *wurst*. Beginning with the renowned pâté of Strasburg, they vary much in their seasoning and the different kinds of meat employed in their fabrication.

Above all the French excel in their *entrées* or made dishes, and there is something both artistic and scientific in the refinement of taste displayed in their various blendings of mushrooms, truffles, cock's combs and other garnitures and seasonings. There is the ring of the epicure in such designations as *croquettes*, *suprême*, *à la financière*, and a touch of sentiment in leaving out one leg of the chicken in *poulet à la Marengo*, because it has remained *sur le champ de bataille*, or in suggesting that a piece of flesh or fish should not be allowed to boil but only to "shudder."

The airy vol-au-vent is a great weakness of the French people. Everything is converted into a vol-au-vent. Meat of all descriptions cut up small in a delicate sauce; in like manner, fowl fricasseed, fish stewed in wine, and game dressed in savoury fashion find a place in the flaky receptacle. As a sweet, also, it is much favoured, fruit and preserves often making their appearance when the top is removed. And what can be more attractive to the epicure than a French soufflé with its gold brown colour and its unapproachable lightness? Or the immortal omelette, so well known to us by name, and yet as a rule so badly made at home, whereas in France it is to be had good everywhere, from the chateau to the peasant's hut, the *plat de bivouac* as the great Napoleon called it?

2893. ***French Cheese.***—How much French cheese do we find upon our own tables! True, the soft cheeses do not come to us, owing probably to the difficulty that would arise in transporting them to England; but this soft cheese is much eaten at a déjeuner, and in the strawberry season, takes the place of cream with us.

Cooked food is sold in the streets in France, at or a little before the hour of déjeuner. Women carry monster baskets on their heads, containing tiny earthenware stoves with charcoal inside them, which serve to keep hot earthenware pans filled with baked apples, fried potatoes, or *riz au lait*, and cooks do not think it at all *infra dig.* to rush out with a basin and receive the steaming rice, toss a couple of eggs into it and brown it over in the oven in ten minutes' time, or to fetch a dish of the *pommes cuites* to satisfy the eager children.

2894. ***French Bread.***—Much bread is baked in country houses, and large, flat, plain cakes, called *galettes*, composed principally of flour and water, the butter being conspicuous by its absence, are universal. The smaller cakes in France, the *choux à la crème*, *meringues*, *éclairs*, *babas*, &c., are delightful indeed. Vanilla is the most favourite flavouring; delicate little puffs, not three-cornered like our own, but made in soft, flaky rolls, are filled with preserve of various kinds, and yet the vanilla flavour is traceable in most of them.

2895. ***French Preserve.***—There is a sort of national jam, much affected by the middle class, used as well for cakes as for eating with bread and butter. It is called *raisinet*, and is a perfect hodge-podge of fruit and vegetables. Its foundation is the new wine as it comes from the press. Into this are thrown, beetroot, turnips, carrots—all of course carefully washed and peeled—apricots plums, apples, pears, and any other fruit that may be in season, and the mixture is kept stirring for twenty-four hours. Everyone has a stir at the raisinet caldron.

No sugar is added, but the process of long boiling is sufficient to make it keep for a whole year.

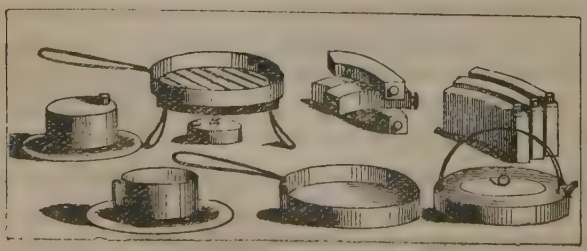
2896. ***Sirops or fruit syrups and eau sucrée*** are a great feature in France. Raspberries, strawberries, currants, apples, apricots, every sort of fruit is utilised, as well as the sweet almond. These syrups are as frequently used for sauces as for drinks, mixed with water, and grateful, indeed, are these cooling beverages in the baking days of a French summer. The endless variety of French liqueurs that have found their way to England and been appreciated by us speak for themselves.

2897. ***French Sweetmeats.***—As to the bon-bons, no country can match France in the variety and excellence of its productions, and, unless, indeed, the Americans, no people are so fond of sweetmeats as the French. Children are literally surfeited with them, particularly about the *jour de l'an*, the result being that their teeth soon become discoloured, and naturally cannot last long.

2898. ***Artistic Cooking.***—Most countries, if not all, have probably some equivalent for the French saying that "men are governed by dinners," but it is to be feared it cannot be said with equal point that most countries govern their dinners by artistic preparation. We English are unsurpassed for our *rosbeef*, *biftecks*, and other dishes *au naturel;* what we have still to learn to some extent, for we have already learnt much, is the art of making a piece of meat or fish, or a fowl that may not be of the youngest, not only edible, but palatable and delicate, as well as the art of blending herbs, vegetables and other ingredients, so as to produce the most satisfactory results to the eye, the palate and the digestion, and consequently to the health, temper and happiness of not only men, but women and children, and certainly the cooks themselves.

The *pot-au-feu*, *soupe aux choux*, *à la julienne*, *à la crêci*, *the bouillabaisse*, and fish, *à la matelote*, *au gratin*, *à la béchamel*, *à la maître d'hôtel*—the *bouilli*, *bœuf à la mode*, *fricandeau*, *ragoût*, *suprême*, and *financière*, the *civet* and *salmis* of game, and the *mayonnaise*, *vol au vent*, *omelette*, *soufflé* and other French national dishes, are familiar to us if only in name, and recipes for their preparation are to be found in every good English cookery book.

On this account it would be only useless repetition to give them a place in the following short list of French dishes, which has, therefore, been restricted to recipes less known amongst us, but nevertheless in common use in France.



RECIPES FOR FRENCH COOKERY.

CHAPTER LIV.

2899.—SORREL SOUP. (*Fr.*—Potage à l'Oseille.)

Ingredients.—About as much sorrel leaves as will half fill a vegetable dish, ½ lb. of butter, 6 eggs, 1 French roll, 2 quarts of medium stock, salt, pepper.

Mode.—Blanch the sorrel leaves, chop them very fine and put them into a saucepan with the butter, stock, salt and pepper. As soon as the potage boils, bind with the yolks of eggs beaten up with a little milk, and add a little butter. Pour steaming on the roll cut up in slices in a tureen, and serve.

Time.—½ hour. **Average Cost,** 1*s.* 9*d.* per quart.

Sufficient for 8 persons.

Seasonable from May to September.

2900.—POTAGE À LA CONDÉ.

Ingredients.—1 quart of *red* haricot beans, ¼ lb. of butter, 3 onions, a little chevril, pepper and salt, 2 quarts of medium or common stock.

Mode.—Soak the beans overnight. Boil till quite tender; then add the stock, butter, onions cut up, and seasoning; simmer for 2 hours, pass through a sieve and pour boiling over dice of toast fried in butter.

Time.—4 hours. **Average Cost,** 10*d.* per quart.

Sufficient for 10 persons.

Seasonable in winter.

2901.—SOLES AU GRATIN.

Ingredients.—2 fair-sized soles, ¼ lb. of butter, 1 teaspoonful of minced shalots, 2 of minced parsley, 2 dessertspoonfuls of chopped mushrooms,

pepper, salt, a little grated nutmeg and 2 wineglassfuls of light French wine (Sauterne, Chablis, &c.).

Mode.—Clean the fish and skin the backs. Put them, back downwards, in a frying-pan large enough to contain them side by side—or they may be done separately—with the butter and all the other ingredients. Place on the fire, adding little bits of butter and flour made into a paste. Cover up and allow to simmer. Turn the fish and sprinkle over with bread-crumbs. Then bring the sauce to a proper consistency and cover again. When the fish are quite ready, slip on to a dish and pour the gravy all round.

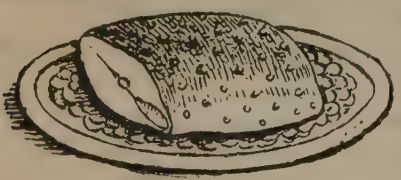
Time.—15 to 20 minutes. **Average Cost,** 2*s.* 6*d.* to 3*s.*

Sufficient for 5 or 6 persons.

Seasonable at any time.

2902.—FRICANDEAU OF SALMON.

Ingredients.—3 lbs. of middle cut of salmon, fine lardoons, 2 onions and 2 carrots cut fine, 2 bay leaves, a little thyme, whole pepper, salt, and grated nutmeg, 1 pint of stock.



FRICANDEAU OF SALMON.

Mode.—Scale, thoroughly wash and dry the fish. Lard it finely and put it into a stewpan with all the ingredients. Allow it to simmer very gently for 2 hours. Strain the sauce, skim off the fat, reduce to a glaze and glaze the fricandeau. Serve on a purée of either cucumber, asparagus or peas, pouring round it the glaze reconverted into a sauce by the addition of a little stock.

Time.—2¼ hours. **Average Cost,** 5*s.*

Sufficient for 6 persons.

Seasonable from April to August.

2903.—STUFFED TROUT FRIED.

Ingredients.—1 fine trout, a little bread-crumb and butter, 2 oz. of truffles, 6 button mushrooms, 1 teaspoonful of minced herbs (thyme, parsley, chevril). For the *court-bouillon*, 1 quart of water, 1 pint of white wine vinegar, 1 large carrot, onion and parsnip, 1 small head of celery, a little thyme, parsley, chevril and salt, 2 bay leaves and 2 oz. of butter.

Mode.—Reduce the ingredients for the *court-bouillon* quickly over a strong fire—the vegetables being sliced up—strain, cool and preserve for cooking fish, replacing the liquid consumed each time by some good white wine. Stuff the trout with the bread-crumb, truffles, mushrooms, butter and herbs made into a forcemeat—the fish having been washed and dried—tie up the head, and simmer in the *court-bouillon* for a quarter of an hour.

Take it out, drain, roll in egg and bread-crumb, fry, and serve up with tomato sauce, fresh if possible.

Time.—½ hour. **Average Cost.**—Seldom bought.

Sufficient for 4 persons. **Seasonable** from May to September.

2904.—SWEETBREADS EN CAISSE.

(*An Entrée.*)

Ingredients.—3 sweetbreads, paper cases, 1 oz. of butter, 1 oz. of bacon-fat chopped fine, 1 teaspoonful of olive oil, 1 dessertspoonful of chopped mushrooms, 1 small teaspoonful of chopped shalots, a little parsley, chopped fine, salt, pepper and grated nutmeg, bread-crumb.

Mode.—Soak the sweetbreads in warm water for 1 hour, boil them 10 minutes, take them out and put them into cold water for a few minutes, and then cut them into convenient pieces. Make a forcemeat of the butter, bacon-fat, olive oil, mushrooms, shalots and bread-crumb; hold over the fire for 5 minutes, add the parsley, salt, pepper and nutmeg, hold 2 minutes more, then allow to cool. Butter the cases inside, lay a little of the forcemeat in each, then some of the sweetbread, cover over with more forcemeat and bread-crumb. Broil very gently for a quarter of an hour and brown them over.

Time.—¼ hour. **Average Cost,** 2*s.* 6*d.*

Sufficient for an entrée. **Seasonable** from May to August.

2905.—CUTLETS OF LAMB À LA CONSTANCE.

(*An Entrée.*)

Ingredients.—12 lamb cutlets, ¼ lb. of butter, 4 fowls' livers, 4 cocks' combs, 20 mushroom buttons, pepper, salt.

Mode.—Clean the combs, plunge them into boiling water, rub off the outer skin, and let them lie in water for 3 or 4 hours. Wipe, and make a stew with the livers, mushrooms, a little butter, stock and seasoning, cutting them all up into pieces. Then mix the stew with a hot béchamel sauce, or some butter made into a paste with flour. Shape and trim the cutlets, fry them on both sides with a little butter, adding pepper and salt. When done, drain off the butter, glaze the cutlets, arrange them in a circle in a dish, pour the stew into the centre and serve.

CUTLETS OF LAMB À LA CONSTANCE.

Time.—10 minutes for the cutlets. **Average Cost,** 10*d.* per lb.

Sufficient for 6 to 8 persons.

Seasonable from Easter to Michaelmas.

2906.—LEG OF MUTTON À LA PROVENÇALE.

Ingredients.—A leg of mutton of 7 to 8 lbs., lardoons of fat bacon and of ham, a few anchovies, parsley, blanched tarragon, 2 cloves of garlic, thyme, chopped onions, 2 or 3 bay leaves, coarse pepper, salt, ½ pint of olive oil, 2 tablespoonfuls of vinegar.

Mode.—Take a leg of mutton that has hung sufficiently to make it quite tender, cut off the shank bone, lift the skin partly without injuring it, and lard the leg with the lardoons of bacon and ham, some strips of anchovies, and bits of parsley and blanched tarragon, and, if not objected to, a few strips of garlic. Place in an earthenware pan some thyme, parsley, chopped onions, 2 or 3 bay-leaves, coarse pepper and a little salt, pour over it half a pint of olive oil and the vinegar. Allow the leg of mutton to lie in this marinade 2 to 3 hours, turning it frequently. Then take it out, spread over it the herbs, &c., of the marinade, covering them over with the skin. Wrap up in buttered paper and roast at a brisk fire. Remove the paper and serve.

Time.—About 2 hours. **Average Cost,** 8½*d.* per lb.

Sufficient for 10 persons.

Seasonable all the year.

2907.—DUCK AUX OLIVES.

Ingredients.—1 large duck, ¼ lb. of French olives, 2 oz. of butter, some parsley, fine onions, flour and salt, ½ pint of stock, 1 glass of light French white wine (Sauterne, Chablis, &c.), 1 blade of pounded mace, 2 or 3 cloves, 4 or 5 whole pepper, and a few small pieces of bacon.

Mode.—Blanch the olives, cut them off the stones in spirals, and simmer them till done in a little stock and white wine. Brown some onions in butter with a pinch of flour and salt, place the duck in this with its dripping, after roasting for not more than 20 minutes. Put over a slow fire, adding the bacon, parsley and spice and a little stock, turn the duck over in this gravy and baste. When nearly done, add a bit of sugar and the olives prepared as above. Serve up the duck with the olive sauce round it.

Time.—40 minutes. **Average Cost,** 4*s.*

Sufficient for 5 persons.

Seasonable from November to February.

2908.—FRIED CAULIFLOWERS.

Ingredients.—2 large cauliflowers, salt, water (1 tablespoonful of salt to 2 quarts of water), 2 oz. of butter, 1 teaspoonful of olive oil, 8 dessertspoonfuls of flour, a bunch of parsley, and ½ pint vinegar.

Mode.—Trim and cleanse the cauliflowers in the usual way, and half boil them in salt and water. Melt the butter with a little hot water, stir in the flour, oil and salt, making a batter which will run from the spoon; mix lightly with it the whites of two eggs well beaten up. Drain the cauliflowers thoroughly, divide them into branches and shake the branches well in the vinegar, seasoned with salt and pepper; then fry them in the batter, taking care that they do not stick to each other. Serve them in pyramid shape, placing on the summit some sprigs of parsley fried in the same batter.

FRIED CAULIFLOWERS.

Time.—Altogether ½ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 8 persons.

Seasonable from May to October.

2909.—BAKED AUBERGINES.

Ingredients.—4 medium-sized aubergines (the dark violet are the best), 12 mushroom buttons, 2 oz. of butter, 2 oz. of fat bacon minced, 1 teaspoonful of olive oil, 6 minced shalots, a little minced parsley, salt, pepper, bread-crumbs.

Mode.—Wash and cut the aubergines in two, lengthwise, remove half of the pulp, and add the mushrooms chopped fine, or bread-crumbs soaked in stock, equal in quantity to the pulp, fry this with the butter, oil, shalots and parsley. When done, fill up the halves of aubergines with this forcemeat, smooth and bread-crumb the top, bake for half an hour, or, better, broil carefully on a slow fire; brown over and serve.

Time.—½ hour. **Average Cost,** 1*s.* 6*d.*

Sufficient for 6 to 8 persons.

Seasonable in Autumn.

2910.—BRUSSELS SPROUTS SAUTÉS.

Ingredients.—2 lbs. of sprouts, water, salt (a tablespoonful to 2 quarts), a small pinch of soda, ¼ lb. of butter, ½ dessertspoonful flour, grated nutmeg, lemon-juice, shalots, parsley, pepper.

Mode.—Trim, clean and wash the sprouts, put them into a saucepan of boiling water and salt, boil for a quarter of an hour. Then take them out, drain and fry them (moving the pan about all the time) in clarified butter with a teaspoonful of minced shalots, a dessertspoonful of chopped parsley, and a little pepper. When they are of a golden hue, dish and pour over them a sauce *blonde*, made as follows:—Make half a dessertspoonful of flour smooth with a little stock, add it, over the fire, to a

quarter of a pound of butter, a little salt and grated nutmeg. Keep stirring with a wooden spoon, bring it to the proper consistency, and add finally a very little lemon-juice.

Time for boiling, 10 to 12 minutes. **Average Cost,** 1*s.*

Sufficient for 6 persons.

Seasonable from November to March.

2911.—PERDREAUX POÊLÉS.

(*Stewed Partridge.*)

Ingredients.—2 partridges, 1 lemon, some fat bacon, 2 carrots and 2 onions sliced, 1 onion with 2 cloves stuck in it, a little thyme, parsley, salt and pepper, 2 bay leaves, 1 glass of white French wine, ½ pint of stock, butter.

Mode.—Truss the birds without the heads, put a small lump of butter inside, and skewer the piece of the skin of the neck over it; place two slices of lemon on the breast of each, and cover over with a slice of fat bacon. Put the birds thus prepared into a stewpan with all the other ingredients, simmer 1 hour, drain, and take off the fat and lemon just before serving. Strain the gravy, remove all the fat, thicken with a little espagnole, or butter and flour made into a paste. Put the sauce under the birds and garnish with stewed mushrooms or a purée of green peas.

PERDREAUX POÊLÉS.

Time.—1 hour. **Average Cost,** 2*s.* 6*d.* to 4*s.* 6*d.* per pair.

Sufficient for an entrée.

Seasonable from 1st September to March.

2912.—WOODCOCK À LA CASSEROLE.

Ingredients.—2 woodcocks, bacon, parsley, shalots, 2 eggs, 1 glass of white French wine (Sauterne or Chablis), pepper, salt.

Mode.—Draw the birds, make a forcemeat by adding to the trails a little bacon, parsley and shalot all chopped fine, the yolks of two eggs, pepper and salt. Stuff the birds, sew them up and truss as for roasting. Put some slices of bacon in a stewpan, place the birds on them and let them stew for a quarter of an hour. Then add the wine. The birds should be a little underdone. When ready, serve with the sauce round them, adding to the latter a few drops of vinegar.

Time.—About 20 minutes. **Average Cost,** 3*s.* each.

Sufficient for a dish.

Seasonable from November to February.

2913.—NOUGATS À LA CRÊME.

Ingredients.—1 lb. of sweet almonds (or ¾ lb. of sweet and ¼ lb. of bitter almonds), 1 lb. of white sifted sugar, 1 pint of whipped cream, some strawberries or crystallised fruit.

Mode.—Blanch and peel the almonds, wash and dry them. Then cut them into slices lengthways (each almond into 5 or 6 slices), and dry them in a very slow oven, without allowing them to turn colour. Put the sugar in a preserving pan or lined saucepan, melt it, stirring gently with a wooden spoon to prevent catching. When a fine yellow colour, throw in gradually the almonds, which will have been kept hot, stirring all the time. Take off the fire and complete the mixing thoroughly. Have ready a number of patty pans and a tin plate, all oiled or buttered. Take a spoonful at a time of the almond and sugar nougat, flatten on the plate as thin as possible, using a lemon to flatten with, and line the patty pans, pressing against the sides with the lemon or a thoroughly clean carrot. Rapidity is required in this operation, as the nougat cools quickly. When cold turn the nougat moulds out of the patty tins, fill them with whipped cream slightly flavoured with vanilla, and place a strawberry or raspberry or similar crystallised fruit on the top of each. Serve on a napkin.

NOUGATS À LA CRÊME.

Time.—About ½ hour for stirring the nougat. **Average Cost,** 3*s.*

Sufficient for 8 or 10 persons.

Seasonable all the year round.

2914.—MIROTON OF APPLES.

Ingredients.—12 good-sized apples, ½ lb. of apple and ½ lb. of apricot marmalade, 2 lemons, 1 glass of brandy, ¼ lb. of sifted sugar, 1 teaspoonful of grated cinnamon.

Mode.—Mix the apple and apricot marmalade together, and pile in the centre of a fire-proof plate. Peel, core and slice the apples evenly, and soak for 3 to 4 hours in the other ingredients. Then drain the slices of apple and arrange them symmetrically around and above the mound of marmalade, so as to form a dome. Half an hour before serving, put the dish in the oven, and take care that the apples are of a good colour.

Time.—½ hour. **Average Cost,** 1*s.* 8*d.*

Sufficient for 8 persons.

Seasonable from August to February.

GERMAN KITCHEN.

CHAPTER LV.

GENERAL OBSERVATIONS ON GERMAN COOKERY.

2915. ***Cookery in Germany.***—In these days the facilities offered for travelling are so great that visiting the continent comes within the reach of many of us. Indeed, Germany, France, Italy and other countries, formerly unknown quantities to most of us, are now familiar, and the inhabitants of those lands mix so freely with us that we cannot but acquire some of their habits and customs. Amongst the many subjects that claim our attention in foreign countries there is one which cannot fail to interest us wherever we may be, namely, cooking.

The cookery books of the present day teem with foreign recipes, but unfortunately, unless, indeed, in larger establishments, but few of them are ever tried, our English cooks adhering obstinately to their own manner of preparing dishes, and mistresses, after a slight struggle or two, giving up the matter in despair. Prepared food we all must have, but how great is the difference in the preparation we well know.

Many of us on first going abroad find fault with most of the dishes set before

us, often declining this thing or that, without so much as tasting it, simply because it is cooked in a manner different from that to which we have been accustomed. Many a delicious morsel has thus been cast aside, which later on is frequently much appreciated by the very individual who rejected it at first. The best course is to make a point of tasting everything offered to one, and with unprejudiced mind and palate to select the best, find out how the dish is prepared, and try it in one's own home. One thing is certain, that in England cookery in general offers comparatively little variety, and in these days of internationalism we should do well to learn from our foreign neighbours.

2916. ***Variety of Dishes.***—A great contrast is offered to our own in every-day German cookery, for example. Here the soups, roasts, made dishes, salads, game, sweets and cakes, are endless in number and variety. Doubtless there are many dishes, for the goodness of which I can vouch however, which might never find attraction for the British palate. Snail soup, for instance—though not made, be it remarked by the way, from the ordinary snail so common amongst us, but from a peculiarly large, white snail, carefully fattened on flour—might not become a special weakness of ours. Nor might we even become enchanted with the thighs of frogs—a dish generally solely accredited to the French—so delicately prepared and served up in a dainty sauce of a bright golden colour; but English people living in Germany soon take kindly to the nutritious food of the country.

The knowledge of cookery runs through all classes, and is an essential part of a girl's education. German ladies not only give their morning orders to their cook, but supervise personally the preparation of the family meal. Without necessarily themselves putting a hand to the actual cooking, they are careful to watch that ingredients are rightly and properly mixed, and that stove and oven are of the right temperature.

Our acquaintance with these facts makes us often in England regard the *Hausfrau* as a sort of upper housekeeper, but this is a great mistake, as her extensive knowledge of cookery is only a part of a thorough general education.

2917. ***A German housewife*** cannot be the dupe of her cook through ignorance. A cook is quick indeed to find out whether her mistress is simply capable of giving an order to send up some sort of game or fish, adding, "with the right sort of sauce, you know," or whether she knows all about the preparation of the desired article, and quick indeed also is the said cook to take advantage of any ignorance displayed.

There is one thing certainly which may, perhaps, account in some degree for the German mistress having her cook under close supervision. The great majority of families belonging to the middle class in Germany, even those who may be termed wealthy, live in flats, and consequently have no stairs by which to descend to underground kitchens, or to climb back to their apartments.

In the very highest class, daughters take their turn, week about, in superintending the management, thus learning housekeeping and cooking from early youth, and in the lower class also few indeed are the workmen engaged in outdoor employment whose wives do not prepare for them at least a nutritious, hot soup, consisting, it may be, only of vegetables, peas, lentils and the like, but so carefully seasoned with herbs, pepper and salt, all so perfectly blended together that it might satisfy the tastes of the most fastidious, and a dish of smoking potatoes, these latter, too, fragrantly perfumed with delicately-shred onions, fried gold brown in a little butter, bacon fat, or oil.

2918. ***Germans, being much earlier risers*** than ourselves, break their fast at a far earlier hour, six o'clock being no uncommon time in private families for the first meal, which, however, is not set out with the same care and attention

to appearances as our breakfast. The cloth is often laid without either plates or knives and forks, a bread tray full of hot rolls, and the steaming coffee-pot and jug of milk, with a sugar box—literally a box, either in silver or japanned—forming all its decoration. To this meal the family seldom sit down together, each member partaking of it as he or she makes his or her first appearance.

About ten o'clock there is a sort of snatch repast; in the summer consisting frequently of fruit only, in the winter of cakes or sweetmeats.

Then comes the equivalent of our luncheon, or early dinner, either at twelve or one o'clock, called the midday meal or *mittagessen*. This is the heaviest meal of the day, and consists in the ordinary every-day course of soup, *bouilli* flanked with all kinds of good pickles and sauces made at home, a roast of some kind, two vegetables and a sweet.

Next follows the four o'clock coffee, at which uninvited guests constantly tumble in; hence, perhaps, its familiar term *caffeeklatsche*, or coffee gossip. At this meal substantial cakes are generally in abundance, and here let me note a difference between Germans and ourselves.

2919. ***German Cakes.***—In these days Englishwomen who do not employ professed cooks often buy their cakes, not to mention pastry, at the pastry-cook's or grocer's. In Germany, every household makes, or can make, its own plain cakes and rich cakes, bread tarts and foam tarts—the foam being a combination of white of egg and sifted sugar—as well as open tarts, not made with preserve as ours are, but of the lightest dough rolled out and cut into long or round shapes and thickly overlaid with fresh fruit, sprinkled with sugar and currants, none of the juice of the fruit being lost, but permeating the crust and making it most appetising.

2920. ***Supper.***—Half-past seven or eight is the hour of supper, or *nachtessen*, served hot or cold according to the season of the year. In the summer-time in Southern Germany it often consists of so-called "thick milk" only.

The milk is taken fresh from the cow, and, being placed in large stone jars, carried to the cellar. Here it is carefully watched day by day, say for three or four days, and then taken forth quite solid. The mass of cream, often two inches thick, is removed from the top of the jar, placed in a tureen, made quite smooth with a wooden spoon, then the milk broken up and added spoonful by spoonful until the whole is perfectly smooth. This is served up with grated bread-crumbs, powdered sugar and cinnamon, and is really most delicious.

In winter the suppers are heavier; often hot soup, *wurst* of course, varying from the ordinary pork sausage, to every kind of delicate brawn, galantine, liver pâté, and tiny sausage, made for the most part at home.

2921. ***Late dinners are not customary*** in the Fatherland, that is to say invitations are issued for a supper, but there is in reality very little difference either in the hour or arrangements of the table. Frequently, however—a fact which would shock many an English mind—tea and cakes make the first course, with cold viands, upon which follow varieties of hot entrées and sweets, and this in the very highest circles also.

With regard to the table arrangements, there is but little difference between the two countries, the supper-table being laid out very much as our own dinner-tables are, decorated with flowers and shining glass and plate. In the matter of carving we do not resemble the Germans. In the Fatherland, either *en famille* or at small parties, the master of the house cuts up the whole of the joint that is set before him, upon which it is handed round the table. Poultry, too, is dissected in the same way and handed round, and it is a common thing for the daughters of the house to wait on the guests at one side of the table, whilst the parlour-maid

or footman waits at the other. At larger parties, as with us, the carving is done at the sideboard or in the kitchen.

2922. ***A German kitchen*** is a picture of cleanliness, with its large, shining stove, and its rows of glowing copper, tinned and enamelled vessels ranged in perfect order and flanked by a host of wooden spoons, colanders, egg-poachers and the like. German cooks are scrupulously attentive to the cleansing of their vegetables, frequently using a large tub of water in washing a lettuce.

With all their predilection for cake making, Germans seldom make bread at home. How well German bakers perform their task is proved by the fact that hundreds of them are employed in London, and none of us who have lived in Germany are ignorant of the variety of brown bread and white, and rolls of every complexion. Still, maybe it has been reserved to the few to taste the *Commissbrod* or black soldiers' bread, baked in huge round loaves, their surface shining in blackness. A little of it goes a long way, but it is not positively nasty. The best way to try it is to cut it into the thinnest of slices, which may be interlarded between white bread and butter.

2923. ***Contrasting German with English cookery,*** perhaps one of the greatest differences between the two consists in the more constant use of seasoning of every description employed in the former. We mean seasoning principally with fresh or dried herbs of all kinds. In fact, many of the meats and vegetables which we at home look upon as ready for the table, would be considered in Germany to be only half-prepared. For example, all that we deem necessary is to shake salt over a joint and let the fire do the rest. What can be better than a joint of English prime roast beef, *if* roasted? But in our time the greater part of the meat is not roasted, but baked, and consequently loses a good deal of its flavour. This, scientific seasoning would more than compensate for.

Possibly the fact of foreign beef and mutton being on the whole inferior to our own, may have been the origin of more trouble being taken by the French and Germans to make it palatable. At any rate, German cooks do take a great deal of trouble in the preparation of every kind of meat. Joints to be roasted, after having been thoroughly wiped and deprived of every little bit of superfluous fat, gristle, or any unsightly scrap, are thoroughly rubbed with a mixture of herbs, selected according to the different nature of the meat to be dressed. Then onion, allspice, pepper and salt, occasionally, too, cloves, are placed in the pan, and the joint is basted frequently with the gravy thus flavoured, all of which adds a refined and delicate savour to its taste.

In the matter of vegetables, too, their manner is more artistic than our own. At home we are quite satisfied, for instance, with a delicate savoy cabbage thoroughly boiled in salt and water. Were we, however, to taste that same cabbage after a German handling, with the addition of shalot delicately fried in clarified butter, pepper, parsley, and just a *soupçon* of flour, many would not care to eat it again dressed in simple fashion.

We English are rather liable to call German cookery *greasy*, but how many of us can judge of it only by what we get in hotels, probably at a *table-d'hôte*, where the dishes have become cooled before they ever reach us. It is in the private houses that the real excellence of German cooking would be appreciated by all who could have the opportunity of tasting it.

Germans enjoy good appetites, and are certainly highly critical in the matter of cooking. It would be impossible to find a more hospitable people, and a German *hausfrau* will undergo any amount of trouble in order to produce some exquisite dish for a friend's arrival. On the whole, it must be admitted that the Germans

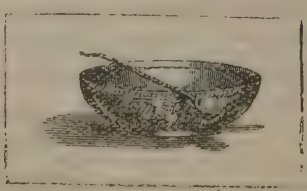
live better than we do. Their mode of cooking is, taken all round, more expensive, but here again their wonderful management and thrift comes in.

2924. ***Economy.***—We in England have no idea of their capabilities of saving at every turn. Contrary to our English custom, meat is cut up into very small joints, a circumstance highly beneficial to families where there are few members. A German housekeeper is not likely, if she asks for one pound of rump steak, to carry away *two*, simply because the butcher should happen, either accidentally or intentionally, to make the heavier weight. Clarified butter, of which a large quantity is used in the preparation of almost everything, is made in the middle of summer when butter is at its cheapest. A large quantity of one day's churning is placed over the fire in a copper vessel and allowed to simmer gently, being continually skimmed until all the dross is removed, when it is poured off clear as water, and stored away in stone jars until wanted. This butter will keep six or eight months. Eggs, new-laid, are rubbed over with salad oil and put away by the hundred, at a season when their average cost does not exceed 9*d.* a dozen, whereas their winter price might be almost double. Eggs thus treated will keep six months. Another instance. We in England, when making apple jelly, peel the apples and throw away the peels. In Germany the jelly is made from the peel of apples and the fruit itself is utilised for tarts or compôte.

Stewed fruit is frequently used at German tables as a substitute for a second vegetable. With roast pork, for example, a huge basin of stewed plums generally makes its appearance, instead of the small sauce boat of apple sauce to which we treat the joint. Apple compôte is served in the same way with roast veal or fowl. Ducks, geese and turkeys are, generally speaking, stuffed with chestnuts and spices, instead of sage and onions, or lemon stuffing such as we use at home.

A great institution in German cooking are *nudeln*, a sort of macaroni. There are nudeln of every kind, size and shape. Nudeln for soups, nudeln to be eaten with roast meat, especially veal, and nudeln as a sweet, to be eaten with fruit.

Perhaps as great a delicacy as any to be met with is the *mariniert* or pickled fish of all kinds, which is to be procured in large or small quantities at the *Delicatessen Handlung* (Delicacies Warehouses) throughout Germany. We have all heard of the national *linsensuppe*, *sauerbraten*, *sauerkraut*, *wurst* and *nudeln*, but few of us have ever tried the preparation even of these in our own homes. The recipes subjoined of dishes in frequent use amongst the Germans are well worth trying, and none of us would regret the introduction of them into our home menu.



RECIPES FOR GERMAN COOKERY.

CHAPTER LVI.

2925.—LENTIL SOUP.

Ingredients.—1 pint of green German lentils (not Egyptian), 2 oz. of butter, 1 quart of liquor in which a joint of pickled pork has been boiled, 2 or 3 cloves of garlic, pepper and salt.

Mode.—Boil the lentils in an enamelled saucepan, to prevent their turning black, for a quarter of an hour; then pour off the water; add a very small quantity of fresh water, 2 oz. of clarified butter, pepper and salt, and simmer gently till quite soft. Stir in 1 quart of the liquor and add 2 or 3 cloves of garlic, or some slices of onion which have been thoroughly fried in butter.

Time.—4 hours. **Average Cost,** 6*d.* per quart.

Sufficient for 4 persons.

Seasonable in winter.

2926.—WHITE WINE SOUP.

Ingredients.—2 dessertspoonfuls of finest flour, 6 yolks of eggs, 1 pint of light white Rhine wine, 1 pint of water, ¼ lb. of loaf sugar, and some slices of lemon.

Mode.—Mix the flour carefully with the eggs and a pinch of salt; add the wine, the water well sweetened with sugar, and two or three slices of lemon, removing the pips. Pour the mixture into an enamelled saucepan over a strong fire, and whip briskly until it just reaches boiling point. If allowed to boil, the soup will curdle. Then turn it rapidly into a tureen. A little nutmeg may be added, and the whites of the eggs beaten to a froth may be thrown in spoonfuls over the soup. The tureen must be quickly

covered, when the steam will be sufficient to cook the white of egg. Serve up with rusks or toast.

Time.—Till the soup reaches boiling point. **Average Cost,** 2*s.* per quart.

Sufficient for 6 persons. **Seasonable** at all times.

2927.—TOMATO SOUP.

Ingredients.—¼ lb. of butter, 1 large onion, 2 or 3 large tomatoes, 2 French rolls, 1 quart of stock, salt and pepper.

Mode.—Slice the onion and fry it pale yellow in the butter, cut the tomatoes in quarters and the rolls into slices, put these into the butter, adding pepper and salt, and sufficient water to make 6 plates of soup. Boil for 1½ hour, then strain through a tammy, and add 1 quart of good boiling stock.

Time.—1½ hour. **Average Cost,** 1*s.* per quart.

Sufficient for 6 persons.

Seasonable in September and October.

2928.—MARINIERTE HERINGE.

(*Pickled Herrings.*)

Ingredients.—12 salt herrings, 1 pint of milk, 1 oz. of white pepper, 1 nutmeg, 8 shalots, 12 peppercorns, a few small onions, a little thyme, some bay leaves, and one pint of vinegar.

MARINIERTE HERINGE.

Mode.—Scale the herrings, take out the roes, without, however, cutting open the fish; wash thoroughly and lay the fish in milk for 2 days, to draw out the salt. Bruise the ingredients fine together, and stuff each fish with a portion of the mixture. Then place the herrings in layers in an earthen jar; cover with small onions, thyme and bay leaves. Stir the roes smooth with a pint of boiling vinegar and pour over the fish.

Average Cost, 1*s.* 6*d.*

Seasonable from August to March.

Note.—Other fish, such as salmon, carp, eel, &c., may be treated in this way, only the fresh fish must first be lightly fried.

2929.—HADDOCK WITH ASPARAGUS.

Ingredients.—1 large, thick haddock, about 50 asparagus, 6 oz. of butter, 2 eggs, 1 pint of stock, grated bread-crumbs, 2 rusks grated nutmeg, mace, salt,

Mode.—Cleanse the fish, taking out the bones, salt and cut it into slices. Beat up an egg with grated nutmeg, and after wiping the slices dry, dip them into the egg, and then on both sides into grated bread-crumbs, and fry light brown in hot, clarified butter. Cut off the heads of the asparagus, and boil the rest until done, in salt and water. Put the boiled asparagus with half a pint of good stock, 2 oz. of butter, 2 rusks and a little mace into a stewpan; lay the slices of fish and heads of asparagus in the mixture, and stew for a quarter of an hour. The yolk of an egg and a little lemon-juice may be added.

Time.—½ hour. **Average Cost,** 3*s.*
Sufficient for 5 persons.
Seasonable in August and September.

2930.—BAKED PIKE WITH SOUR CREAM.

Ingredients.—1 pike, 5 oz. of butter, 1 pint of sour cream, a little stock, 2 onions, 2 bay leaves, salt and lemon.

Mode.—Scale and clean the pike, cut it into slices and lay it in an earthenware dish. To 3 lbs. of fish add 5 oz. of butter, 2 sliced onions, 2 bay leaves, some salt, 1 pint of sour cream, and bake 20 minutes in a hot oven, frequently pouring the mixture over the fish, and covering it with grated rusk or bread-crumbs. Before serving up, add a small quantity of good boiling stock and lemon-juice. Remove the bay leaves and slices of onion.

Time.—20 minutes. **Average Cost.**—Seldom bought.
Sufficient for 6 persons.
Seasonable from September to March.

2931.—LEBER KLÖSZE.

(Liver Dumplings. An Entrée.)

Ingredients.—1 calf's liver, 2 oz. of bacon, 4 eggs, 7 oz. of bread, grated nutmeg, butter, suet, onions, pepper and salt.

Mode.—Skin a calf's liver and rub it through a sieve; put it in a basin with the bacon finely chopped, 4 whole eggs, 7 oz. of white bread cut into dice and fried in butter and suet, grated nutmeg, pepper, salt and finely-chopped onions to taste; mix well together with half a teacup of cold water, adding sufficient flour to bind the dumplings. Test the mixture by throwing a small piece into boiling water; it should hold together and yet be very light. A little flour or water may have to be added. Make the dumplings the size of an apple and boil

LEBER KLÖSZE.

them moderately in salt and water for a quarter of an hour. Serve up with bread-crumbs fried in butter and suet, and a sauce of melted butter thickened with grated potato. These dumplings are eaten alone or with Sauerkraut.

Time.—¼ hour. **Average Cost,** 2*s.* 6*d.*
Sufficient for 7 or 8 persons.
Seasonable from March to October.

2932.—FRANKFURTER BRATWURST.

(*Frankfort Sausages.*)

Ingredients.—2 lbs. of tender, lean pork, 1 lb. of fat, mace, coriander seed, pepper, salt, claret, and sausage skins.

Mode.—Chop the lean and fat pork very fine, add the other ingredients to taste, mix with claret to the consistency of sausage-meat, and fill the skins. These sausages are always gently boiled for three-quarters of an hour, either in beer (not too bitter) or water, enough to cover them, before being fried for a quarter of an hour in hot butter. They may be served up with apple sauce well sweetened and spiced with cinnamon.

Time.—1 hour. **Average Cost,** 10*d.* per lb.
Seasonable from September to March.

2933.—DELICATE VEAL FRICASSEE.

(*An Entrée.*)

Ingredients.—Breast of veal, 2 oz. of butter, 1 sweetbread, a few mushrooms and asparagus, a few thin sausages, parsley root, mace, lemon, 1 egg, grated rusk or bread-crumbs, salt.

Mode.—Bone and beat the meat, cut it into convenient-sized pieces; wash them and put them in a saucepan with some cold water on the fire, until the water comes to a boil, then take out the pieces, pour cold water over them and thoroughly dry them. Heat 2 oz. of butter in a stewpan, let the meat stew in it for a quarter of an hour, add sufficient boiling water to make the gravy required, salt, parsley root cut into slices 1 inch long, mushrooms to taste, cover close and simmer gently for 1½ hour. The following to be added a quarter of an hour before serving up; 1 sweetbread, some boiled heads of asparagus, some small sausages, slices of lemon, mace, and grated rusk or bread-crumb. Before serving, add the yolk of 1 egg and garnish with forcemeat balls either of meat or crab, boiled in salt and water.

Time.—1¾ hour. **Average Cost,** 1*s.* per lb.
Sufficient for 5 to 6 persons.
Seasonable from March till October.

2934.—BAKED SADDLE OF LAMB.

Ingredients.—Saddle of young lamb, shalots, marjoram, rosemary, 2 or 3 bay leaves, cloves, 4 or 5 juniper berries, pepper, salt, lardoons, ½ pint of vinegar, ½ pint of claret.

Mode.—Skin the saddle and rub it thoroughly inside and out with the following mixture:—Shalots, marjoram, rosemary, 2 or 3 bay leaves, all chopped fine together, cloves, pepper, and 4 or 5 crushed juniper berries. Put the saddle in an earthenware pan, pour over it half a pint of vinegar and half a pint of claret, and let it remain 4 days in this liquor, frequently turning it. Then lard it, and bake it in an earthenware pan, carefully basting it and adding a little salt, for 1 to 1¼ hour.

Time.—1 to 1¼ hour. **Average Cost,** 1*s.* 2*d.* per lb.

Sufficient for 5 or 6 persons.

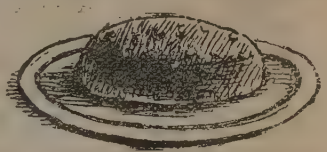
Seasonable from April till September.

2935.—SAUERBRATEN.

(*Sour Roast.*)

Ingredients.—5 to 6 lbs. of the inside fillet of the sirloin or of the rump of good fat beef, 1 quart of beer vinegar or mild vinegar, 4 bay leaves, 2 nutmegs, 2 oz. of butter, 2 oz. of suet, 1 dessertspoonful of flour, salt, pepper, ground cloves, 2 small carrots, 3 or 4 good-sized onions, a piece of the crust of brown bread, and a small cupful of fresh cream.

Mode.—Wash the meat, lay it in the vinegar boiled with the bay leaves and grated nutmegs; keep in a cool place for 3 to 4 days in summer, and 8 to 10 in winter, frequently turning it with a wooden fork. Before cooking, lard with lardoons dipped in a mixture of salt, pepper and ground cloves. Scatter a little salt over the meat, and brown in a stewpan with the butter and suet, adding the flour. When a golden brown, pour in sideways sufficient boiling water to cover the meat. Cover up the pot, and in a few minutes add the carrots, onions and brown bread. Cover the pot again, weighting the cover, and let the whole simmer for 2 to 2½ hours, adding the cream half an hour before serving. Take out the meat, put it in a hot plate in the oven, whilst the gravy is prepared. Thicken the gravy with flour, or thin with water or milk if too sour, according to necessity; pass through a sieve, bring to a boil, pour a little over the meat, and serve the rest up in a sauce-boat.



SAUERBRATEN.

Time.—2¼ to 2¾ hours. **Average Cost.** 1*s.* 4*d.* per lb.

Sufficient for 10 persons.

Seasonable at any time.

2936.—CHICKENS.

(Ordinary German Fashion.)

Ingredients.—2 chickens, lardoons, French rolls, bread-crumbs, 3 oz. of butter, 1 middle-sized onion, 1 egg, parsley, thyme, grated lemon-peel, and 1 small cup of cream.

Mode.—Stuff the birds with a stuffing made of French rolls, a little butter, egg, fine-shredded onion, parsley, thyme, grated lemon-peel; next lard and bread-crumb them, placing a piece of fat over the breast, that they may not become too brown. Place the chickens in a stewpan with 1 oz. of butter, leave uncovered for a short time, then cover and bake for 1½ hour. Half an hour before serving, add the cream, and baste thoroughly over a hotter fire.

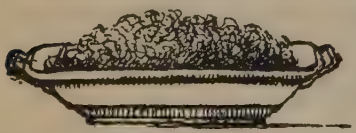
Time.—1½ hour. **Average Cost,** 5*s.*

Sufficient for 6 persons.

Seasonable all the year round; scarce in spring.

2937.—SAUERKRAUT.

Ingredients.—2 lbs. of ***sauerkraut***, 2 oz. of butter, 2 oz. of lard, 2 oz. of suet, grated potato, juniper berries, caraway seeds, salt.



SAUERKRAUT.

Mode.—Melt the butter, lard and suet in a stewpan, with a little water, salt if necessary, and, tied in a little bag, a few juniper berries and caraway seeds; add the *sauerkraut*, cover close, and boil quickly for 1½ hour. Before serving, thicken with grated potato or boiled peas.

Time.—1½ hour. **Average Cost,** 7*d.*, without the *sauerkraut*.

Sufficient for 6 persons.

Seasonable in the late autumn and winter.

Note.—*Sauerkraut* is purchased in England in small barrels. It is simply cabbage cut very fine, pressed into exquisitely clean wooden barrels, with or without salt—the former keeping longer—and allowed to ferment, with a cloth dipped in a solution of spices tied over the mouth of the barrel.

2938.—STEWED ASPARAGUS.

Ingredients.—100 heads of asparagus, 3 oz. of butter, 4 oz. of grated rusk or bread-crumbs, 2 eggs, a little mace, salt.

Mode.—Scrape the asparagus, cut them twice across into equal parts, lay the heads aside, and boil the other parts till half done. Next put in a stewpan 3 oz. of butter, a little mace and salt, then *all* the asparagus, and simmer gently for 1½ hour. Shortly before dishing, add 4 oz. of grated

rusk or bread-crumbs, and the yolks of two eggs. Serve up, garnishing the asparagus with forcemeat balls, and pouring the thick sauce over.

Time.—1½ hour. **Average Cost,** 3*s.*

Sufficient for 6 to 7 persons.

Seasonable from May to August.

2939.—NUDELN.

(*German Macaroni.*)

Ingredients.—4 eggs, flour, milk, 2 oz. of butter, grated rusk.

Mode.—With 4 eggs and 4 dessertspoonfuls of milk, mix sufficient finest flour to make a paste; knead on a paste board, constantly shaking flour over it, until it becomes a stiff dough. Cut into four pieces, roll out as thin as paper, and throw over a pole to dry. When dried half an hour, cut each piece again in 4, lay the pieces upon each other, roll up and cut into strips the width of a blade of grass, and shake them apart. They are then ready for use, but can be kept for several weeks. When required, boil tender in plenty of boiling water with salt, turn into a drainer, and pour boiling water quickly over them. Serve up either with brown butter, or sauce made with milk, salt and 2 oz. of fresh butter, and cover over with grated rusk, or a portion of the *nudeln* fried in butter until it has become crisp and brown. *Nudeln* are eaten with roast veal or fowl, or ham, or as a sweet with stewed prunes or apple compôte.

NUDELN.

Time.—Till tender. **Average Cost,** 8*d.*

Sufficient for 8 or 10 persons.

Seasonable all the year round.

2940.—APFEL KUCHEN.

(*Apple Tart.*)

Ingredients.—20 good-sized apples, 1 lb. of flour, ½ lb. of butter, ½ pint of milk, 2 eggs, 6 dessertspoonfuls of sifted white sugar, 1 oz. of fresh yeast, grated cinnamon.

APFEL KUCHEN.

Mode.—Put the flour in a basin, make a hole in the middle, put in 7 oz. of the butter, 1 spoonful of the sugar, the milk lukewarm, the eggs and yeast; thoroughly mix and allow to rise slowly. Roll out thin and lay on a buttered tin plate, spread over the dough a little melted butter, powdered sugar and

cinnamon; then lay upon it thickly the apples peeled, cored and cut into eight pieces; bake in a quick oven.

Time.—1 to 1¼ hour. **Average Cost,** 1*s.* 10*d.*

Sufficient for 6 people.

Seasonable from August to March.

Note.—Apricots, plums, damsons and cherries may be used instead of apples.

2941.—BROWN BREAD PUDDING.

(German Fashion.)

Ingredients.—8 oz. of stale brown bread-crumbs, ¼ lb. of butter, ½ pint of claret, 12 eggs, ½ lb. of sifted sugar, 5 oz. of grated almonds, 1 teaspoonful of ground cinnamon, the grated peel of ½ a lemon, ½ teaspoonful of cardamom seeds.

Mode.—Put the bread-crumbs in an enamelled saucepan over the fire with the butter, stir in the claret; let the mixture get cool. Then beat up the eggs, add them, with all the other ingredients, mix thoroughly together and boil in a basin for 2½ hours. Serve with a sauce made of the hips of the wild rose, a glass of white wine, sugar, cinnamon, and a thickening of flour and water. The hips—a handful—must have the inside removed, and be boiled for a quarter of an hour in half a pint of water, and then passed through a sieve, previous to mixing with the other ingredients.

Time.—2½ hours. **Average Cost,** 2*s.* 8*d.*

Sufficient for 10 persons.

Seasonable all the year round.

ITALIAN KITCHEN.

CHAPTER LVII.

GENERAL OBSERVATIONS ON ITALIAN COOKERY.

2942. ***Climate.***—In a climate so gloomy and changeable as our own, we might conclude, and this perhaps not unreasonably, that the inhabitants of the Sunny South would be less *exigeants* regarding the manner of preparing their food than ourselves. Anyone who has lived in Italy, however, will have had this illusion quickly dispelled, and will know that the far-famed macaroni, although forming a staple adjunct of many dishes, is not the diet that satisfies the Italian *bon-vivant*.

The Italians are very fastidious in their taste, know thoroughly well what is good, and appreciate it accordingly. Indeed, they claim to have inherited their taste and capabilities for good cooking from the luxurious Romans, who did not consider the sum of £800 a-year too high a remuneration for the man who could gratify their inordinate and fantastic appetites. As a matter of fact, many dishes in use amongst the Roman people are still common in Italy, where the culinary art is said to have attained a high degree of perfection in the 16th century. In the

present day, the knowledge of cookery does not, as it ought to do in every country, run through all classes. On the contrary, it constitutes no necessary part of a girl's education, and few of them hear anything about it until they grow up. The question of making cooking a branch of education is now being agitated in Italy, as it is in other countries, and certainly not too soon.

2943. ***The poorer classes*** amongst the Italians are entirely ignorant of cookery, but the peasantry are easily satisfied, sun and warmth making up for a good deal of the want of nourishment more solid than usually falls to their lot. It is a sight of every-day occurrence to note a whole family, from the grandfather downwards, seated on a flight of steps in the glowing sun, and eating their midday meal, which consists solely of oranges or dates, the latter of which they pluck from a branch of a date palm, smilingly dividing the spoils amongst themselves. They appear to be quite happy and contented, but how far such nutriment would go to support an able-bodied man, or growing boys and girls, is another matter.

2944. ***Style of Cooking.***—On the whole, in their style of cooking, arrangements of the table, and in the hours of partaking of their meals, the Italians resemble the French, as, indeed, all the Latin races resemble each other in many points, only the Italians are more artistic, as is but natural in the land of a Michael Angelo and a Raphael. Like the French, and the Germans too, they live for the most part in flats. The kitchens are well lighted, these dwellers in a Southern clime, although careful to exclude the sun during the greater part of the day, regarding its light as a necessity to health and cleanliness.

In modern kitchens the stove used for cooking is precisely the same as the large metal one used in Germany, with its oven, boiler, and many-holed surface. Most of the saucepans and pans are of iron or copper. The floor is flagged, in many cases with marble, as are the bedrooms, and quaint-shaped utensils of every kind fill the shelves.

2945. ***Meals in Italy.***—The brightness of the sun calls the Italians from their rest at an early hour. Their first repast is a cup of coffee or chocolate, with a delicate hot roll, partaken of in their bed-room between the hours of six and seven.

Their second breakfast, *collazione*, is served somewhere about eleven or twelve, according to the preference or occupation of the family. All assemble at this meal, and display a considerable interest in the many good things set before them. An Italian *collazione* much resembles a French *déjeuner à la fourchette* in the variety of its dishes. The table is prettily set out, and decorated with flowers and fruit, the glowing orange hiding amidst its dark leaves frequently lending attraction to the appearance of it. *Ricotta*, a kind of soft cheese, almost always makes one of the dishes at *collazione*.

Five o'clock is the hour for dinner, *pranzo*, which has, as in France, its many courses. Soup, bouilli, *hors d'œuvre* without number, fish, entrées, roast and sweets succeed each other in like manner. The decoration of the dinner-table is truly artistic.

2946. ***The Asticciuole*** are a peculiar feature. They are silver skewers with highly ornamental and fanciful heads, upon which are tastefully arranged, with due regard to the effect of colour, jellies, vegetables, truffles, mushrooms, cockscombs, prawns and the like. Thus decorated they are stuck, in twos, threes or more, into joints, poultry, fish and entrées, and produce a novel and striking effect. Dishes are frequently surrounded by wreaths of camellias, pink and white, and the combination of the snow-white perfect blossom with branches of violets gracefully interspersed is both original and beautiful, and a very

favourite decoration. Italian dining-rooms are generally highly decorated, the paintings on the walls frequently being copies of old representations found upon the walls of Pompeii. Very little carving is done at table. Joints and birds are often cut up and then put together, so as to present the appearance of being entire.

2947. ***A great deal of fruit*** is consumed with light wines at dessert. Then follows *caffe nero*, and as a rule no other meal is partaken of during the evening, unless, indeed, occasionally a *biscotto* with wine, though in recent years a cup of tea has been introduced in Italy as it had previously been in France and Germany.

Italians go to rest early. Perhaps one cause for this may be the early twilight that sets in, at least in the southern portion of Italy.

The land of the olive and the grape is far-famed for the variety and multiplicity of its produce. No country is richer in grain, fruit, poultry, meat and game of every description. Besides all this, its lakes and rivers abound in fish of every species, and many are the shiploads, frequently alive, exported to other shores. Every lake, with the exception of Lake Garda, contains perch, which is much esteemed. On the South Coast peculiar kinds of shell-fish abound; these are called *frutti de mare*—sea fruits—and it is deemed a luxury to eat them raw, as we do oysters.

2948. ***Game is to be had of the best.*** At the tables of the wealthy, a wild boar's head, decorated in the most artistic style, is much affected. Kid, as in France, is very popular. It is dressed like lamb, in every imaginable fashion, roasted, made into ragoûts, hashed, the brains, sweetbread and tongue all constituting delicate and savoury dishes, and even the ears are stuffed and served up with some appetising sauce. The dainty chamois is brought down without scruple by the ardent *cacciatore*, and its delicate joints find a frequent place at dinner parties and suppers. Hare and leveret are prepared in every conceivable manner.

As regards birds, none are wanting to satisfy the palate of the *gourmet*. Pheasant, partridge, woodcock, snipe, plover, ortolan, wild pigeon, teal, and other specimens range far and wide. Small birds are a great weakness, and innumerable quantities of them are to be found everywhere, even the thrush and the robin red-breast help to supplement an Italian dinner or *collazione*.

When one meets with a ragoût of the gizzards of these tiny creatures, or with lark cutlets, exceptional of course, one cannot but recur in imagination to the time when Vitellius feasted with delight upon the tongues of nightingales, and had set before him at a single repast 7,000 birds of different kinds. No wonder that the cost of his table alone, during his short reign of eight months, amounted to £7,200,000!

2949. ***As in the olden time*** oil is now very generally used in the preparation of food, taking, to a great extent, the place of butter in English cookery, and it certainly materially alters the flavour of many dishes. Of course in the best houses the purest olive oil only is requisitioned. For frying it is more economical than butter, and is considered to be both nutritious and digestible. Though butter is frequently used, anyone who has inhabited the country will prefer the delicious fish, fritters, cutlets and other meats prepared with oil.

Mushrooms are a great feature in Italian seasoning. They crop out in almost everything in the way of a stew or ragoût. When fresh they are truly delicious, but when conserved in oil, in which they have, perhaps, been kept too long, they impart a greasiness anything but appetising.

2950. ***The soups in Italy*** are endless in their variety, and prepared as

in France, sometimes with vegetables, sometimes without. Occasionally the vegetables so predominate, that they are handed round in a separate dish. A soup in such constant use that it may be called a national one is the *Minestrone*, or "large, thick soup." It consists of vegetables stewed together for many hours, with the addition of a piece of fat bacon, and thickened with rice. Macaroni is entirely absent from it, but not so Parmesan cheese, which is thickly strewn over each individual plateful. Italians enjoy this dish to their heart's content, often stroking their chests after partaking of it, with an expression of placid contentment in their looks. In fact, Italians of the middle class talk a good deal about their food, whilst we enjoy it in silence.

2951. ***Joints of meat*** are cut smaller than in England, and a necessity, as a garnish to many of them, as well as to ragoûts or stews of every kind, are olives. Not the large, coarsish olive, like that of Spain, but the delicate, green-brown olive so abundant in the country, and so enticing and luscious in its flavour. Olives turn up everywhere; they are eaten in large quantities as *hors-d'œuvre*, also at the end of a repast, with wine, and children may be seen eating them with a piece of bread in the streets. The Italians have the most delicate way of preparing cutlets. Veal cutlets are in especial favour, and are certainly most attractive in their coat of pale bread-crumbs, garnished with slices of lemon.

2952. ***Maccheroni, or Spaghetti,*** a smaller kind of macaroni, sufficient for the dinner of an ordinary mortal, generally follows the soup. It is as a rule served up with tomato sauce, and Parmesan cheese thickly scattered over it. Parmesan finds its way into almost every dish, in the preparation of which it has not been already used. To an English palate it is not indiscriminately pleasing. Most of us would possibly prefer its absence in many kinds of soup. Macaroni is much eaten as a sweet. Simply boiled in water, and whilst smoking hot, a quantity of soft cream cheese—*Ricotta*—is poured over it, and melting upon the smoking mass, thoroughly permeates it, flavouring the macaroni most deliciously.

2953. ***Ricotta,*** as well as macaroni, and *Risotto*, a rice porridge, may be called a really national dish, as it makes its appearance daily on Italian tables, and is inexpensive as well as most nutritious. It is frequently made from the milk of the buffalo, this animal abounding in the Campagna and other parts of Italy. The milk is of the purest white, and the butter very good, although, perhaps, not quite equal in delicacy to that of the cow. The butter of Italy finds its way in such quantity to London and other of our larger towns, that its delicate primrose colour, and rich, pure flavour need but little description. As to the cheese, Parmesan is no stranger to us in name, although it is but little used in plain cookery, and Gorgonzola has become quite a favourite amongst us, if we may judge by the quantity of it to be met with in our shops.

2954. ***Sausage making in Italy*** is brought to the same degree of excellence as the German *Wurst* or French *Pâté* in its variety and delicacy. The sausage of Bologna—which town may be said to be both the Bayonne and Bordeaux of France—is well known to us, as well as the delicate, spiced, flat sausages—*Mortadella*—imported in slices in tin boxes to this country.

Italian bread is light and pleasant to the taste, and the many kinds of rolls and cakes are artistically shaped. Besides simple sweets, many are of a very refined character; puddings of every description, soufflés and omelettes, savoury and sweet, cakes thickly overlaid with preserve, macaroons, ratafias, every sort of delicious light *paste* and *pasticcini*—small cakes—and the airy *cialde*—gauffre, the introduction of which in London by an Italian was the stepping stone to his becoming the owner of a theatre and other large property.

2955. ***Italian Bon-Bons.***—The Italians may be said to equal the French in the preparation and variety of their *bon-bons* and chocolate. Although possessing fruit in abundance, their syrups are inferior to those of France, hence no doubt the little use that is generally made of them. Lemonade as a beverage is, however, universal. At the tables of the high and of the low, at theatres and places of entertainment, in the streets or under the shadow of trees sheltering sightseers or promenaders, this cooling drink is always at hand. It is made from fresh lemons, sweetened with sugar and almost invariably iced.

Of the manufacture of ices in Italy it is, perhaps, scarcely necessary to speak, so widely has their reputation spread amongst us. Neapolitan ices hold, it may be, the highest place, and it must be confessed that they leave nothing to be desired. In a country where the heat is sometimes too much for English people, it is with no small pleasure that one feasts one's eyes, say at a large reception, upon a pyramid of solidified cream, borne by two waiters, such as we never meet with at home. From an artistic point of view alone it is worth seeing, and how much more worth tasting! Ices of every colour are tastefully piled together, and one's wish for the most *recherché* flavour is instantly gratified by a slab of the ice being cut out wherever one may please to indicate.

2956. ***Italian wines*** are excellent in quality, and though not in such general use amongst us as French wines, we cannot but be familiar with the small round flasks, with their precautionary covering of fine wicker work, and their plug of cotton wool to preserve the aroma.

2957. ***Pretty Dishes.***—Italians are very happy in their manner of making pretty dishes of all kinds, whether of meat, fish or sweets. Vegetables are cut into different shapes, before being cooked, and piled up in layers of different colours, so as to form a pyramid or some fanciful shape. The moulds for sweets are very graceful, helmets and various other designs being manufactured.

Now that nations intermingle as they do, the time cannot be far distant when international cookery will be the order of the day, and when each one of us will adopt and enjoy without prejudice the dishes set before us in the countries through which we travel. Then the profession of a cook, instead of being looked down upon, as strange to say it is in our day, will rank as high as many undeservedly placed above it.

2958. ***Italian Restaurants.***—The numerous Italian restaurants that have sprung up and been successful, in London and elsewhere, within the last few years, offer testimony to the appreciation of Italian cookery amongst us. yet our cookery books are not so full of Italian recipes as they might be with advantage, nor are we very generally versed in the appellations of the various Italian dishes. Even the so-called national ones are absent from our vocabulary and from our tables.

Italians tell us that the cookery of England is distinguished for its *semplicità*, hereby implying nothing derogatory, however. The following recipes may be of interest to some of us. Certain it is that we should not regret trying them. Their number might be multiplied exceedingly, but some of them would doubtless not prove attractive to an English palate, others would probably be found too elaborate, and others again would be useless to us, as many of the materials for their preparation are either entirely wanting in our own country, or difficult to be procured.

RECIPES FOR ITALIAN COOKERY.

CHAPTER LVIII.

2959.—LETTUCE SOUP.

Ingredients.—8 lettuces, 4 slices of fat ham, 1 onion, 1 carrot, 1 bay leaf, a little thyme, 2 cloves, salt and pepper to taste, 2 quarts of white stock.

Mode.—Clean and blanch the lettuces, tie them up carefully, and place them one by one in a saucepan in which has been laid the ham, onion and carrot cut up, bay leaf, thyme, cloves, salt and pepper. Just cover with stock, and simmer gently over a slow fire, adding the rest of the stock gradually. When the lettuces are done, take them out, cut them through the centre, and place upon a French roll cut in slices in a tureen. Pour the hot soup over them and serve.

Time.—1 hour. **Average Cost,** 1*s.* 4*d*, per quart.

Sufficient for 8 persons.

Seasonable from March to August.

2960.—VENETIAN SOUP.

(*Brodetto Veneziano.*)

Ingredients.—6 eggs, ½ a lemon, salt and pepper, 1 French roll, 2 quarts of stock.

Mode.—Beat up the yolks of the eggs in a saucepan, with a few drops of lemon-juice and a little salt and pepper. Stir in the cold stock slowly. Then place over a slow fire, and continue stirring till the soup is thick

enough, without, however, letting it come to a boil. Pour over slices of French roll in a tureen.

Time.—20 minutes. **Average Cost,** 1*s.* 4*d.* per quart.

Sufficient for 8 persons.

Seasonable all the year round.

2961.—LOMBARD SOUP.

(*Zuppa Lombarda.*)

Ingredients.—¾ lb. of forcemeat composed of equal quantities of fowls' liver, mushrooms, cockscombs, suet and lamb's sweetbreads, a few truffles and a little stock; 2 tablespoonfuls of sauce *au béchamel*, 4 spoonfuls of *purée* of the greenest peas, 2 spoonfuls of prawn butter, 1 egg, 2 quarts of stock, ½ a glass of Madeira.

Mode.—Divide the forcemeat, which must be very fine, into three portions; add the *béchamel* to the first, the *purée* of peas to the second, and the prawn butter to the third, making thus three distinct colours, white, green and red. Take a teaspoonful at a time, and make into little balls in a buttered dish. Throw them into boiling stock, and let them boil 4 minutes. Drain and place in a tureen, with 2 dozen tails of prawns, 2 spoonfuls of very green heads of asparagus, and 2 of green peas—both cooked—a few dice of bread fried in prawn butter, and a little lamb's sweetbreads cooked and cut small. Pour the boiling stock over these, with the addition of the Madeira, and serve.

Time.—¾ hour. **Average Cost,** 1*s.* per quart.

Sufficient for 8 persons.

Seasonable from May to September.

2962.—TURBOT ALL' ITALIANA.

Ingredients.—1 largish turbot, 1 trout, 12 button mushrooms, 2 carp roes, a few truffles and prawns, 2 oz. of butter.

Mode.—Cleanse and prepare the turbot as usual, and simmer it in a *mirepoix* with good white wine for two hours. Drain and put on a dish, with a garnish of fried pieces of trout, fried roes of carp and glazed mushrooms placed alternately. Stick into the turbot several skewers decorated with truffles, roes and prawns, and serve with a sauce *à la princesse*, made as follows:—To 1 pint of sauce allemande, add 1 tablespoonful of white stock, 2 table-

TURBOT ALL' ITALIANA.

spoonfuls of purée of tomatoes, 1 teaspoonful of parsley chopped fine, the juice of half a lemon, and a little butter.

Time.—2 hours. **Average Cost,** 10*s.*

Sufficient for 8 persons.

Seasonable from May to September.

Note.—A *mirepoix* may be made in any quantity required, only taking care to retain the proportions of the ingredients specified.

2963.—COD ALLA NAPOLETANA.

Ingredients.—1 middle-sized cod, ¼ lb. of butter, 12 mushroom buttons preserved in oil, a bouquet of mixed herbs, 2 glasses of Marsala, 1 teacupful of Neapolitan sauce, 1 teacupful of cream.

Mode.—Cleanse the fish as usual, cut it into slices of equal size, and put in a stewpan with the butter, herbs, mushrooms and wine. Simmer till the sauce is reduced, then pour in the Neapolitan sauce. When the cod is done, take it out and arrange on a dish with a garnish of macaroni stewed in stock with a few vegetables. Stir the cream and a little butter into the reduced sauce, see that it is quite smooth, and pour over the fish.

Time.—½ to ¾ hour. **Average Cost,** 7*s.* to 10*s.*

Sufficient for 10 persons.

Seasonable from November to March.

Note.—*Neapolitan Sauce* for the above. Fry in butter 1 onion, ¼ lb. of chopped ham. Add ½ pint of Marsala, ½ pint of white stock, a little thyme, whole pepper, 3 cloves, 2 bay leaves, and a few chopped mushrooms. Cover and allow to simmer until reduced to one-half. Into another saucepan put 1 pint of sauce espagnole, 1 pint of tomato sauce, ½ pint of game bouillon. Reduce by one-third, add the above to it, boil for one minute, and pass through a tammy.

2964.—WHITING ALLA GENOVESE.

Ingredients.—6 whiting, 2 oz. of butter, ½ pint of claret, 2 bay leaves, a little marjoram, salt and pepper.

Mode.—Put the whiting with the other ingredients in a saucepan over a quick fire for a few minutes, turning them over. Then pick out the herbs, and pour in half a pint of sauce remoulade, to which has been added half a pint of sauce espagnole and a little stock. Stew together a few minutes, take out the fish, throw a few small mushrooms, cooked separately, into the sauce, which serve in a boat.

Time.—About ¼ hour. **Average Cost,** 3*s.*

Sufficient for 6 persons.

Seasonable all the year.

2965.—TURBAN OF FILLET OF VEAL.

Ingredients.—3 lbs. of even-shaped, tender fillet of veal, 2 slices of fat bacon, 3 slices of scarlet tongue, a few truffles, ¾ lb. of fowl forcemeat, a few slices of toast, a bouquet of herbs, 1 egg, a little clarified butter.

Mode.—Cut the fillet into 12 slices about a quarter of an inch thick and of equal size, a little narrower at one end. Lard 4 of the pieces with thin strips of the bacon, 4 with truffles, and 4 with the scarlet tongue. In a plate that will stand the fire, make a round base of the toast, heap on it the forcemeat, mixed with herbs and truffles chopped very fine, and, with a knife dipped in the white of an egg and lukewarm water, shape the mound with a hollow at the top. Salt the slices of veal slightly, and lay them, in alternate colours, round the mound, turning in top and bottom, and taking care to hide the stuffing. When the turban is shaped, baste it with clarified butter, cover it over first with a thin slice of fat bacon and then with buttered paper. An hour before serving place in a hot oven. In half an hour remove the paper and fat, and glaze the turban. Garnish the centre with a ragoût of sweetbreads, truffles, mushrooms and cockscombs, placing one glazed sweetbread as a crown on the top. Serve with sauce espagnole.

TURBAN OF VEAL.

Time.—1 hour. **Average Cost,** 5*s.* 6*d.*

Sufficient for 8 persons.

Seasonable from March to October.

2966.—SHEEP'S TONGUES ALLA NIVERNESE.

Ingredients.—6 sheep's tongues, salt, pepper, nutmeg, chopped parsley, 1 pint of stock, 6 small lettuces, six carrots.

Mode.—Cleanse the tongues thoroughly, and boil gently for two hours in water, with a little salt, pepper, grated nutmeg and chopped parsley When done, remove the skin and let them cool, taking care to preserve their shape. Then lay them in a stewpan with reduced stock, and shortly before serving bring to a boil and glaze. Place them in a dish so as to form a crown, putting between each tongue a lettuce stuffed with forcemeat, and a carrot cut into the shape of a heart, all separately cooked. Fill up the centre space with any vegetable preferred, stewed in a little stock and butter.

Time.—2½ hours. **Average Cost,** 4*s.*

Sufficient for 6 persons.

Seasonable all the year.

2967.—BAKED TURKEY ALLA MILANESE.

Ingredients.—Turkey, ½ lb. of fine sausage, 8 French prunes, 4 pears, ½ pint of boiled and peeled chestnuts, 1 glass of Marsala or light white wine, butter, salt, a few slices of bacon, and a little rosemary.

Mode.—Blanch and cut the sausages into thin long pieces, blanch and stone the prunes, peel and quarter the pears; fry these with the chestnuts in a little butter for a minute or two. Chop the liver of the turkey fine, and add to the above. Mix with the wine and make a forcemeat. Salt the inside of the turkey lightly, stuff with this forcemeat, put in a baking pan with the bacon some butter, rosemary, and a little salt. Place in a slow oven, basting occasionally, till of a good colour. Serve with its own gravy.

TURKEY ALLA MILANESE.

Time.—About 2 hours. **Average Cost,** 7*s.* to 10*s.*

Sufficient for 8 persons.

Seasonable all the year, except March to May.

2968.—TRUFFLED CAPON OR FOWL ALLA LUCULLUS.

Ingredients.—1 capon or large fowl, 2 lbs. of truffles, ½ lb. of fowls' livers, ½ lb. of bacon, salt, pepper, grated nutmeg, ½ pint of Marsala or white wine.

Mode.—Bruise the livers and the bacon, chopped fine, with a little salt, pepper, grated nutmeg and the wine, in a mortar, pass through a sieve, then add the truffles (cooked for 10 minutes and peeled). Mix thoroughly and stuff with it the fowl, the breast of which has previously been boned. Skewer the fowl, and lard the breast. To make it more tender and savoury, it should be kept thus prepared for three or four days, wrapped up in a cloth like a pheasant. Roast on the spit, garnish with little balls of rice, each surmounted by a piece of cockscomb, and serve with essence of truffles mixed with the gravy of the capon.

Time.—1 hour. **Average Cost,** 4*s.* 6*d.* a large fowl or capon.

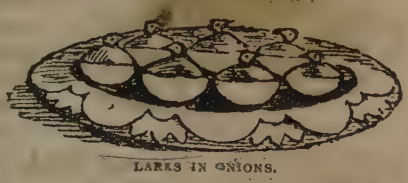
Sufficient for 6 or 7 persons.

Seasonable all the year; scarce in spring.

2969.—LARKS IN ONIONS.

Ingredients.—12 larks, 3 or 4 slices of bacon, about 1 pint of stock, 1 or 2 fowls' livers, a bunch of herbs, 6 Spanish onions of equal size, ½ lb. of forcemeat, salt and pepper.

Mode.—Clean the larks, bone them and stuff them with liver and herbs chopped very fine. Put some slices of bacon at the bottom of a stewpan, place the larks on them and just cover with stock. Simmer for about a quarter of an hour. Meanwhile peel and blanch the onions; let them cool, wipe them quite dry and take out enough of the inside to leave room for the larks and a little forcemeat. Put a little forcemeat in each onion and a lark over it, replacing the head with a little forcemeat, taking care to remove the eyes. Salt the onions slightly, cover with slices of lard and pieces of paper and put in a baking pan in the oven, long enough to set the stuffing. Take out with care, put on a cloth first to drain off the fat, and then on an entrée dish. Glaze and serve with sauce espagnole, adding a little lemon-juice.



LARKS IN ONIONS.

Time.—About ½ hour. **Average Cost,** 4*s.* to 5*s.*

Sufficient for 10 persons.

Seasonable.—In full season in November.

2970.—PHEASANT ALLA NAPOLETANA.

Ingredients.—1 pheasant, lardoons, ½ lb. of macaroni, 2 oz. of butter, ½ pint of beef or veal gravy, 6 oz. Parmesan cheese, 2 large tomatoes or a little tomato sauce.

Mode.—Lard the pheasant and roast on a spit before a brisk fire, basting frequently, till well done. Cut up the bird most carefully, put together again, and serve carefully upon a bed of macaroni stewed with butter, gravy, cheese and tomatoes, with sauce napoletana (*see* recipe for Cod alla Napoletana) in a boat.

Time.—For the pheasant ½ to 1 hour; for the macaroni 1½ to 1¾ hours. **Average Cost,** 4*s.* 6*d.*

Sufficient for 5 or 6 persons.

Seasonable from October to February,

2971.—SPINACH PUDDING.

Ingredients.—2 lbs. of spinach, ½ lb. of veal forcemeat, 2 oz. of butter, ½ pint of béchamel sauce, ¼ pint of stock, 3 eggs, salt, pepper, a few potatoes, turnips and carrots.

Mode.—Pick, cleanse and wash the spinach thoroughly; then boil, drain, cool, and put into a saucepan with the butter, béchamel sauce and stock, and simmer for about 5 minutes. The spinach must have been

chopped first. Cool, and then add the forcemeat, 3 yolks of eggs and a little salt and pepper. Put in a high mould and cook in a *bain marie*. Turn the pudding into a dish and garnish round the base with potatoes, turnips and carrots cut into the shape of a pear, previously cooked and glazed. Serve with sauce espagnole.

SPINACH PUDDING.

Time.—10 to 15 minutes to boil, 5 minutes to simmer and about ½ hour for the *bain marie*. **Average Cost,** 2*s.*

Sufficient for 6 or 7 persons.

Seasonable from November to July.

2972.—FRIED CELERY ALL' ITALIANA.

Ingredients.—6 heads of celery, 2 or 3 slices of ham and 2 or 3 of bacon, ½ pint of stock, 2 eggs, bread-crumbs, pepper and salt.

Mode.—Brush and wash the celery thoroughly, remove the leaves and cut into equal lengths of about 4 inches. Then put them into a stewpan with the bacon, ham, stock, and a little pepper and salt, and simmer for a quarter of an hour or a little more according to size. Let the celery cool, take it out, egg and bread-crumb it and fry in clarified butter. Place tastefully on a dish and serve with rather clear tomato sauce.

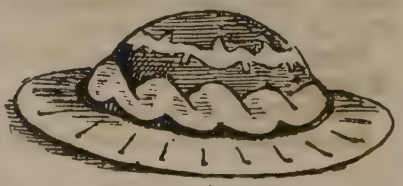
Time.—About ½ hour altogether. **Average Cost,** 2*s.* 2*d.*

Sufficient for 6 persons.

Seasonable from October to April.

2973.—PUDDING ALL' ITALIANA.

Ingredients.—¼ lb. of plain sweet biscuits, 6 macaroons, 2 oz. of candied peel, 1 oz. of sultanas, 1 oz. pistaccio nuts, 10 eggs, ½ pint of cream, a liqueur glass of rum.



PUDDING ALL' ITALIANA.

Mode.—Reduce the biscuits and macaroons to powder, chop the peel, sultanas and nuts very fine, and mix with 3 whole eggs, 7 yolks, the cream and rum. Put the mixture into a mould, buttered and lined with paper; cook in a *bain marie* for about an hour and serve with Punch sauce.

Time.—1 hour. **Average Cost,** 2*s.* 6*d.*

Sufficient for 6 or 7 persons.

Seasonable all the year.

Note.—*Punch Sauce* for the above: Put in a saucepan rather less than ¼ pint of

rum, ½ lb. of sugar, a little vanilla, and a little grated lemon-peel, mix thoroughly. A few minutes before serving place on the fire, let the spirit flame, cover the saucepan; add the juice of an orange and pass through a sieve.

2974.—CROQUETTES OF CHESTNUTS.

Ingredients.—1 lb. of chestnuts, ¼ pint of cream, ¼ pint of *crema pasticciera*, essence of vanilla, sifted sugar, egg, bread-crumbs.

Mode.—Peel the chestnuts, put them into boiling water for a few minutes, take off the inside peel, boil them till tender, and pass through a sieve whilst hot. Put this purée in a saucepan with the cream and *crema pasticciera*, place on the fire, stir all the time and add a little essence of vanilla. When of a proper consistency take off the fire, allow to cool, make into sticks or squares, brush over with egg, bread-crumb, fry, powder with sugar and serve. A little maraschino or other liqueur may be added to the paste. *Crema pasticciera* for the above:—Mix thoroughly 6 yolks of eggs, 2 oz. of sifted sugar, 3½ oz. of semolina flour, 3½ oz. of butter, a few drops of essence of vanilla. Add one pint of cream, place on the fire, stirring continually. When it thickens take off the fire, mix quite smooth and put on again for 5 minutes. This paste or cream ought to be a little thicker than béchamel sauce.

Time.—About 2 hours altogether. **Average Cost,** 1*s.* 9*d.*

Seasonable from September till March.

Sufficient for 6 persons.

CAKE BASKET

THE DINING-ROOM.

BREAKFASTS, LUNCHEONS, DINNERS, TEAS AND SUPPERS.

CHAPTER LIX.

MEALS.

2975. ***Of all the necessities of life,*** there are none that come before the material ones of eating and drinking. Whether we are ill or well, rich or poor, harassed or at ease, hard worked or lazy, it is certain that to live, we must eat and drink. Yet though we are one and all ready to acknowledge this fact, many underrate the importance of how we take our food, and of what it should consist. These are apt to cavil at those who make eating and drinking not only a consideration, but a study, although be they inmates of a household where the mistress of the house *does* devote some portion of her time to considering what is best and most suitable in the way of food and drink for all, they must confess that it is a good thing she looks upon this task as a duty. There ought to be no question in the matter that it is one of her most important duties. Not only the comfort, but the health of the household is dependant upon the way they live, and the responsibility of seeing that meals are suitable to the requirements of those who have to partake of them is one that must not, or ought not to be neglected.

2976. ***Healthful Meals.***—Many are apt to imagine that if they pay for good food and engage a good cook they have done all that is necessary, and we venture to assert that some of these never see what is given to their children; while the idea of consulting individual tastes in a household never occurs to them. There is plenty, they say, and if people are too dainty to partake of it, they ought to go without, and so failing appetites become bad ones, so-called dainty children become delicate, harassed, hard-worked men do not take enough to sustain them, and the results are fatal: a little thought, a little trouble taken to gratify individual tastes or stimulate bad appetites might have averted such. A much wider class have not the means to provide good cooks, while some do not buy the best food, and yet, though they do not take any trouble to look after the meals of the household, they still expect their little ones to be healthy, their boys and girls to grow up strong, and their husbands to be always up to work. Higher cares, more ennobling occupations are quoted as excuses for their not busying themselves in looking after the creature comforts of those by whom they are surrounded, and in putting mind before body, education before food, they fall into error. No one can build with success upon a poor founda-

tion. A child must be well fed before it can be well taught. As the child gets older and school life begins with its heavy taxation of brain, still more important does it become that the body should be well nurtured, while men and women engaged in brain work often want their appetites stimulated, and their tastes carefully consulted before they are able to take a sufficient quantity of nourishing food.

2977. ***Variety of Food.***—We have heard of a family who have the same food daily at each meal, and who can eat it with relish, but this is an exception to prove the rule that change is necessary for all, children as well as adults. If we want our food to do us good it should be that we can enjoy, and this is where the skill of the housekeeper comes in. She may not be able to provide very luxurious repasts, the food in fact may be simple, but she can yet make it pleasantly varied, and she can see that the best is made out of the materials at her disposal. The best fed people are not always the richest. A dainty dish prepared by loving hands will often tempt those who need it to eat when the cook's efforts fail, and it is the bounden duty of every housekeeper to look after the creature comforts of those around her, to consult individual taste if necessary, to see that her children not only have, but *take* a sufficient quantity of nourishing food, and that what is absolutely distasteful to them is avoided.

Mothers who want their little ones to grow up healthy and strong, and wives who want to keep their husbands in good temper as well as good health, should never grudge the hours spent in seeing that their meals are such as are likely to tempt and satisfy them. They will never find it has been waste of time to attain this happy result.

2978. ***Regularity.***—The second consideration with regard to meals is their regularity; and it is scarcely more necessary that the food should be good as that it should be served at regular hours. Speaking from the health point of view, regularity is most essential. A meal that we have waited for an hour too long is often one that we fail to appreciate; and while to the healthy irregularity is dangerous, to the delicate it is injurious. It is not difficult to determine what are the best times to take our meals, although on this subject opinions vary, but when once these hours are fixed, with as much regard to the comfort and occupations of all as can be arranged, the next thing is to insist on punctuality, not only for those who serve them, but for those for whom they are prepared. Food cooked to a nicety cannot afford to wait; good things are spoilt, and waste and discontent are the result, if people are not ready to partake of what is prepared at a given time. Also it is very certain that we cannot expect to find it ready to the moment, therefore it should be as much insisted upon that the members of the household should be punctual as that the servants should be so.

2979. ***Looking at the question of punctuality*** in another light, all will acknowledge how much the comfort of the household depends upon this. One person only in a household persistently late for meals, who has a knack of coming in from a walk that might easily have terminated half an hour sooner, may keep half a dozen people waiting, and spoil a dinner. It has been truly said that selfish people are seldom punctual ones; and if we look round and call to mind those of our friends who most often keep us waiting, ten to one they are the lazy ones who have their time at their own disposal, and who only think of their own convenience and comfort.

As to the disarrangement of the servants' duties, it is not difficult to see how unpunctuality must affect them, particularly where there are but few and their work heavy, and it really behoves us, for their sake as well as our own, to keep to the stated hours for meals.

2980. ***Having discussed the two questions of food and hours,*** we now come to the serving of the meals; and let no one think this an unimportant matter. What a temptation to eat is a well-laid table, where the silver and glass is bright, the knives sharp and polished, the linen spotless, and the dishes properly garnished and set straight. There can be no necessity for a slovenly table any more than slovenly dress; and however simple the meal may be, it is easy to arrange that it should be properly placed upon the table. To some, if not to most people, it is as essential to their enjoyment of a meal that it should be well served, as that the dishes should have been properly prepared and cooked. Of course, we are now speaking generally, for we give in detail the way to lay a cloth, how to decorate the table, how to fold the serviettes—in fact, the preliminaries to the meal—a little later on.

2981.—HOW TO LAY A CLOTH.

Anybody knowing how to lay a cloth properly and tastefully, prettily and neatly, knows something decidedly worth knowing. The first, or almost the first, attention bestowed by a young wife upon her household affairs should be directed to the laying of the meal cloth. Just as she begins, so, doubtless, she will go on. The laying of the cloth is a most important item in household management; it exercises a certain moral influence upon the inmates of the house in the degree of care or thought that is bestowed upon it. We give hints upon the subject, which we hope will be found welcome to our readers.

2982. ***General Rules.***—Whether the table is to be covered with the most costly viands or the most simple fare, whether it be for prince or tradesman, there is yet equal necessity that the cloth should be spotless and good, the cutlery well cleaned and sharp, the silver polished brightly and the glass clear. These are luxuries within the reach of all. We say "luxuries" because we all know the *comfort* of a well-laid table, and yet there are many who do not trouble themselves about the usual every-day laying of the cloth, only making a point of this being carefully done when guests are expected. We could venture to suggest that if the mistress of a household could see that her table was properly laid every day she would find it less trouble than the anxiety of having it so only now and then, and much of the annoyance which the occasional dropping in of a friend at meal times often causes could be spared. Besides, though perhaps this point should not be discussed here, why should our ordinary family table differ so widely, as we confess it does too often, from the table we like our friends to see us presiding at? It is because we have let "only ourselves" take a broader, wider meaning than it should have. "Only ourselves" stands too often as the apology for a dirty cloth, unpolished cutlery and silver, and smeared glass, to say nothing of perhaps negligent cookery into the bargain. And is it not a notable fact that when we do give a dinner-party, we strive our utmost to carry off the affair with ease and nonchalance, and are vexed if the secret be discovered—more than vexed—that to do this has been a source of worry and hard work ever since we projected the scheme. It is seldom, too, that we succeed in keeping the secret to ourselves, and our friends sometimes maliciously enjoy it.

2983. ***The Table.***—This being used by a large majority for both breakfast and dinner as well as other meals, should be one with extra leaves, it being such a great discomfort to partake of any meal when one has not sufficient elbow room, while it is equally unnecessary for the home party, if small, to have a large table in daily use. The ordinary dining-room table being mahogany, should be kept polished and covered with baize to avoid the marks which hot dishes are apt to make. This baize cloth is most convenient when made about six inches larger than the table all round, and drawn up under its edges with a string run in the hem.

2984. ***The cloth*** should be amply able to cover the table and hang down at least half a yard upon each side all round, and as we have said before should be of good quality, spotlessly clean, folded in proper folds, and as smooth as possible. The way to fold a tablecloth is to double it in half lengthwise, then double this again in the same manner; now place the two ends together, lay the cloth thus doubled on a table, and fold over and over in small portions until it is of the width of about six or seven inches. Always refold a tablecloth in its original folds; any deviation from this rule will cause it to present a most unsightly appearance. It may be kept in a tablecloth holder, made of American cloth, something like a music roll, and placed in a side-board drawer. If possible, every mistress of a household should possess herself of a press; it is invaluable for its economy, and will soon save its moderate price in the washing-bill; so often table-napkins are merely unfolded and crushed, but otherwise are unsoiled, and to smooth them is difficult by merely refolding them. The tablecloth and serviettes should always be good. It is great folly to buy inferior house linen at all, but common tablecloths for every-day family use are a mistake. They do not last any longer than the good ones: indeed, not nearly so long; and no matter whether your fare be sumptuous or not, your tablecloth will always get a tolerable share of attention from the persons dining. Out in the kitchen they are allowable, for the reason that as a rule servants' ways and habits at table are not as our ways, and tablecloths will get cut and otherwise damaged. The number of your tablecloths must of course be in accordance with the size of your household, but at any rate provide a sufficiency. There should be a breakfast-cloth proper; never make one cloth do duty for breakfast and dinner too.

2985. ***The serviettes or table napkins*** should be neatly and tastefully folded when first put on the table, although afterwards in ordinary family use they may be put into rings. We give instructions and illustrations showing many ways of making these useful articles an ornament to the table, on pages 1313 to 1316. It is a good plan to place them upon the table first so that one can apportion the space allowed for each person and make the napkins equi-distant, and in laying a dinner-table the roll or piece of bread is put in the folds.

2986. ***Everything needed in laying a cloth*** should be first brought into the room in which the table is to be laid, and what you are about to partake of should be your guide as to what you require. For instance if fish is to be served then fish-eaters must be placed to each person, or failing these, two extra forks may be given. In the same way when soup is to be served then put on the necessary spoons at the right side, while the other courses must determine what knives and forks will be needed. The same rule applies to the glasses put upon the table, always to the right hand of each person. If you give three wines then put three glasses of the proper kinds, if only one, then put the one glass, and if none, only the tumblers which may serve for either water or beer. It is only in hotels that everything is laid irrespective of what may be ordered. Salt is a necessary accompaniment to every meal and it is a great convenience to have plenty of small salt-cellars, one to each person, or one between two, to avoid the trouble of passing; pepper, mustard, &c., may also be placed upon the table or handed round by the servants, but as the serving of one meal does not apply to another we must speak separately in their order of the different tables—Breakfast, Luncheon, Dinner, Tea and Supper.

2987. ***The side-board*** for all meals should be covered with a clean white cloth and all that is wanted for each meal—in addition to what is placed upon the table—that can be brought into the dining-room, should there be ready for use, with the addition of knives, forks, glasses, &c., in case such may be required, but as the side-board will have to be laid differently for different meals, it will be best

to deal with it separately for each. A side-board should be an ornamental as well as useful piece of furniture, and may be as carefully and prettily laid out as the table itself.

2988.—TABLE NAPKINS OR "SERVIETTES."

The usual size of these indispensable accompaniments to the dinner-table is either a square, measuring from 28 to 30 inches; or 28 inches in breadth, by 30 inches in length, while breakfast ones are about 24 inches square. In ordinary family use they are sometimes folded smoothly and slipped through "napkin rings," made of bone, ivory or silver; in fact, after first using this is generally the case, each member of the family having his or her own ring. But whilst this arrangement is most convenient for family use, those required for dinner-parties and other formal occasions should be neatly and prettily folded. The accompanying engravings exhibit those most in favour, and the methods of folding them. It must, however, be remembered that it is useless to attempt anything but the most simple forms unless the napkins have been slightly starched and smoothly ironed. In every case the folding must be exact, or the result will be slovenly and unsightly. A small dinner-roll, or a piece of bread cut thick, about three inches square, should be placed in each napkin, and such patterns as the "Mitre," the "Neapolitan," the "Rose," and the "Star," are convenient shapes, while, whenever it is possible to do so, the appearance of the dinner-table will be greatly improved by putting a flower or small bouquet in each napkin.

2989. ***The Mitre.***—Fold the napkin into three lengthwise, as in C 1 of the accompanying plate; turn the two ends over to meet in the middle, as in C 2; next fold two corners, as in G 3; double the folded napkin *under*, lengthwise, and you will get C 4. Now bend the left-hand bottom corner towards the right hand, and tuck it into the inner fold; there is a similar fold to receive the right-hand corner on the outside.

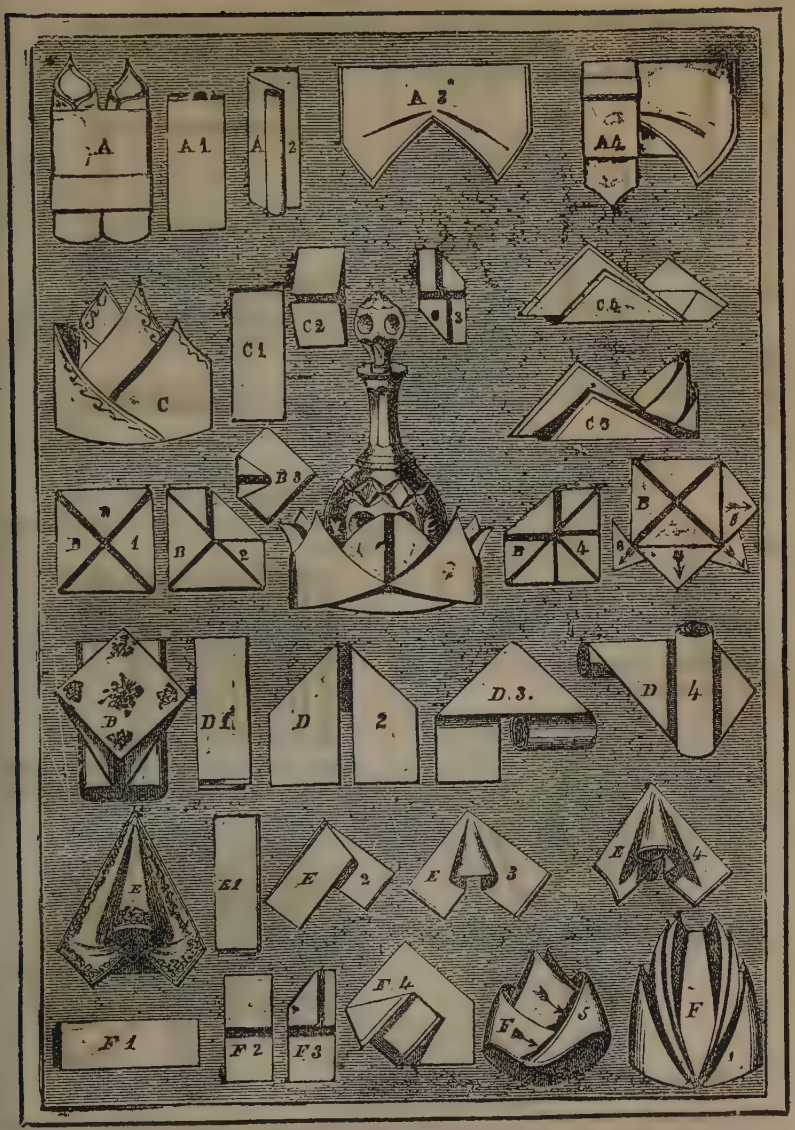
2990. ***The Star and the Rose*** —These patterns require a full-size napkin, which must also be *perfectly square*. Lay the napkin flat on the table, and fold the corners over so as to meet in the middle (B 1). Without turning the napkin over, repeat the process (B 2). Turn the napkin over, and repeat the process of folding the corners, so as to meet in the centre (B 3). Turn the napkin over, and repeat the process (B 4). Turn again, and repeat the folding. Now, one at a time, turn the corners of the *under* side halfway back. This forms the STAR. The ROSE is made by inserting the finger into the last folds, and pulling out the corners into squares.

2991. ***The Collegian.***—Fold the napkin into three lengthwise, as in D 1 in the plate on the opposite page; lay it horizontally on the table, and turn down each end from the middle, as in D 2. Now turn the napkin over, and roll up first one and then the other long end, as in D 3, and fold them *under*, so that they may lie side by side, as in D, or like the woodcut here given. N.B.—In this and the next pattern it may sometimes be convenient to fold the napkin into *four* instead of three.

THE COLLEGIAN.

2992. ***The Neapolitan.***—Fold the napkin into three, as in the preceding directions; place it horizontally on the table, and fold the upper thickness back upon itself lengthwise. Now turn the napkin over, and proceed as with the Collegian.

THE NEAPOLITAN.



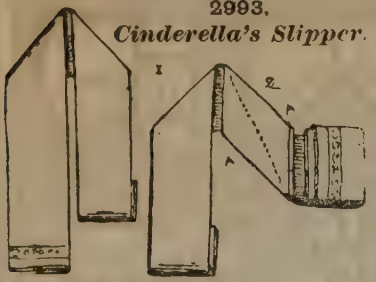
HOW TO FOLD SERVIETTES.

THE MITRE, THE STAR AND THE ROSE, THE COLLEGIAN AND THE NEAPOLITAN.

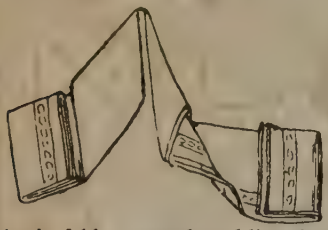
NEW DESIGNS FOR THE FOLDING OF SERVIETTES.

2993.

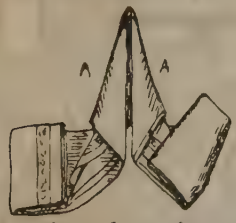
Cinderella's Slipper.



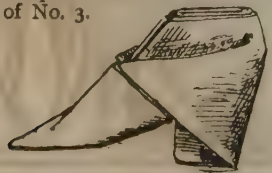
First fold the napkin in three, then again once over to make it half the width, fold over at centre and turn up the ends, next *under* at the dotted lines as in No. 1.



Again fold over at dotted line shown in No. 1, on both sides.

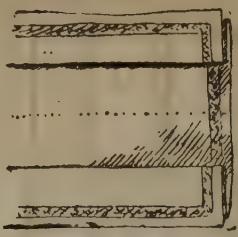


Turn up the ends as shown on the right of No. 3.

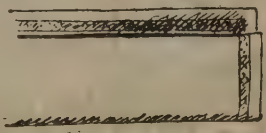


Fold forwards, bringing A A together, and stand the slipper as shown in No. 4.

2994. ***The Fan.***



Lay the napkin flat upon the table, and make a deep pleat at each side as in No. 5.

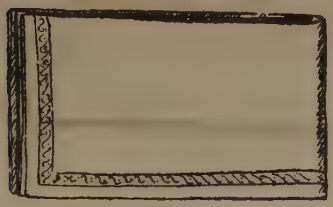


Next fold the two sides together as in No. 6.

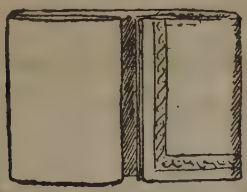
Next pleat from end to end in inch deep folds, backwards and forwards, as in No. 7.

Then pinch down the folds in points between each fold as in No. 8.

2995. *The Calais Douvres.*



First fold the napkin in three, and bring the two ends together as in No. 9.

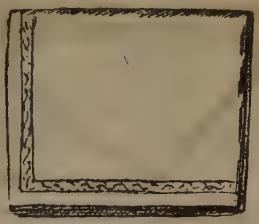


Next fold over at the dotted lines shown in No. 9, bringing the napkin into form shown in No. 10.

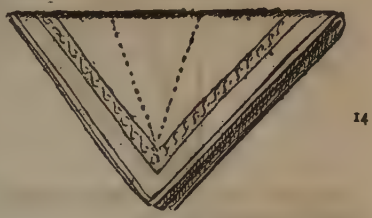
Turn the napkin face downwards and fold back the sides as shown in No. 11.

Lastly, bring A A together and stand up the boats as shown in No. 12.

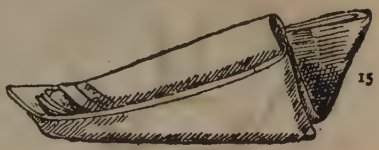
2996. *The Cockscomb.*



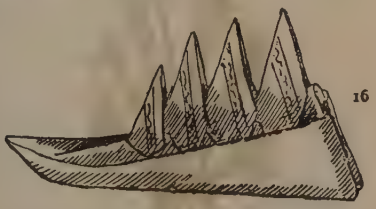
First fold the napkin in four as in No. 13.



Next fold over the hemmed side to form a triangle as in No 14.

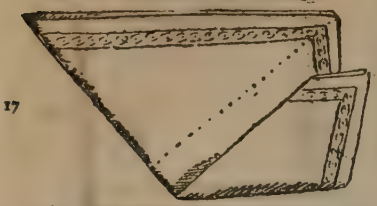


Next raise the napkin at the dotted line in centre, and fold *upwards* the sides at the other dotted lines, turning in the ends as shown in No. 15.

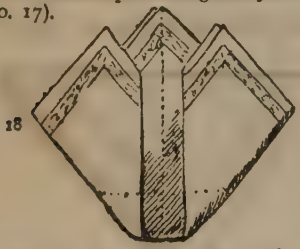


Lastly lift up each corner separately, and arrange as shown in No. 16

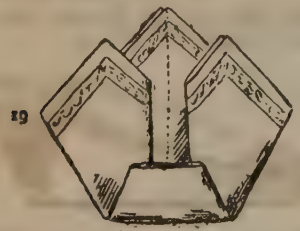
2997. *The Palm Leaf.*



Fold the napkin diagonally across (No. 17).



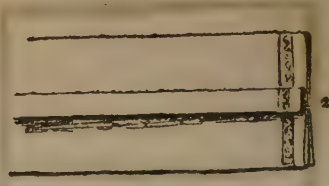
Next the two sides a short distance from the centre (No. 18).



Fold over the base at the dotted line shown in No. 18.

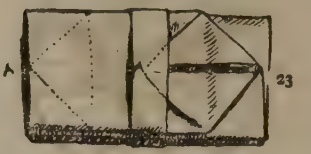
Lastly, pleat the base as a fan, and set it in a ring or glass (No. 20).

2998. *The Sachet.*



First fold the napkin in three, then turn the upper fold to the middle in a hem (No. 21).

Next fold over the napkin end to end, leaving the hem inside (No. 22). Fold from the outer edge over and over,



repeating the same on the other side. Next fold back A in a diamond shown by dotted line (No. 23) on each side,

and put the corners under the hem crossing the centre (No. 24).

AN ENGLISH BREAKFAST-TABLE.

CHAPTER LX.

GENERAL OBSERVATIONS ON BREAKFASTS, WITH MENUS FOR WEDDING, GUEST AND FAMILY BREAKFASTS.

2999. ***English Breakfasts.***—Some one has said that English people do not know how to appreciate this meal, and there are certainly many who aver that they either do not care for it or cannot eat it, but we venture to suggest that if the former were to contrive to have more variety in the dishes served with this meal, and the latter were to make quite sure that no late hours or gaiety made them disinclined for it, both might find better appetites.

To begin the day well is a grand thing, and a good breakfast at a reasonable hour is an excellent foundation for a day's work, or even pleasure; while, having made one good meal, we can better afford, should it be necessary by business or other engagements, to put off or delay the following meals.

3000. ***Breakfast Dishes.***—One thing is quite certain, that in a large majority of houses we do not find sufficient variety of food at breakfast; in fact, some people's ideas never seem to soar above the national standard one of eggs and bacon. There may be those who can with relish eat this dish every day of their lives, but there are a very great number who require a constant change of food to enjoy their breakfast.

There is no reason why this should not be found. Little dainty dishes for this meal can so often be made from scraps that would otherwise be wasted, while many cost but little; in fact, it is more the case of taking a little trouble than the going to any expense to have new dishes. In the following breakfast menus, which take a wide range—from the orthodox wedding one to the plain family affair, for people with different incomes—we hope to give some that will be useful in enabling housekeepers to vary the monotony of the daily fare, recipes for each dish named being given in the body of the book.

3001. ***Laying the Table.***—The breakfast-table may have a tray upon it or not, as may be preferred; or if coffee and tea (which is customary) both be served, two trays, or the cups, saucers, &c., of the different sets, set out at opposite ends of the table. The elder daughter, or next "right hand" of the mistress, usually serves the coffee, which is at the bottom of the table, whilst the mistress presides at the head. Where there cannot, however, be two lady presidents, the coffee and tea services must both be at the upper end, the one on the left, and the other on the right of the lady. Arrange these in a neat circle, or, if the two sets, in two semi-circles, leaving spaces in the middle for the coffee-pot and teapot; the milk and cream-jugs fronting the cups behind, and

again behind these the urn. When cocoa or chocolate is preferred to coffee, serve in precisely the same manner. There must be *hot* as well as cold milk always served where there are chocolate, cocoa and coffee. Small breakfast cruets should be placed at the corners of the table, these usually being tripod, holding salt, pepper and mustard.

If both ends of the table are occupied with cups and saucers, then the various dishes intended for the meal are placed down the sides of the table; but when the tea and coffee equipage only occupy one end, the chief breakfast dish is placed to the master of the house at the other. The bread and the butter dishes, with their respective knives laid to the right of them, are stationed opposite each other at convenient places.

Let the breakfast-set be neat and tasteful. A plant or flowers should occupy the centre of the table, and in the chapter upon "Table Decorations" we give some hints upon the subject. The first meal of the day should look a tempting one.

To each person put a knife and fork, and a smaller knife for bread and butter, for which a small plate should be placed on the eft side. If fish is served, put fish-eaters in addition.

A large plate may be given to each person when there is any cold meat or ham; but if the breakfast dishes are only hot ones, the plates are usually put before the carver or helper of these dishes.

Large joints, game and other pies, and sometimes a ham, are placed upon the sideboard, to be helped from thence, when the cold plates are piled there ready for use. Carving knives and forks should be put with these dishes also, when necessary, upon the table, and tablespoons should be placed at the corners of the table with the salts and cruets. Table-napkins for breakfast are somewhat smaller than those for dinner, though many use the same; they are folded in some simple pattern when first placed upon the table, but, if used again, are generally run through a ring. When such is the case, place them to the left.

Bring hot rolls to table covered with a napkin. Prepare toast, whether buttered or dry, not longer than five or six minutes before serving it, or the one will get soddened and greasy and the other hard and tough. Serve buttered toast on a hot-water plate covered, failing a proper toast-dish, or upon a plate standing over a basin filled with boiling water. Serve dry toast in its stand.

All these little matters are worthy of the hostess's profound consideration, for, as Michael Angelo once observed in respect of his unfailing perseverance in the little matters of his art, "Trifles make perfection, and perfection, let me tell you, is no trifle."

Every dish brought to table should be garnished, *i.e.*, decorated in an appropriate manner, such as with "sippets" (toasted or fried pieces of bread cut into fanciful shapes), or if cold, parsley, beetroot, cresses, &c., according to the kinds of viands. Breakfast dishes are usually cold joints, hot nick-nacks and potted meats. Australian meats are also admissible, turned out of their tins, garnished and served cold. Marmalade, sardines and anchovies may be added, together with boiled, broiled, or fried fish. Indeed, anything that the housekeeper's ingenuity can construe into a tempting little "meat-offering" may here be given. Water-cress will be upon the breakfast-table of every lady who looks at the food of her family from a sanitary point of view. Arrange them, after having had them washed in a perfectly successful manner, in a glass or china dish (the china boats used for this purpose are pretty and convenient), picking each stem up separately, shaking it free from water, and putting bunches evenly all round the edge.

3002. ***The sideboard,*** covered with a clean white cloth, should have upon it, in addition to the joints of which we have before spoken, extra plates, knives

BREAKFAST AND TEA CHINA.

4 Tea Cups.—2 Bread and Butter Plates.—1 Teapot.—1 Butter Dish.—1 Sardine Box.—2 Coffee Cups.—
Afternoon Tea Set.—1 Milk Jug.—1 Jug.—1 Bread Dish.—1 Bacon Dish.—1 Marmalade Jar.—4 Breakfast Cups.—

and forks, &c., and, where the breakfast-table is small, may be made the receptacle of the loaf on its platter, some cut bread having been put on the table, if there are no rolls for breakfast.

3003. ***Wedding Breakfasts.***—The orthodox wedding breakfast seems likely to become a thing of the past so much has it been superseded by the wedding tea that now takes its place at afternoon weddings, menus for which are given in the chapter upon teas.

Still there are many who prefer the old-fashioned breakfast which, like the dejeuner of the French people, comes at the time of day when people can enjoy a meal.

Those who take nothing in the middle of the day are, as a rule, those whose business or professional occupations give them no time to appreciate it, but even these when taking the day's holidy that a wedding enforces, are found to enjoy the substantial meal that old-fashioned tastes dictate, and old-fashioned appetites approve.

3004. ***Wedding Breakfast Viands.***—Except in name, there is but little affinity between the above and ordinary breakfast, as those eatables and drinkables *specially* associated with the latter, never find a place at the old-fashioned wedding breakfast, which has more the character of a cold luncheon. The table is laid precisely in the same manner as a luncheon table, for it is rarely that this meal is served à la Russe, and there are, as a rule, no hot dishes.

We give two menus for these breakfasts, one for a large party and the other for a small, which give a fair sample of the viands usually chosen.

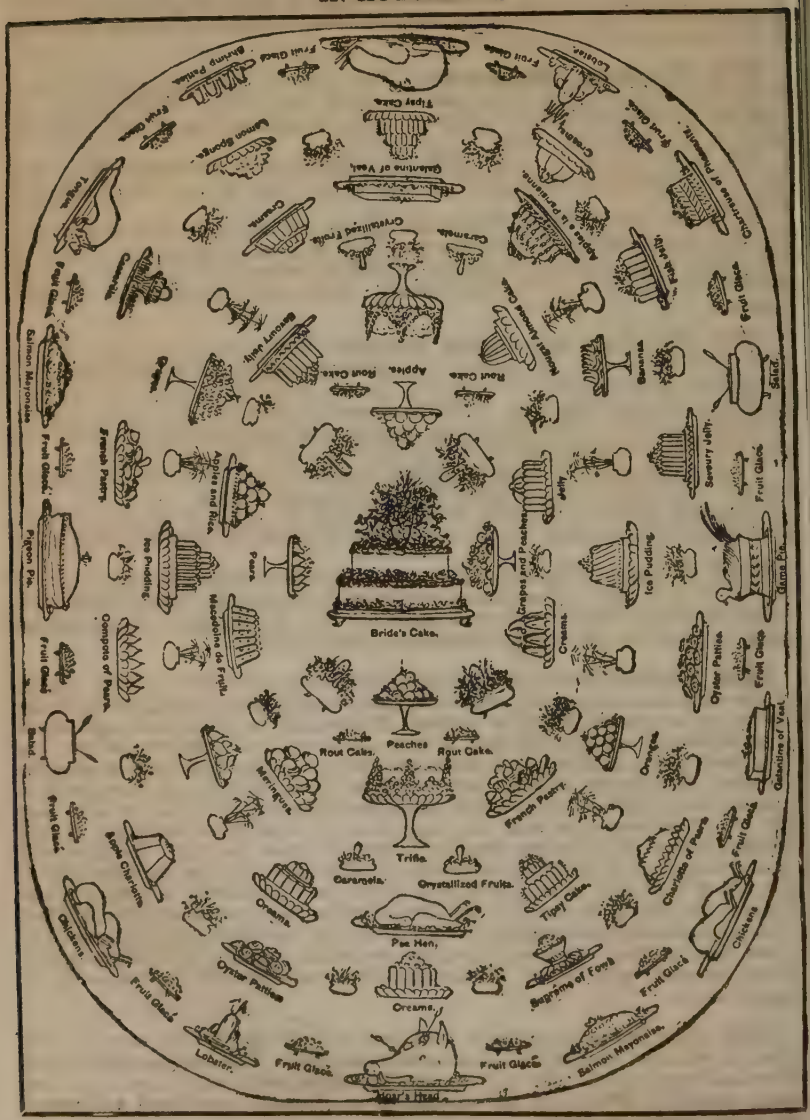
Whatever these may be, they should be made as pretty as possible by both garnishing and decoration, for the table ought to present an elegant appearance.

3005. ***Wines.***—These depend greatly upon both the menu and the means of the donor of the feast. Champagne is the wine most generally drank, but all light wines are admissible; and whatever wines are to be served, glasses to correspond must be placed on the table, coloured ones being avoided.

3006. ***Decorations*** for a wedding breakfast are prettiest and most appropriate when arranged entirely with white flowers and foliage; and according to the season, so may these flowers be chosen. If the table be a long one, high stands of white flowers and fern are best, as they can be well seen over the dishes; but on a small table, small vases of crystal are suitable. Unless the meal is served as a dinner, strewing the cloth is better avoided, as the flowers and leaves will so soon be disarranged, but a low vase with a few blossoms and a little maiden-hair fern to each person looks well. In many cases the cake has a decoration of real flowers, instead of the sugar temples or baskets, upon the top. We have seen this effectively done by having a round of white cardboard cut the exact size of the top of the cake, upon which was laid a very handsome wreath of white flowers. In the centre stood a small white china vase, and when the breakfast took place, the bride's bouquet was placed in this, the result being a pyramid of white flowers, than which any prettier decoration cannot well be imagined. When the cake was to be cut, the cardboard top was lifted off, thus removing all impediments.

3007. ***The bride's duty*** is supposed to be to cut the first slice of cake which is partaken of after the actual meal is finished. The cake is generally cut with a saw provided for that purpose, and this being rather a hard task, the icing being somewhat difficult to cut through, it is generally considered sufficient if she make the first incision.

3008.—WEDDING BREAKFAST FOR LARGE PARTY IN AUTUMN.


Bride's Cake.
Trifle.
Peaches
Rout Cakes.
Rout Cake.
Boar's Head.
Pea Hen.
Creams.
Crystallized Fruits.
Orangeis.
Meringues.
Macedoine de Fruits.
Compote of Pears.
Ice Pudding.
Pigeon Pie.
French Pastry.
Apples and Pears.
Pears.
Apricots and Peaches.
Creams.
Ice Pudding.
Savoury Jelly.
Salad.
Fruit Glace.
Galantine of Veal.
Oyster Patties.
Chickens.
Salmon Mayonnaise.
Lobster.
Fruit Glace.
Oysters.
Tipsy Cake.
Compote of Pears.
Spring of Fowl.
Chickens.
Oyster Patties.
Fruit Glace.
Apple Charlotte.
Babas.
Fruit Glace.
Pigeon Pie.
Fruit Glace.
Salmon Mayonnaise.
Fruit Glace.
Tongue.
Fruit Glace.
Almond Jelly.
Orange Jelly.
Fruit Glace.
Galantine of Veal.
Tipsy Cake.
Orleans Plums.
Fruit Glace.
Lobster.
Fruit Glace.
Apple Pudding.
Fruit Glace.
Almond Jelly.
Fruit Glace.
Orleans Plums

3009.—MENU FOR WEDDING BREAKFAST FOR LARGE PARTY IN AUTUMN.

English.	*French.*
Salmon Mayonaise.	Saumon en Mayonaise.
Lobsters.	Homards.
Shrimp Patties.	Pâtés de Crevettes.
Oyster Patties.	Petits Pâtés aux Huîtres.
Chickens.	Volailles.
Turkey.	Dindonneau.
Pea Hen.	Paonne.
Game Pie.	Pâté de Gibier.
Boar's Head.	Tête de Sanglier.
Chartreuse of Pheasants.	Chartreuse de Faisans.
Supreme of Fowl.	Suprême de Volaille.
Galantine of Veal.	Galantine de Veau.
Tongue.	Langue de Bœuf.
Pigeon Pie.	Pâté aux Pigeons.
Savoury Jelly.	Gelée à la Russe.
Creams.	Crême.
Jellies.	Gelées.
Ice Pudding.	Pouding Glacée.
Charlotte Russe.	Charlotte Russe.
Rout Cakes.	Petits Fours.
French Pastry.	Patisserie Française.
Apples and Rice.	Pommes au Riz.
Nougat.	Nougat.
Tipsy Cake.	Gateau.
Trifle.	Crême aux Confitures.
Meringues.	Meringues.
Macédoine of Fruit.	Macédoine de Fruit.
Lemon Sponge.	Crême au Citron.
Peaches.	Pêches.
Pears.	Poires.
Apples.	Pommes.
Oranges.	Oranges.

Note.—The above menu is that of the breakfast shown on opposite page.

3010.—BREAKFAST FOR TWELVE PERSONS.—SUMMER.

1. Menu.	Average Cost.	2. Menu.	Average Cost.
	s. d.		s. d.
Fried Soles.	3 6	Turbot à la Crême.	2 6
Ragout of Duck.	3 0	Lamb Cutlets and Mashed Potatoes.	2 9
Veal Pie.	4 0	Croquettes of Beef.	2 0
Cold Chicken.	3 6	Chaudfroid of Chicken.	4 0
Tongue.	2 0	Eggs.	1 3
Poached and Boiled Eggs.	1 3	Ham.	2 0
Strawberries.	2 0	Cherries and Raspberries.	2 0
Tea, Coffee, Hot and Cold Milk.	1 6	Tea, Coffee, Hot and Cold Milk.	1 6
Bread, Rolls, Toast, Butter, Marmalade, Sardines, &c.	2 6	Bread, Butter, &c.	2 6
	1 3 3		1 0 6

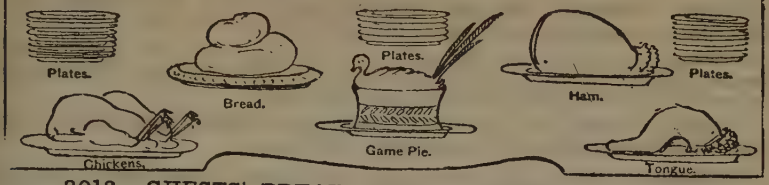
Note.—Any fruit may be served with either of the above breakfasts, besides those named, according to the season.

3011.—BREAKFAST FOR TWELVE PERSONS.—WINTER.

3. Menu.	Average Cost.	4. Menu.	Average Cost.
	s. d.		s. d.
Angels on Horseback.	3 9	Rissoles of Fish	2 0
Broiled Soles.	3 6	Broiled Kidneys.	2 6
Devilled Turkey.	1 6	Salmi of Game.	2 0
Grilled Steak.	2 6	Cold Grouse.	4 0
Game Pie.	5 0	Cold Beef and Ham.	3 0
Cold Ham	2 0	Savoury Omelette.	1 9
Eggs.	1 3	Tea, Coffee, Hot and Cold Milk.	1 6
Tea, Coffee, Hot and Cold Milk.	1 6	Bread, Butter, &c.	2 6
Bread, Butter, &c.	2 6		19 3
	1 3 6		

Note.—Fried potatoes make a nice little addition to either of the above menus, and are liked by many persons with all hot breakfast dishes.

3012.—SIDEBOARD AS LAID FOR BREAKFAST.



3013.—GUESTS' BREAKFAST AT COUNTRY HOUSE, SUITABLE FOR TWELVE PERSONS.

Note.—The above is intended for a breakfast in either autumn or winter.

3014.—FAMILY BREAKFASTS FOR A WEEK IN SUMMER.

SUNDAY.—Coffee, tea, hot and cold milk, bread, toast, butter, boiled eggs, cold ham, sardine toast, strawberries or any fresh fruit in season.

MONDAY.—Cocoa, tea, hot and cold milk, bread, hot rolls, dry toast, butter, broiled lamb or mutton (some slices of cold meat serve for this), with tomato or any stock sauce, savoury omelette, any fresh fruit.

TUESDAY.—Coffee, hot milk, bread, toast, butter, apricot jam, rissoles made from cold fish and potatoes, buttered eggs, cold tongue.

WEDNESDAY.—Cocoa, tea, hot and cold milk, bread, toast, butter, buttered scones (hot), beef croquettes, ham-and-egg toast, fresh fruit.

THURSDAY.—Coffee, hot milk, bread, toast, butter, legs of chickens or ducks devilled, boiled eggs, cold ham, fruit.

FRIDAY.—Coffee, tea, hot and cold milk, bread, rolls, butter, broiled plaice, kidney omelette, cold meat, fruit.

SATURDAY.—Cocoa, tea, hot and cold milk, bread, toast, butter, rissoles of cold meat, poached eggs, cold tongue, tomatoes.

3015.—FAMILY BREAKFASTS FOR A WEEK IN WINTER.

SUNDAY.—Coffee, hot milk, bread, toast, butter, broiled haddock, boiled eggs, cold ham.

MONDAY.—Coffee, tea, hot and cold milk, bread, toast, hot rolls, butter, kidney toast, savoury omelette, cold meat, marmalade.

TUESDAY.—Tea, milk, porridge, bread, hot rolls, butter, mince made from any scraps of cold meat, angels on horseback, brawn, marmalade.

WEDNESDAY.—Cocoa, tea, hot and cold milk, bread, toast, butter, rissoles made from cold fish and potatoes, grilled ham, cold meat, boiled eggs.

THURSDAY.—Coffee, hot milk, porridge, bread, toast, butter, mutton cutlets and fried potatoes, sardines, marmalade, cold game.

FRIDAY.—Coffee, tea, hot and cold milk, bread, toast, butter, baked fresh herrings, broiled kidneys, marmalade, cold meat pie.

SATURDAY.—Cocoa, tea, hot and cold milk, porridge, bread, toast, butter, legs of turkey devilled, rissoles of cold meat, cold ham, Guinea fowls' eggs.

3016.—VERY ECONOMICAL FAMILY BREAKFASTS FOR ONE WEEK.

SUNDAY.—Coffee, hot milk, bread, toast, butter, cold bacon, boiled eggs.

MONDAY.—Tea, milk, rolls, bread, butter, haddock, marmalade.

TUESDAY.—Coffee, hot milk, porridge, toast, butter, scrambled eggs.

WEDNESDAY.—Tea, milk, bread, buttered toast, liver and bacon.

THURSDAY.—Cocoa, hot milk, bread, butter, marmalade, rissoles made from tinned meat or any scraps.

FRIDAY.—Coffee, hot milk, bread, toast, butter, baked fresh herrings.

SATURDAY.—Tea, milk, bread, butter, poached eggs on toast, brawn.

BREAKFAST TABLE LAID FOR EIGHT PERSONS.

LUNCHEON TABLE LAID FOR EIGHT PERSONS.

LUNCHEON AT HOME.

CHAPTER LXI.

GENERAL OBSERVATIONS ON LUNCHEON, WITH MENUS FOR PUBLIC, GUEST, PIC-NIC AND FAMILY LUNCHEONS.

3017. ***Luncheon,*** as a word of comprehensive meaning, may fairly take a high place, signifying as it does such a grand variety of meals, ranging from the simple "glass of wine and a biscuit" or the more humble "crust of bread and cheese and glass of ale" to an elaborate meal, that is, in all but name, a dinner. Only one general meaning that the word has is that it stands for whatever is partaken of between the last named meal and breakfast. Many are the arguments for and against luncheon, some right, some wrong, no doubt; but for all that, we have luncheon fully installed amongst our list of meals, and there it is likely to remain till the end of the chapter.

When the dinner hour is an early one, those who value their health will do well to avoid lunching; but when breakfast takes place at 8 or 9 and dinner is late, a substantial lunch may safely be indulged in, and is a most useful, if not absolutely necessary meal.

These meals are naturally regulated by various circumstances, such as individual taste, means and station; in a high-class house, however, it is usual to serve a good repast, not alone for the family, but for the reason that, at an informal meal, chance guests have to be provided for.

3018. ***High-class Luncheons.***—At these anything and everything that is served for dinner, such as soup, fish, entrées, poultry, game or joints may be given, but a number of courses such as compose the latter meal are not in the least necessary, or even usual. Soup, in winter, is a welcome course, to be followed by any hot entrées, game or poultry, the joints, if any, being generally cold, two or three sweets, one of which may be some simple milk pudding, with cheese, biscuits, cake and fruit. In summer, the dishes may be either hot or cold or both, when salads should be added to the menu, and potatoes may be the only vegetable, these being chipped, mashed, or cooked in any way except plainly boiled. Fish is more common at dinner than luncheon, unless it be in the form of croquettes or rissoles, filleted soles, and mayonaise of salmon or lobster.

3019. ***Middle-class Luncheons.***—Where there is a nursery these generally serve for the children's dinner, and in consequence the chief dishes are simple and substantial, often consisting of a joint and a pudding. When the children do not share the meal, a joint which is cooked for the kitchen dinner is often brought first into the dining-room, but this is not a custom to be commended, for the reason that the servants have their chief meal late and cold. So many nice little dishes can be made from cold meats left from the preceding day, that those who like hot luncheons need not trespass upon the servants' dinner.

Vegetables are seldom seen every day at the family luncheon table; but potatoes are liked by many, and it is seldom that there are not a few cold ones that can be turned to account to make a pleasant addition to the small hot dishes, whatever they are. In cold weather, simply-made soup, which costs but little, might be more often seen than it is, and will be a great help in eking out a somewhat spare repast; while in summer, a nicely-made salad will give a relish to the cold joint that so often forms the staple dish. Fruit, when in season and obtainable, should always be on the table at luncheon, as it is known that the earlier in the day it is eaten the more wholesome it is.

3020. ***The Luncheon Table.***—However simple the meal may be, it should be as neatly and daintily placed upon the table as a more elaborate one, the cloth clean, the silver and glass bright, while if possible a few flowers should be found for its decoration, or in place of these some ferns in pretty china pots, shells or rustic baskets, look extremely well, and, with care, will last a long time.

According to the luncheon to be served so must the table be laid; but it should be impressed upon the servants, when they are not required to wait at table, that everything necessary should be brought into the room—clean plates, glasses, knives and forks being laid ready on the sideboard, which, covered with a white cloth, is used for the same purpose as at breakfast.

The arrangement of tables for meals does not stand so much upon strict etiquette, if I may use the word in respect of the matter, as to the precedence of this and that article of use, as upon a certain taste, born only of a cultivated eye to order and method, in their lodgment thereon. A raw, ill-taught servant, for instance, coming for the first time into the dining-room to get her first lesson in laying a cloth, will, if left to her own devices, lay that cloth, and the articles necessary to it, in a manner simply excruciating to witness. The cloth is to be put on the table, and she puts it on. *She* sees nothing in the fact that it reaches two inches over the edge of the table on this side, and a yard and a quarter upon that; that the centre "crease" is wofully "off the line." The knives, forks, spoons, glasses, &c., simply bewilder her, and she gets rid of them by dropping them here and there all over the table in the insanest manner possible. But take a little girl, on the other hand, always accustomed to see the meal arrangements executed with precision and taste at home, and set her to lay a cloth. She will not lay it all as it should be, without doubt, but *her* management of it will have nothing within it to excite contempt and ridicule. It would be prettily, wrongly laid. Just so with us: we may take our dinner-tables in our hands, and defy fashion and the order of things, and come to no grief, if we will but attend to strict good taste and method, and actual necessities.

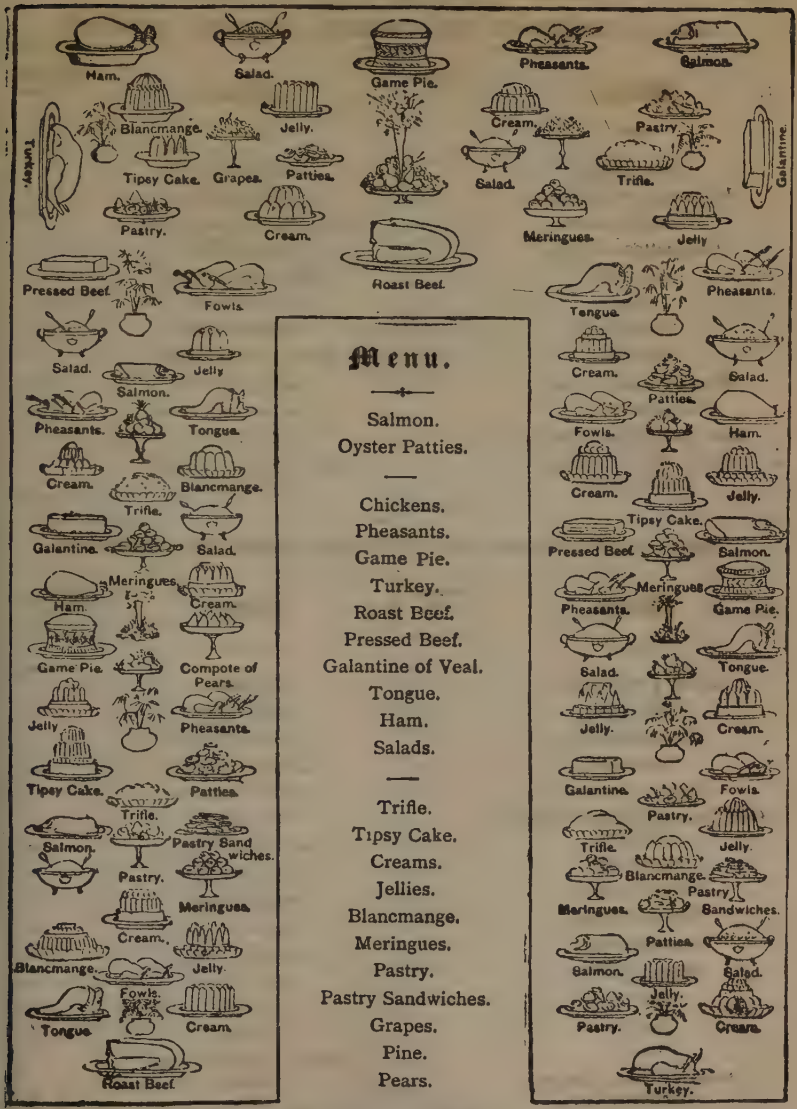
A simple luncheon may be placed on a butler's tray, all ready arranged upon a tray-cloth. These trays have in some cases sides that let down, and then all the servant has to do is to put the tray upon the table, and let down the sides.

3021. ***Luncheon dishes,*** such as cutlets, chops, hashes, pasties, &c., are too well known to need comment, but in our list of savouries may be found some that may vary the above; while the many recipes given for cold meat cookery should prevent the cold joint from being inevitable.

3022. ***Beverages.***—These should be appropriate to the menu. For a good luncheon in summer all light wines are suitable, with some lemonade or aerated water for those who prefer to dilute them, and ice should not be wanting. Claret, champagne, and cider-cup are all favourites for the hot weather. In winter, sherry and claret are the wines most often found.

For a homely luncheon, ale, stout, or cider are often the accompanying beverages; while, for those who do not take stimulants, there are an infinite variety of non-alcoholic drinks, effervescent or otherwise.

3023.—PUBLIC LUNCHEON FOR LARGE PARTY.



Menu.

Salmon.
Oyster Patties.

—

Chickens.
Pheasants.
Game Pie.
Turkey.
Roast Beef.
Pressed Beef.
Galantine of Veal.
Tongue.
Ham.
Salads.

—

Trifle.
Tipsy Cake.
Creams.
Jellies.
Blancmange.
Meringues.
Pastry.
Pastry Sandwiches.
Grapes.
Pine.
Pears.

Note.—The above illustration shows the shape of a table very commonly used for large parties. Sometimes, for a still larger one, a third table is put from the upper and chief one, thus making the whole into the form of an M.

3024.—LUNCHEONS FOR TWELVE PERSONS.—SUMMER.

1. Menu.	Average Cost.	2. Menu.	Average Cost.
	s. d.		s. d.
Clear Soup.	3 6	Lobster Salad.	4 0
Mayonaise of Salmon.	4 6	Filleted Soles.	4 6
Roast Chickens.	6 0	Cold Chicken and Ham.	3 6
Croquettes of Beef.	1 6	Veal Cutlets.	3 3
Cold Lamb.	3 0	Cold Roast Beef.	2 0
Salad.	1 3	Cucumber.	0 9
Fruit Tart.	1 6	Tomato Salad.	0 10
Custard.	0 9	Pastry Sandwiches.	1 0
Sponge Cake Pudding.	2 0	Italian Cream.	1 9
Maraschino Jelly.	2 6	Compote of Fruit.	2 6
Strawberries and Cream.	2 6	Melon.	1 0
Bread, Butter, Cheese, Biscuits, &c.	1 6	Bread, Butter, Cheese, Biscuits, &c.	1 6
	1 10 6		1 6 7

3025.—LUNCHEONS FOR TWELVE PERSONS.—WINTER.

3. Menu.	Average Cost.	4. Menu.	Average Cost.
	s. d.		s. d.
Mock Turtle Soup.	4 0	Julienne.	3 6
Fried Soles.	4 0	Red Mullet.	4 6
Fish Rissoles.	1 6	Scalloped Oysters.	4 0
Pheasants.	7 0	Mutton Cutlets.	2 6
Hashed Turkey.	2 0	Hashed Venison.	2 6
Cold Roast Beef and Mashed Potatoes.	3 4	Game Pie.	5 0
Mince Pies.	1 6	Cold Boiled Beef.	2 0
Sweet Omelette.	1 2	Mashed Potatoes.	0 4
Stewed Prunes.	0 9	Stewed Celery.	0 8
Vanilla Cream.	2 3	Apple Tart.	1 6
Cheese Biscuits.	0 6	Custard Pudding.	0 6
Celery.	0 6	Tipsy Cake.	2 0
Grapes.	3 0	Pears.	1 6
Pears.	1 6	Apples.	1 0
Bread, Butter, Cheese, Biscuits, &c.	1 6	Bread, Butter, Cheese, Biscuits, &c.	1 6
	1 14 6		1 13 0

Note.—These menus might easily be reduced for either a smaller number or simpler repast.

3026.—PICNICS.

One of the pleasantest forms of entertainment is a well-arranged picnic (if only a fine day be selected), while nothing is calculated to give greater dissatisfaction than a badly-managed one. To have chosen the wrong people (even one or two, who are likely not to make themselves agreeable), to have given people wrong seats in the various vehicles, or to have too many ladies in the party, are all often fatal errors.

We say nothing of the mistakes made about the luncheon or dinner, when, as is often the case, the ladies provide this, each taking what she likes, with the result, that there is too much of one thing and too little of another; plenty of salad and no dressing; two or three legs of lamb and no mint sauce; an abundance of wine and no corkscrew; and such like little accidents. Given a happy party of young people, bent on enjoyment, these are trifles light as air, which serve rather to increase the fun than diminish it. But, on the other hand, the party may not all be young and merry; it may be very distasteful to some to have to eat meat without *bread*, and almost impossible without *salt*, while, no corkscrew being at hand, it will rouse their indignation to see the necks of the bottles knocked off, or the corks incompletely picked out with a penknife; and yet, in the annals of picnics, all these things, bread, salt and corkscrew have been forgotten.

The easiest way to arrange that there should be nothing wanting, if the ladies provide the repast, is for one lady (the most competent) to make out a menu, adding all the little etceteras, and apportion to each one her share.

The following menus for picnics may be found useful, the prices and quantities being given; while a list of requirements, in addition to the viands, will be found at the foot.

3027.—PICNIC LUNCHEON FOR TWENTY PERSONS.—SUMMER.

No. 1.	Average Cost.		No. 2.	Average Cost.	
	s.	*d.*		*s.*	*d.*
5 lbs. of Cold Salmon.	7	6	4 Lobsters.	10	0
Mayonnaise Sauce.	1	0	8 lbs. of Cold Boiled Beet.	6	10
1 Quarter of Lamb.	10	0	2 Veal Pies.	7	0
Mint Sauce.	0	4	3 Roast Fowls.	7	6
1 Large Galantine of Veal.	7	6	1 Tongue.	3	6
3 Boiled Chickens.	7	6	Salad.	2	0
1 Ham.	8	0	Dressing.	0	6
2 Pigeon Pies.	9	0	2 lbs. of Tomatoes.	1	6
Salad. Dressing.	2	6	2 Fruit Tarts. Custard.	4	6
2 Cucumbers.	1	0	1 Lemon Sponge.	1	6
2 Fruit Tarts.	3	6	Cheesecakes.	2	0
Pastry Sandwiches.	2	0	2 Jellies.	5	0
2 Jellies. 2 Creams.	11	6	2 Creams.	5	0
Custard.	1	0	1 gallon of Strawberries.	4	0
1 gallon of Strawberries.	4	0	4 lbs. of Cherries.	2	0
3 lbs. of Grapes.	6	0	1 lb. of Cheese.	1	0
1 lb. of Cheese.	1	0	½ lb. of Butter.	0	9
½ lb. of Butter.	0	9	4 loaves of Bread, or Rolls.	1	0
4 loaves of Bread, or Rolls.	1	0	1 lb. of Bisouits.	0	6
	4	5 1		3	6 1

Wines, bottled beer, soda water, lemonade. Plates, knives, forks, spoons, glasses, tumblers, tablecloth, serviettes, glass cloths, pepper, cayenne, salt, mustard, oil, vinegar, castor sugar, corkscrews and champagne-opener.

3028.—FAMILY LUNCHEONS FOR A WEEK IN SUMMER.

SUNDAY.—Cold ham or tongue, potted meat, salad, cake, preserve, strawberries, cream, bread, cheese, biscuits, butter, light wine or ale.

MONDAY.—Lamb cutlets and peas, cold chicken and ham, small fruit tart, custard pudding, bread, cheese, butter, biscuits, ale and claret.

TUESDAY.—Salmon mayonaise, rissoles made of cold chicken, brawn, tapioca pudding, fruit, bread, butter, cheese, biscuits, claret and sherry.

WEDNESDAY.—Cold lamb, mint sauce, patties made from scraps of cold meat, salad, mashed potatoes, cake, fruit, bread, butter, cheese, biscuits.

THURSDAY.—Veal cake, poached eggs, cucumber, fruit puffs, bread, butter, cheese, biscuits, light wine or ale.

FRIDAY.—Fish pie, made from cold fish and potatoes, cold beef, beetroot, cake, fruit, bread, butter, cheese, biscuits, wine or ale.

SATURDAY.—Beef pie, made from cold beef, Russian salad, macaroni cheese, fruit, bread, butter, biscuits, claret and ale.

3029.—FAMILY LUNCHEONS FOR A WEEK IN WINTER.

SUNDAY.—Any cold meat, potted fish, sardines, marmalade pudding, cake, bread, butter, cheese, biscuits, sherry and ale.

MONDAY.—Slices of cold meat, curry made from any remnants of poultry, mashed potatoes, apple dumplings baked, any remains of sweets left from the preceding day, bread, cheese, biscuits, butter, wine or ale.

TUESDAY.—Filleted plaice, cold meat, chutnee, pickles, stewed prunes and cornflour shape, bread, butter, cheese, biscuits, wine or beer.

WEDNESDAY.—Vermicelli soup, croquettes of any cold meat or poultry, potted meat, fried potatoes, tartlets, cake, bread, butter, cheese, biscuits, sherry and ale.

THURSDAY.—Joint from servants' table with vegetables, pastry, sandwiches, cake, bread, butter, cheese, biscuits, ale.

FRIDAY.—Curried fish, rice, mutton cutlets and mashed potatoes, potted meat, preserve, cake, bread, butter, cheese, biscuits, sherry and stout.

SATURDAY.—Pea-soup, cold game, hashed or minced cold meat, fried potatoes rice-pudding, jam, bread, butter, cheese, biscuits, wine or ale.

3030.—VERY ECONOMICAL LUNCHEONS.

SUNDAY.—Cold meat or inexpensive soup, cheese, bread, plain cake, ale.

MONDAY.—Rissoles of cold meat, marmalade, cheese, butter, bread, ale.

TUESDAY.—Mayonaise of tinned salmon, jam, cheese, butter, bread, stout.

WEDNESDAY.—Potato pie made from cold meat, plain cake, cheese, bread, ale.

THURSDAY.—Cold bacon, salad or beetroot, butter, cheese, bread, stout.

FRIDAY.—Baked fresh haddock, rice-pudding, cheese, butter, bread, ale or stout.

SATURDAY.—Minced liver and bacon, cold potatoes fried, marmalade, biscuits, cheese, bread, stout.

GOING DOWN TO DINNER.

CHAPTER LXII.

GENERAL OBSERVATIONS ON DINNERS AND DINING.

3031. ***Man, it has been said, is a dining animal.*** Creatures of the inferior races eat and drink; only man dines. It has also been said that he is a cooking animal; but some races eat food without cooking it. A Groat captain said to M. Brillat Savarin, "When, in campaign, we feel hungry, we knock over the first animal we find, cut off a steak, powder it with salt, put it under the saddle, gallop over it for half a mile, and then eat it." Huntsmen in Dauphiny, when out shooting, have been known to kill a bird, pluck it, salt and pepper it, and cook it by carrying it some time in their caps. It is equally true that some races of men do not dine any more than the tiger or the vulture. It is not a *dinner* at which sits the aboriginal Australian, who gnaws his bone half bare and then flings it behind to his squaw. And the native of Terra del Fuego does not dine when he gets his morsel of red clay. Dining is the privilege of civilisation. The rank which a people occupy in the grand scale may be measured by their way of taking their meals, as well as by their way of treating their women. The nation which knows how to dine has learnt the leading lesson of progress. It implies both the will and the skill to reduce to order, and surround with idealisms and graces the more material conditions of human existence; and wherever that will and that skill exist, life cannot be wholly ignoble.

3032. ***Dinner being the grand solid meal*** of the day, is a matter of considerable importance; and a well-served table is a striking index of human ingenuity and resource. "Their table," says Lord Byron, in describing a dinner-party given by Lord and Lady Amundeville at Norman Abbey—

> "Their table was a board to tempt even ghosts
> To pass the Styx for more substantial feasts.
> I will not dwell upon ragoûts or roasts,
> Albeit all human history attests
> That happiness for man—the hungry sinner!—
> Since Eve ate apples, much depends on dinner."[12]

And then he goes on to observe upon the curious complexity of the results pro-

duced by human cleverness and application catering for the modifications which occur in civilised life, one of the simplest of the primal instincts:—

"The mind is lost in mighty contemplation
Of intellect expended on two courses;
And indigestion's grand multiplication
Requires arithmetic beyond my forces.
Who would suppose, from Adam's simple ration,
That cookery would have call'd forth such resources,
As form a science and a nomenclature
From out the commonest demands of nature?"

And we may well say, Who, indeed, would suppose it! The gulf between the Groat, with a steak under his saddle, and Alexis Soyer getting up a great dinner at the Reform Club, or even Thackeray's Mrs. Raymond Gray giving "a little dinner" to Mr. Snob (with one of those famous "roly-poly puddings" of hers)—what a gulf it is!

3033. ***That Adam's "ration,"*** however was "simple," is a matter on which we have contrary judgments given by the poets. When the angel Raphael paid that memorable visit to Paradise—which we are expressly told by Milton he did exactly at dinner-time—Eve seems to have prepared "a little dinner" wholly destitute of complexity, and to have added ice-creams and perfumes. Nothing can be clearer than the testimony of the poets on these points:—

"And Eve within, due at her home prepared
For dinner savoury fruits, of taste to please
True appetite, and not disrelish thirst
Of nectarous draughts between. . . . .
. . . With dispatchful looks in haste
She turns, on hospitable thoughts intent.
What choice to choose for delicacy best,
What order so contrived as not to mix
Tastes not well join'd, inelegant, but bring
Taste after taste, upheld with kindliest change—
* * * * *
She *tempers dulcet creams* . . . . .
. . . . . *then strews the ground*
With rose and odours."

It may be observed, in passing, that the poets, though they have more to say about wine than solid food, because the former more directly stimulates the intellect and the feelings, do not flinch from the subject of eating and drinking. There is infinite zest in the above passage from Milton, and even more in the famous description of a dainty supper, given by Keats in his "Eve of Saint Agnes." Could Queen Mab herself desire to sit down to anything nicer, both as to its appointment and serving, and as to its quality, than the collation served by Porphyro in the lady's bedroom while she slept?—

"There by the bedside, where the faded moon
Made a dim silver twilight, soft he set
A table, and, half anguish'd, threw thereon
A cloth of woven crimson, gold and jet.
* * * * *
While he from forth the closet, brought a heap
Of candied apple, quince, and plum, and gourd;
With jellies smoother than the creamy curd,
And lucent syrups tinct with cinnamon;
Manna and dates, in argosy transferr'd
From Fez; and spiced dainties, every one,
From silken Samarcand to cedar'd Lebanon."

But Tennyson has ventured beyond dates, and quinces, and syrups, which may

be thought easy to be brought in by a poet. In his idyll of "Audley Court" he gives a most appetising description of a pasty at a picnic :—

> "There, on a slope of orchard, Francis laid
> A damask napkin wrought with horse and hound;
> Brought out a dusky loaf that smelt of home,
> And, half cut down, a pasty costly made,
> Where quail and pigeon, lark and leveret, lay
> Like fossils of the rock, with golden yolks
> Imbedded and injellied."

We gladly quote passages like these, to show how eating and drinking may be surrounded with poetical associations, and how man, using his privilege to turn any and every repast into a "feast of reason," with a warm and plentiful "flow of soul," may really count it as not the least of his legitimate prides, that he is "a dining animal."

3034. ***Great Diners.*** — It has been said, indeed, that great men, in general, are great diners. This, however, can scarcely be true of any great men but men of action; and, in that case, it would simply imply that persons of vigorous constitution, who work hard, eat heartily; for, of course, a life of action *requires* a vigorous constitution, even though there may be much illness, as in such cases as William III. and our brave General Napier. Of men of thought, it can scarcely be true that they eat so much, in a general way, though even they eat more than they are apt to suppose they do; for, as Mr. Lewes observes, "nerve-tissue is very expensive." So also is working "tissue," if we may use the word again, and it is a certain thing that a fair amount of well cooked, wholesome food is a necessary thing where good work has to be done. We have been told by the heads of firms who employ a great number of persons, that, apart from their duty to their employés, it is quite a matter of business to feed them well, and for this reason they prefer to have them in the house, that they may be sure that lack of proper food does not prevent them doing a fair amount of work.

FRUIT DISH.

3035. ***Variety of Food.***—Of course dinners such as would be served at these large establishments are very easily arranged, well cooked joints forming the staple food, and of these we need not speak except to notice one complaint which we often hear, namely, the lack of variety in the dinners given at these large houses. Good and well cooked as the food is, there are many people who *cannot eat* beef and mutton every day, and a still larger number who *cannot enjoy* it, and it seems a pity that some variety in food, although it would involve more trouble, cannot be given to those who lead such very monotonous lives. However, this is the age of improvement, and it being so well known that change of diet, if not absolutely essential, is a very good thing for all, doubtless ere long there will be nothing to complain of in this respect, and dinners of more varied kinds of food for these large numbers, which will cost no more than the present one (probably less) will be provided, that being better relished, will be better digested.

3036. ***Elaborate Dinners.***—On the other hand many people are disposed to object to the variety of dishes at a modern dinner table, but as there are to be found in all good dinners some simple joint or other things which can be chosen from the more elaborate menus, they have really little cause to grumble. The majority of diners prefer a variety, which does not necessarily imply anything unwholesome or capricious, and the appetite of the over-worked statesman

or man of business, or of any dweller in towns whose occupations are exciting and exhausting, is jaded and requires stimulants, such as are to be found in good dinners.

3037. ***Elegant Dinners.***—There are plenty of elegant dinners in modern days, and they were not wanting in ancient times. It is well known that the dinner-party, or symposium, was a not unimportant, and not unpoetical, feature in the life of the sociable, talkative, tasteful Greek. Douglas Jerrold said that such is the British humour for dining and giving of dinners, that if London were to be destroyed by an earthquake, the Londoners would meet at a public dinner to consider the subject. The Greeks, too, were great diners: their social and religious polity gave them many chances of being merry and making others merry on good eating and drinking. Any public or even domestic sacrifice to one of the gods, was sure to be followed by a dinner-party, the remains of the slaughtered "offering" being served up on the occasion as a pious *pièce de résistance;* and as the different gods, goddesses and demigods, worshipped by the community in general, or by individuals, were very numerous indeed, and some very religious people never let a day pass without offering up something or other, the dinner-parties were countless. A birthday, too, was an excuse for a dinner; a birthday, that is, of any person long dead and buried, as well as of a living person, being a member of the family, or otherwise esteemed. Dinners were, of course, eaten on all occasions of public rejoicing. Then, among the young people, subscription dinners, very much after the manner of modern times, were always being got up; only that they would be eaten not at an hotel, but probably at the house of one of the *heteræ.* A Greek dinner-party was a handsome, well-regulated affair. The guests came in elegantly dressed and crowned with flowers. A slave approaching each person as he entered, took off his sandals and washed his feet. During the repast, the guests reclined on couches with pillows, among and along which were set small tables. After the solid meal came the "symposium" proper, a scene of music, merriment and dancing, the two latter being supplied chiefly by young girls. There was a chairman, or symposiarch, appointed by the company to regulate the drinking; and it was his duty to mix the wine in the "mighty bowl." From this bowl the attendants ladled the liquor into goblets, and, with the goblets, went round and round the tables, filling the cups of the guests.

FLOWER VASE FOR DINNER TABLE.

3038. ***In the Russian banquet,*** the table is extremely narrow, the ladies all walk in together and are followed by the gentlemen, who sit opposite them, the servants come and hand round every dish, the vegetables are served in separate compartments of a large round dish. When the dessert is handed round, the guests help themselves to all they are likely to require at once; the dessert is replaced upon the table and not again touched. On retiring from table, the ladies again precede the gentlemen, and all take their departure at once, unless invited especially to spend the evening: a custom that might be followed with advantage at many réunions out of Russia.

3039. ***A great gastronomist,*** from whom we have already quoted, has some aphorisms and short directions in relation to dinner-parties, which are well

deserving of notice :—"Let the number of your guests never exceed twelve, so that the conversation may be general.* Let the temperature of the dining-room be about 68°. Let the dishes be few in number in the first course, but proportionally good. The order of food is from the most substantial to the lightest. The order of drinking wine is from the mildest to the most foamy and most perfumed. To invite a person to your house is to take charge of his happiness so long as he is beneath your roof. The mistress of the house should always be certain that the coffee be excellent; whilst the master should be answerable for the quality of his wines and liqueurs." Very good advice for the times for which it was written, but in "The age we live in," there are many more things to be considered.

3040. ***Dinner Parties.***—As we have before observed, "Man is a dining animal," and we contend that young people as well as old can really enjoy a dinner party, and that everyone can appreciate a good one—only they involve a greater amount of thought than many are prepared to bestow.

Let no one imagine that to give wines and meats of the best and most costly kind, is to ensure one's guests enjoyment of the same, for there are few of us whose painful experience it has not been to sigh over a dinner, which in itself was irreproachable, and which might have been enjoyable, but—was quite the contrary.

SUGAR-BASKET FOR DESSERT.

There are many more things to be considered than the actual dinner itself, if one aspires to be a successful dinner giver, but there is one golden rule which, if everyone observed, would at any rate prevent many failures, and that is our advice to all who entertain, "Keep within your means."

We mean this in its broadest sense, not simply not to spend more than one can afford, for many can spare money who cannot give time, and many more can do the former, who have not the room, convenience, or faculty, for entertainment.

Dinners, like dresses, want consideration; a picnic may be impromptu, in fact those hastily arranged are very often the most enjoyable, but there is not, or ought not to be (unless for a small unceremonious one), anything impromptu about a dinner.

What we wish to imply by keeping within one's means, is not to entertain to the extreme limit of our resources, and we hope our readers will not consider us impertinent in giving them the following advice:—

3041. ***Number of Guests.***—Never ask more people than you can comfortably seat, or than you have servants to wait upon. Think well over your list of guests before you invite them, and plan how you can arrange them at table, so that you can feel beforehand that you can give each guest a companion who will in all probability be a pleasant one, which, if it be a large party, will greatly lessen your responsibilities.

It is no use bringing a number of people together who cannot amuse each other—far better is it (although more trouble, perhaps) to have several little dinners to which only kindred spirits need be bidden, than one large one, and even the most gregarious persons will allow that these little dinners are, as a rule, the pleasantest.

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* We have seen this varied by saying that the number should never exceed that of the Muses or fall below that of the Graces.

3042. ***Dinner Giving.***—The next thing to be thought of is the dinner, and varying that very good old maxim, "Cut your cloak according to your cloth," we should say, choose your dinner according to your cook. When fortunate enough to posses a thoroughly good one, one need not be afraid of trying a few experiments, but otherwise it is a dangerous thing, and if any contretemps occur, it is the mistress, and not the cook, who suffers.

It is a grand thing to feel confident of what is coming to table, when one is at the head of it, and no hostess is likely to be quite happy or at ease, with any fear on her mind as to how the next course will turn out.

Far better is it to have a simple dinner, which one knows will be properly cooked and served, than to *risk* anything more elaborate, for it is almost impossible to appear utterly unconcerned when one is harassed by petty cares, and a thoroughly good hostess is one who is able herself to enjoy, without anxiety, the dinner she is giving to her friends.

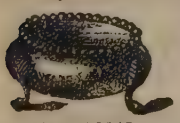
3043. ***Temperature of Room.***—Another very important thing very often overlooked, is the temperature of the dining-room. More than once, in the depth of winter, we have heard people say, "We will not have a fire in the dining-room, for it gets so hot before dinner is over," seeming to forget there is a beginning to everything as well as an end, and if in evening dress we shiver through three or four courses, even if we get warmer later on, it has spoilt the whole thing.

Another in the same season will, "on hospitality intent," make the room unendurably hot with high piled fires, and the heat is, perhaps, almost more difficult to bear than the cold.

We maintain that it is not possible to thoroughly enjoy a good dinner in a room either too hot or too cold, and would ask hostesses to well consider the subject.

3044. ***Warming of the Dining-room.***—In many of the modern houses, it is easy enough with hot-water pipes taking the place of fires, and well planned ventilators to have, and to keep the room at a pleasant temperature, and we think the pipes a very great improvement upon fires for warming dining-rooms. Still there are many rooms to which these could not easily be fitted, and very many people who object to them, and prefer to see good old-fashioned fires.

Rooms so vary in the way of being easily warmed or the reverse, that one can lay down no rule, but the main thing is to heat them by the before-mentioned fires to a fair temperature during the day, and (if necessary) let the fire out during dinner, and to have proper ventilation without draught.



SALT-CELLAR.

The latter can generally be effected by consulting proper people upon the subject, and a valve which allows a free current of air to circulate round the upper part of the room, is an excellent thing, while one's servants should be instructed to refer occasionally to a thermometer, and act accordingly with regard both to fire and ventilation.

In any case screen the fire for the sake of those who may have to sit with their backs to it, and for this purpose there is nothing better than a glass screen through which it can be seen but not felt. Let it be also remembered that the lighting (except by electricity) makes a very great difference to the heat of the room, and it is wise to have the full amount required for the evening put on some time beforehand, so that we may judge of its effect.

3045. ***Dining in Hot Weather.***—In warm weather the subject of temperature is often more difficult to deal with, and yet it is quite as necessary to keep a room cool in summer as warm in winter.

As we have said before, rooms so vary that no hard and fast rule can be laid down, but it is pretty safe to exclude both light and air during the day, and to let them in when the first has lost its heat and glare and the latter has grown cooler, which is generally the case before the hour of dinner, also to have plenty of cool-looking foliage, ferns, &c., disposed in the fireplaces and round the room, while if a fountain is practicable in a conservatory adjoining, or an alcove, or even a fireplace (as I have seen some done by Dick Radclyffe), the sound of falling water, if it does not really affect the temperature, seems to give an additional coolness to the atmosphere.

3046. ***Lighting.***—Next we come to the lighting of the room, by no means a small matter. For this purpose nothing could be better than the single large hanging lamp now so fashionable, though it should be remembered that one lamp is not always sufficient to light a very long table.

The thing to be arrived at for comfort and effect is that a pleasant and sufficient light should be thrown from above, and concentrated upon the table and guests, whilst the remainder of the room may be in *comparative* shadow, with only enough light to enable the servants to do their work.

This is, as we have said before, most easily achieved by a hanging lamp, while in the case of a very long table, some additional light will probably be needed. For this purpose we may mention that the little lamps of tinted transparent glass with shades which are made to fit into candlesticks, are very good. Most people have tall, old fashioned candlesticks, put aside as out of date, and we would advise them to try these little lamps in them, which, raised in this way, give an excellent light, and take up very little room.

These will also be found useful where a hanging lamp cannot be put up, and the light from the sides of the room is not sufficient.

Few people care for gas now in a dining-room, but it is undoubtedly useful to have it laid on at the sides, though, as we have before said, the main light should be concentrated upon the table itself, of which we must not forget to speak.

3047. ***Tables of Different Size.***—The happy possessors of more than one dining-room are in the minority, but we hold that to have a small as well as a large one is very convenient for the reason that the table should as nearly as possible correspond with the size of the room, while it ought to be proportionate to the number of the guests.

In a room capable of dining comfortably, say thirty people, a table about large enough for six looks lost, and yet it is not well to scatter the guests round a large one. The large, old fashioned, oblong table, which wasted so much room at either end, has now given place to the oval or round, and the host and hostess, as a rule, having nothing to carve, have no more room allotted to them than anyone else.

To our mind, a round table is pretty and more comfortable than any other; it is easy to see everyone round it, and it therefore promotes conversation, but, as a rule, the large dining-room is not of the shape to accommodate one; but if a smaller room is also used, it will be found a convenient shape for a small number, while an extra leaf will make it a slight oval, and accommodate two or four more.

For the large room the oval is generally the most convenient, and it is best to have both large and small leaves to lengthen it.

3048. ***Allowance of Room.***—A good rule is to allow 24 inches for each person's accommodation. Where the table is necessarily a little too large, a little more room does not matter, but on no account give less, for there is no greater misery than crowding.

In another chapter we have to deal with covering and laying the table; and its decorations will also be treated of. So we need only say in conclusion that nothing is more pleasant on entering a room in which we are to be entertained than to be struck with its grace and beauty, and when we sit down to be gladdened by an exquisitely arranged table, where there is something to admire throughout the meal, and nothing to obstruct the view, as is now the good custom. We feel at once quite ready and able to appreciate the good things in store.

3049. ***The meal of dinner,*** it has been said, is enjoyed all the more when the breakfast has been light, and, we may presume when no luncheon has come between to mar the arrangement of our digestive powers. But our advice is, eat as good a breakfast as you can; it is a *foundation* both mentally and bodily for health during the day. Dinner, however, is *the* meal of the day, the *pièce de résistance* on which we chiefly expend our culinary knowledge and labours. To see about the dinner is the housewife's chief morning, and sometimes overnight, reflection. It is, too, the prominent work of the morning hours with herself and her cook, or general servant. It is a meal that, whilst it exercises our powers of ingenuity, and requires expended upon it an immense amount of attention, to say nothing of time, is spoiled by a mere breath of mismanagement.

3050. ***Rules for Dinner-giving.***—Before we can come to the actual arrangements of our dinner-table we must come to a perfect understanding concerning the following matters:—

Rule 1.—Let your family dinner hour be at a given hour, and let that hour *be* the dinner hour. Allow no shirking here from anyone unless accident or circumstances render such compulsory. *Then* you stand some chance of being able to turn your cookery talents, if you have any, to account, or, if you have not them already, to cultivate them.

SPOON-WARMER.

Rule 2.—Always arrange your dinner, having a kind of mind's-eye menu, satisfactorily beforehand, before you attempt either to give directions concerning it or to help, it may be, in its preparation. Without this, you *may* give your family or your guests an eatable, presentable dinner now and then, a kind of accidental good fortune, but, as a general rule, it will be a failure. Experienced housekeepers may exclaim, "But *do* women ever behave so foolishly?" Yes, they do, times out of number, and to that they may attribute much of their failure in dinner-giving. When the architect has planned a house the builder may build it; when an author has planned a book he may write it with comparative ease; and when we have thoughtfully "compiled" our dinner, we may cook it. First we want the "mind's-eye menu," and then one for our outward eye, and our cook's observance.

Rule 3.—For a "hot dinner" let the plates be hot, not warm merely, but *hot*. The best dinner you can give your guests will be spoiled if you serve it to them on plates in which almost before they begin to eat the gravy floats about in small island-like patches.

Rule 4.—Give due attention to the "order" of courses. You do not want your fish, for instance, ready before the soup, causing the former to look flabby, and most likely break and lose their trim appearance.

Rule 5.—Be careful in dishing vegetables, that they are perfectly drained from

TABLE GLASS.

2 Decanters.—2. Claret Jugs.—Giraffe.—Water Jug and Glass.—9 Wine Glasses.—3. Champagne Tumblers. .1 Soda Glass.—3 Tumblers.—2. Glass Dishes.—1. Cream Ewer and Sugar Bowl.—2 Ice Plates.—2 Finger Basins.—1. Glass Centre Piece.—

water. Turnips or other edibles of the kind swimming about in a sea of dingy water are enough to cause the excellence of the cookery of the other viands to be put in the shade. Also, if assistance in dishing up be scarce in the kitchen, contrive to keep your meat hot by means—if you have not the proper ones, a meat-screen, &c.—such as your woman's wit will suggest, rather than spoil your vegetables by dishing them up too soon, and thus rendering them lumpy, sodden and lukewarm. These should come to table with a fresh, crisp, eatable look upon them. With regard to rule number one, it will be well to remember that meats lose their flavour by delay on the table after being placed there in perfect readiness to be eaten.

3051. ***Dinner Parties.***—Dinners *a la Russe* as they used to be called, are now so Anglicised and so common that we find them even in the houses of people of very moderate incomes, who hire a carver to do what is properly done by the butler. (Set forth in the "Duties of the Butler," will be found that of carving at dinner.) This is scarcely a plan to be commended, however, unless the party be very small, as not only a carver but extra waiting is needed where everything is handed. On the other hand, where there are plenty of servants there is no more pleasant form of dinner serving, allowing as it does for the table to be so decorated as to present an attractive picture during the meal.

We give, later on, hints for table decoration at different seasons of the year, so that we need not enlarge upon the subject here, only saying that, where dinner is served entirely from the sideboard, it is absolutely necessary that the table be decorated in some manner. It is now more usual to set only one or two of the principal dishes on the table, such as the principal joints, or the poultry, and perhaps the fish. Entrées, which precede the substantial joints, are handed round to each of the guests, who in this way are served more quickly, and with less trouble to both cooks and waiters. If the fish is filletted or cut up, it is often handed in the same way, and some people prefer to have the soup tureens set on the sideboard, and served to the guests from thence. In small households the joints and birds must be carved on table, in default of an experienced carver among the servants. Dressed vegetables are handed round after the joints. The principal puddings are often carved on table, and jellies or creams handed round after. Cheese is now seldom set on table, but a small plate or dish of cut cheese, garnished with parsley, and others of butter and of biscuits or pulled bread, are handed round together to each guest.

3052. ***Old-fashioned Dinner Parties.***—There are some people who still prefer to have their dinner put upon the table, but even with these, as with our other two tables, the breakfast and the luncheon, the appearance the dinner-table will present depends, not upon crowding it with fish, flesh, and fowl, but upon a carefully-arranged study of the whole. A cook is an artist, if she be a good one, and a good "layer of cloths" is an artist too, surely. It does *not* want a fabulous sum of money to give one's guest a handsomely-arranged dinner table; what it does want are, much common sense, much method, and good taste in plenty. With these three to the fore, a dinner-giver on a large or small scale can seldom fail at her work.

The *only* way to attain to perfection in this work is to let our ordinary family table arrangements differ very little—and that only in the really expensive items—from those of the guest-table. A dinner, then, to one's friends, is not a very grave affair with us. It is in reality but the adding of a few more knives, forks, spoons, serviettes, &c. It does not throw us into "a state," for fear we shall make an error somewhere or somehow; nor does it worry our servants, and throw them off the usual equilibrium of work to a discomforting degree. The affair becomes a little increase of work, instead of fresh and sometimes appalling work

altogether. It removes all traces of awkwardness in one's domestics; the children, often much in the way when a dinner party is projected, find nothing to wonder at, remark upon, and perhaps inform visitors about, to the discomfiture of their parents.

SERVIETTE-RING.

It is now customary to keep the white cloth on after dinner, and to put the dessert and wines upon it, and one may, with perfect propriety, lay at the top and bottom of the table two small white cloths, of a texture equal to the large one, and as much in keeping with it as possible, in case of accidents, such as unsightly slops of gravy from the principal dishes. These would, of course, mar the look of the table *in toto*, and it is impossible for even the most skilful of carvers to acquit himself of his task without mischances occasionally. These little "accident" cloths are removed after dinner.

TO LAY THE CLOTH FOR DINNER.

3053. ***According to what is to be served*** so must the table be laid, but there are certain rules that apply equally to all The cloth itself must first be put on straight and evenly, and if at all creased should be pressed with a clean iron over a damp cloth; next follow the decorations, and when these are complete, comes either the footman's, parlourmaid's, or housemaid's work of putting on spoons, knives, &c.

Everything necessary for laying the cloth should first be brought into the room and the serviettes be ready folded, and it is a good plan to put these round the table first, so that the same amount of space can be allowed to each person.

These occupy the space between the knives and forks, and in each should be put either a dinner roll (which are almost invariably used at dinner parties) or a piece of bread cut rather thick. Sometimes the folding of the serviettes will also allow the introduction of a flower or tiny bouquet.

Next place the menu cards, if these are used, either one to each person, or one between three and four, if only so many are provided.

Many ladies like to write their own menus on cards sold for the purpose, similar to ball programmes, or on etched or hand-painted ones.

Very pretty little holders are made of both glass and china, sometimes intended for flowers as well, and these are specially useful when there are not cards for each person, as the menu is shown at an angle at which it can easily be read.

CRUET-STAND.

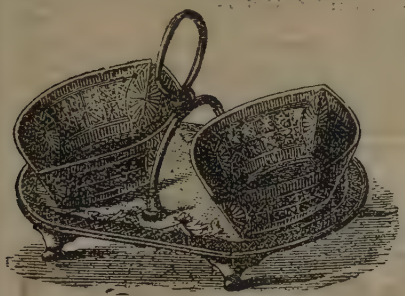
The water carafes and salt cellars may next be laid. Of the former there should be at any rate one at each corner of the table, while there should be a salt cellar between every two persons. Unless silver salt cellars are used, the glass ones should match the rest of the service. We now come to the knives and forks, and of these it is usual to lay two large of each, flanked to the right by a fish knife and a soup spoon, and on the left by the fish fork; other knives and forks are supplied with the plates for the different courses.

The question of what wine is to be drank at dinner will determine what glasses will be wanted, as the glasses used for dessert are put on afterwards.

Supposing, as is so often the case, sherry, champagne, and claret are to be served, put the proper glasses for each to the right side of each person, setting them in

a triangle, with the sherry glass (the first used) at the top, just reaching to the point of the knife, but at a convenient distance from it.

3054. ***The sideboard cloth*** requires to be laid as carefully as the dinner-table itself, and everything that can be put there ready for placing on the table afterwards, such as finger glasses, wine and other glasses, dessert plates, decanters, and knives, forks, and spoons of every kind should be there ready and carefully arranged. The decanters, salvers, glasses, &c., should be put well at the back of the sideboard, and the plates, knives, forks, &c., neatly laid in front.



CHEESE-DISH FOR DINNER.

When the dinner is not carved on the table, one specially intended for the carver should be prepared, with carving knives and forks (the former carefully sharpened beforehand) of various kinds, soup ladle, fish carvers, &c., in the order of serving the dinner, that nothing may delay him when he commences his duties.

If the dessert is not upon the table during dinner, room should be found for it on a side table, or at least for all that can be put there. Strong-smelling fruits, or very delicately-flavoured ones, being better kept out of the room till required.

Champagne, hock, or other sparkling wines that are only uncorked when wanted, may find a place under the sideboard or side tables where the ice pails are to be found; decanted wines are put on the sideboard.

3055. ***The order of the courses*** should be as follows, when placed upon the table:—*The First Course* usually soup, then fish, then come the *entrees* (made dishes). *The next Course* joints, poultry, &c., and after these, game and savoury dishes, then sweets, then cheese, cooked or uncooked, or such small savouries as anchovy toast. When there are roast meats they would be opposite colours, thus, not two whites nor two browns. Place joints upon large dishes, as they form a considerable portion of the dinner. *Entrees* require care in handling, there is nearly always gravy with them, and this must not be upset upon the cloth. *The Third Course* used to be *entrees*, joints, poultry, &c., and removes. Next in order came the creams, pastry, and sweets; this was *The Fourth Course*, and the fifth consisted of cheese, butter, celery, salads, &c. The last arrangement of dishes—which cannot be called a course, seeing that the dinner is virtually over—the dessert, this comprising tastefully-arranged fruits that are most in season, together with appropriate dried fruits that are seasonable all the year round.

Now the soup is very often preceded by such little dishes as caviare, croûtons, oysters, and other little *appetisans*, while others are introduced during the meal, and every separate dish forms a separate course.

HOW TO WAIT AT TABLE.

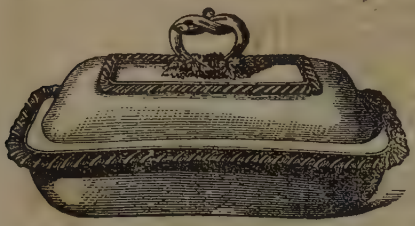
3056. ***The servants who wait at table*** are usually, in large establishments, a butler and several footmen; in smaller ones, one man-servant and a parlourmaid, and in many cases parlourmaid and housemaid only. If hired waiters are employed, they must be very neatly attired in a black suit, a white necktie, and white gloves (fearfully resembling that of one

of the gentlemen guests). The women servants should wear muslin aprons (white) and irreproachable collar, cap and cuffs. They should be quick-sighted, deft-handed, and soft of foot. There should be at least one servant or waiter on each side of the table, at a moderately large dinner party. The waiting commences from the head of the table, and there must be other waiters, or rather the waiters' assistants, outside the door, to bring the dishes and remove them entirely from the room. When the dinner is served on the table, the waiter must stand at the left-hand side of the carver, and remove the covers. As the soup comes first, a plateful is carried to each person, unless they signify they do not wish for any, and commences from the one (a lady always) on the right of the host. The sherry and claret then are handed round. The moment a person's plate is empty, or if it is finished eating from, it must be quietly taken away, spoon and all, and another clean one put in its place. These soiled plates are all carried to their proper receptacle, a zinc-lined basket for the purpose, standing in a convenient corner near the sideboard. The soup-tureen is removed last. All forks, spoons, and cutlery, when dirty, are placed in boxes or baskets similar to the plate bucket or basket, with a cloth at the bottom; the cloth is for two good purposes—that there may be no unnecessary noise, and that the articles therein shall not be scratched or otherwise damaged. The fish is carried round in the same manner as the soup, the attendant having in the left hand the sauce-tureen, or being followed by another servant carrying it. All plates are placed and removed by the waiter at the left-hand of the carver, or of the person being served. Sauces are next taken round, and then the wine. *Entrees* are almost invariably handed, even when the joints are carved upon the table. When the joint comes on, and the meat has been taken to the guests as before, the vegetables (which are upon the sideboard, and not on the table) are handed about, together with a tureen of gravy for fowls or birds. The same process is gone through with respect to the soiled plates. Dinner over, the crumb-brushes are brought into requisition; the dessert-plates arranged upon the table; and after everything is in proper order, a few dishes are handed round by the attendants, who then leave the room. In handing beer, which is not now much drunk at dinners that come at all under the head of "party dinners," or the aerated waters now always given, the attendants take the small tray or salver in the left hand, and, standing at the left side of the guest who places his or her glass upon it to be filled, pours out the liquid with the right hand.

SOUP-TUREEN.

3057. ***Management of the Dishes.***—If these are placed upon the table, when there is only one chief dish, place it at the head of the table. If two, one to the host and one to the hostess. If three, one (the principal) at the head, and the other two together near the bottom. If four, the two principal at top and bottom, the others at the sides. Six dishes can be arranged as for four. Seven will require three dishes down the middle of the table, and two on either side.

3058. ***The wines at an ordinary dinner*** are sherry, champagne, claret, madeira and port. Sherry or hock is introduced with the soup and the fish, champagne with the joints, and at the dessert are all of those named (sometimes port is omitted now). Liqueurs are served with the "sweetcourse." Champagne is not decanted, but is carried round by the attendants with a white napkin round the neck of the bottle.



ENTREE DISH.

3059. ***To Lay the Dessert.***—This may be very simple, and consist merely of a couple of dishes of fresh fruit in season, two of dried fruits, and two each of dessert-biscuits and nuts. Ices may be handed round for each guest to serve himself, an ice-plate being put under the finger-bowl, or a portion on an ice-plate may be handed to each guest. If the ice is sent in ice-pails, the latter is the better way; if it is moulded, perhaps the former. When there are two principlal dessert dishes, put them to the host and hostess, or upon either side of the centre vase of flowers. Frosted or crystallised fruit is served in glass dishes, with ornamental paper d'oyleys. Ice nicely broken, in ornamental pails, should find a place upon the dessert table in summer. Put a dessert plate to each person, and a dessert-knife, fork, and spoon, with glasses according to the wine. The plate should have a d'oyley upon it; put a finger-glass, filled to within two inches of the brim with cold water in summer and slightly warm in winter, or scented waters, at the right hand of the plate. The dishes must have their respective implements close to them, such as the grape-scissors, melon-cutter, &c. Always remember to have finely-sifted loaf sugar in nice-looking glass, or electro, or silver bowls, with sugar-ladles, either upon the table or the sideboard; and if cream be required, let it stand by the dish it is to be served with. An elegant glass water-jug, with two corresponding drinking-glasses, should be placed somewhere near the centre of the table. Wine is put, decanted, at the top and bottom. If coffee is served before the ladies leave the dinner-table, it should be last of all, and poured into very small cups and handed round on a tray to the guests by the servants, together with cream and sugar. Tea is not served until after dinner, when the guests re assemble in the drawing-room.

WICKER SAUCE STAND.

A FLORAL TABLE.

CHAPTER LXIII.

TABLE DECORATIONS.

3060. ***The decoration of tables*** at the present time is almost universal, and so does the taste for it grow and develop, that what was formerly left in the hands of the head servants in large establishments, who had no difficulty in packing the heavy epergnes with fruit or flowers, now forms a wide field of labour for artistic taste and skill. Hostesses in the season vie with each other as to whose table shall be the most elegant, and are ready to spend almost, if not quite, as much upon the flowers as upon the dinner itself, employing for the floral arrangement people who devote their time to this pleasant occupation. Home decoration is practised by those who have the time, which very fashionable people can rarely spare, for its accomplishment, and we can imagine no household duty more attractive to the ladies of the house than that of making their tables beautiful with the exquisite floral produce of the different seasons, exercising their taste in devising new ways for employing the materials at their command Young people should have the taste for arranging flowers encouraged, and be allowed to assist in table decorations

3061. ***Plant Decoration.***—Where expense and time are an object, both can be saved by employing delicate-looking ferns and other plants for table use, for so many lovely receptacles are made for them of china and glass that they look in many cases as pretty as flowers, in fact, prettier than flowers, unless the latter be most tastefully arranged. On this page will be found illustrated three stands for holding ferns, the large, low one of which is suitable for a centre piece, and the two others, the shells, for corners. Maiden-hair would look, perhaps, prettier in these than the ferns with which they are filled, but it would not stand the heat so well. Such vases as these, being more often than not of pure white china, look well placed upon a dessert centre cloth of richly-tinted plush or velvet, chosen in harmony with the dinner-service to be used. Of such vases as these for a small table four corner and a centre one might be sufficient. On a larger and rather long table, three vases, at least, would be needed to go down the centre and two on either side, thus outlining the shape of the table with the flower-stands. The stands for plants may be of any material. Although not so new as some of the other designs, the rustic glass stands, lined with plate glass, are extremely

CENTRE BOWL.

CHINA SHELL VASE.

NAUTILUS STAND.

pretty. Some of these are shown on page 1346, and also on that page appears one of these gracefully-formed vases of white china, called the "Cactus," the faintly tinted flowers standing out well. Other pretty small plant, or fern vases, may be had of terra cotta and coloured china.

3062. ***Flowers for decoration*** should be those which are not very strongly scented. To some the perfume of such flowers as gardenias, stephanotis, hyacinths and others is not offensive, but to others the strong scent in a heated room, especially during dinner, is not to be borne. Otherwise, there is no dictating what the flowers should be. It is well to avoid many colours in one decoration, for, even if well grouped, they are seldom as effective as one or two mixed with white and green. It is a fashion to have a single colour for a dinner-table decoration, this being often chosen of the same tint as the hostess's dress or the hangings of the room, though these are sometimes varied to suit the flowers. Again, all white flowers are very often employed, relieved by plenty of foliage.

RUSTIC FERN STAND.

3063. ***Vases and Flowers.***—If there are vases of all kinds to select from, then almost any kind of flower can be used, but few people have many sets for dinner-table decorations. Some prefer low decorations, others high ones, but there is one rule that should always be in force, and that is, that the flowers and their receptacles should never interfere with the line of vision, but be above or below it. The great objection to the epergnes of olden days was that they hid the guests from one another.

If the vases be coloured ones, of glass or china, let the flowers, if they cannot be had of a corresponding tone, be white only, mixed with foliage. If the vases

CACTUS VASE.

RUSTIC GLASS BASKET.

be of white china, use coloured flowers. If they are high stands, use those flowers which are naturally of high growth, with long stems; if low, the reverse. Roses look always best in low stands or bowls, or in specimen tubes where only a single flower is placed.

3064. ***Small Flower Stands.***—These are preferred by many people to large ones, as it is so easy to arrange a few blooms, the vase itself lending beauty, while some care and much more taste is needed to make the larger ones look

TINTED FLOWER POT.

FAIRY LAMP, WITH FLOWERS.

FAIRY LAMP.

pretty. The hanging basket on page 1348 is one that is, perhaps, more suitable for drawing-room than dining-room use. This may also be said of the six-branched vase filled chiefly with ferns and grasses, on the same page.

Fairy lamps of different kinds, being a cheap and easy mode of decoration, find favour with many, but, for ourselves, we prefer no light, however faint, below the line of vision. The coloured flower ones, shaped as roses or tulips are the prettiest, the single blossom standing out from the foliage which should surround it, while others, such as the one in this illustration, have receptacles for flowers at their base.

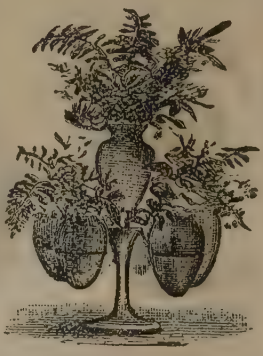
NAUTILUS SHELL.

BOWL FOR ROSES.

3065. ***Arrangement of Flowers.***—We have said that effect is marred in the arrangement of beautiful flowers by too many colours being introduced. It is equally so by too many flowers being used. Each flower should have room to stand out, although it may be partially veiled by delicate wavy grasses or fern fronds, and each flower should be put in in the way it grows. If hanging ones

be used; let them hang, if they naturally stand upright, let them be so placed to look natural. The only flowers that look less pretty growing than when cut are, perhaps, orchids, but these must be most carefully handled and put into the vases as they would be if upon the plant. They are costly, it is true, but no flowers are better for dinner-table decorations, as they are generally scentless and they live so long when cut.

HANGING VASE.



TINTED GLASS VASE.

3066. ***Inexpensive Decorations.*** — Times were when people, living in town, could not afford flowers, and the dwellers in country places, if they did not grow them, could not obtain them, but now things have changed. The demand has brought the supply; we must have plenty of flowers, and at the London markets they can be bought very cheaply, while out of town florists and nurserymen flourish everywhere

PLAIN GLASS VASE.

But if economy is an object, it is easy enough to have flowers for nothing in the country. What prettier ornaments can we find for our table in spring than the wild flowers of that season, specially primroses and cowslips. In summer, what more cool and refreshing than water-lillies and grasses. In autumn, what grand effects can be produced with the richly-tinted foliage and berries of that season. While, even in winter, really beautiful effects can be produced with fresh dark evergreen leaves, mingled with golden bracken dried and pressed.

BOHEMIAN GLASS.

3067. ***Foliage decoration*** is, if well and artistically done, one of the most lovely. It commends itself for vases of coloured glass or for white china stands set upon crimson plush centres. As many white leaves as can be found

should be chosen, and light feathery grasses (real, not dyed ones) should be introduced. Hot-house foliage varies from white to almost black, and has so many tints of green that a pretty effect is easily gained when tasteful hands carry out the decorating. Palms can be also used and made to form very pretty centres on dinner-tables, if the pot is hidden by moss and covered with flowers and foliage. On page 1344 is shown a round table with a palm used in this manner, which in reality looked far lighter than it could be made to do in the illustration, forming no impediment to the view.

VASE OF TINTED GLASS.

FINGER GLASS AND SPECIMEN TUBE.

Round it are grouped eight tall, slender glass vases filled with flowers, while to each person is a small specimen tube and finger-glass combined like that shown on this page. The flowers on this table being nearly all white, they are arranged upon a dessert centre of rich crimson plush, fringed with tastefully strewn leaves.

3068. ***Specimen Tubes.***—When plants are used for the main decoration, it looks well to put a tiny vase to each person containing a flower and a little foliage. The one illustrated above is in one with a finger glass, floating upon the water in which are some small rose leaves and maiden hair fern, the vase containing a single rose and bud with its own foliage and some maiden hair.

SPECIMEN TUBES.

SMALL FLOWER GLASS.

3069. ***Dessert centres,*** as they are usually called, are particularly effective on large tables. They may be made of any material and in any colour, but for one which has to do duty often, red is perhaps the most useful colour, while plush is the most effective material.

We have seen an old gold brocaded silk one look extremely well, with its fringe of myrtle and brown ivy leaves, and its tall, slender vases of yellowy-tinted glass

filled with crimson flowers and foliage, also a pale pink one, upon which the flowers are of two tones of the same colour, with a good deal of white and green intermixed, the shades of the lamps being rose colour.

Dessert centres are more suitable for winter than summer decoration. Choose the flowers according to the season and centre, if one is used. In summer, a cool effect is needed, and plenty of white and green should be found upon the table; while in winter it is pleasant to see brilliantly coloured flowers, that seem to give warmth as well as brightness to the table.

Glasses through which the stem of the flowers can be seen should be filled with water, but bowls or opaque stands can be filled with moss or sand, in which it is far easier to arrange the flowers than in water.

3070. ***Strewing.***—This is an exceedingly pretty way of decorating the table, but it unfortunately happens sometimes that the flowers wither or become disarranged. It is necessary to choose such flowers and foliage as will bear heat and lie without water for a time for this purpose. Ivy leaves come in here well, as does also myrtle and French fern, and foliage generally looks better alone than with flowers, particularly for a border for a dessert centre.

TRIPOD FAIRY LAMPS.

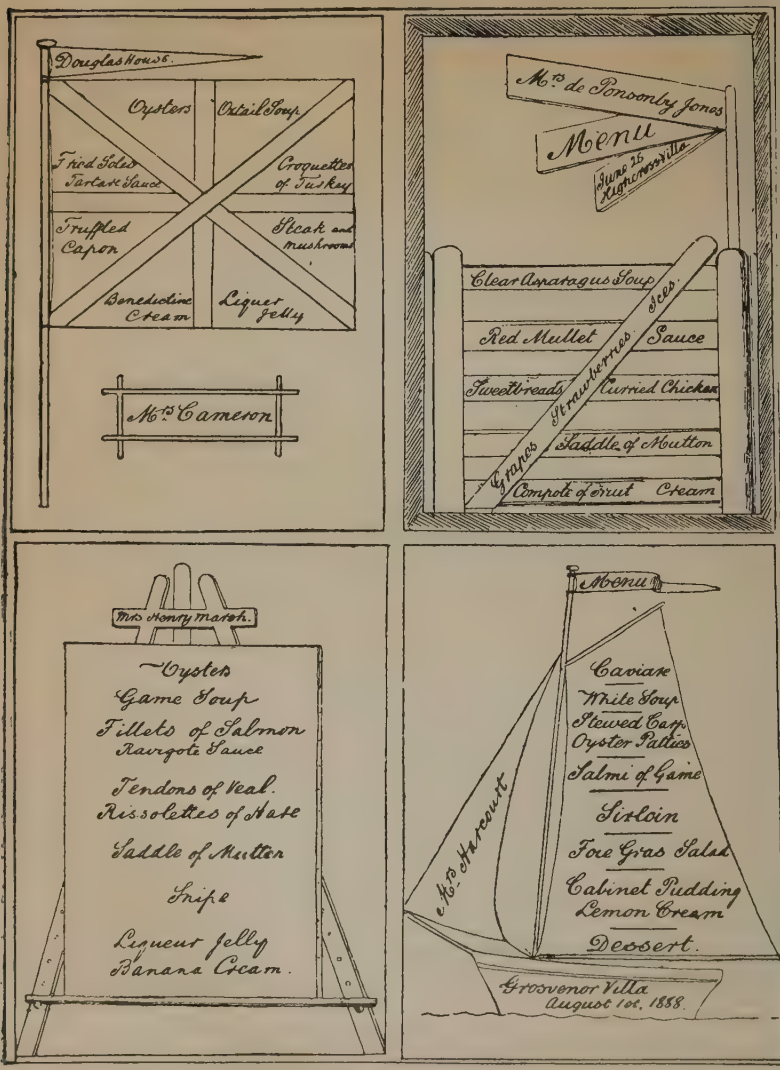
3071. ***A Decoration for each Season.*** — *Spring.* — An oval centre of daffodil velvet, three cocus weddeliana palms, the centre one a trifle higher than the others, placed down this: at each base, moss, different coloured foliage and fern; at each side, between the palms, two slender vases holding daffodils and fern, similar vases of smaller size set before each person, holding a few lilies of the valley and some Neapolitan violets.

A Summer Decoration.—In the centre, a small fountain falling over a base of water lilies, moss and fern, mixed with reeds and grass, round this six baskets of alternately pale pink and yellow roses. To each person, a single white rose and foliage, in a small globe.

An Autumn Decoration.—In the centre, a tall grass-like plant, with green and white leaves set in a lovely mass of autumn foliage, whose tints vary from the palest yellow to the deepest red, four smaller plants and vases to correspond, the table strewn in graceful, wreathy patterns with burberis, brown ivy, myrtle and mountain-ash berries.

A Winter Decoration.—A crimson plush centre, fringed with holly and other evergreen leaves. A set of white china vases filled with crimson, yellow and white chrysanthemums and foliage.

Note.—A description of these Menu Cards will be found upon page 1352. When a printed menu is preferred to a written one it can be done upon cards chosen for the purpose, most stationers undertaking this printing. A floral border card could be used for any menu, and would be in good taste if the flowers were those obtainable at the season of the year when used.



Note.—A description of these simple cards, and suggestions for others, will be found upon page 1352. Tinted cards, chosen to be in harmony with the decorations or china used, would be suitable for any of these Menu Cards. Coloured Cards, or bordered ones, always show up better upon the cloth than white.

MENU CARDS AND HOLDERS.

CHAPTER LXIV.

MENUS FOR ALL SEASONS.

3072. ***Menu Making.***—There is more care, skill, and experience needed in arranging menus than those who have not had the task would believe. A collection of good dishes will no more of necessity make a good menu, than so many pretty colours thrown together, an effective gown. As a dress, blending several tints and materials, should be a harmony, so should a dinner, no matter of how many courses it be composed, while, according to the dishes served, so should the wines be chosen.

A dinner may be light or heavy, long or short, but the dishes in every case should be those which follow each other so as to please the palate, and with some little regard for the digestive organs. A tasty dish should never be followed by an insipid one in direct sequence. Thus, for example, where there are three entrées, the most savoury one should be the third.

Where of necessity highly-flavoured dishes follow each other, it is well now and then to divide them by some little breaks (if we may use the word) in the repast, that such things as savoury olives or an occasional salad will afford. These refresh the palate, both for food or wine, and make a material difference in the enjoyment of the dinner.

In the following menus will be found a wide choice, not only of viands obtainable each month for which they are suggested, but also in the cost of the dinners, which range from the most expensive one, to the most economical family meals.

To the inexperienced, we trust the quantities given for each dinner may also be a help. It may be added that it is only by these quantities that the menus are set down as for certain numbers of persons.

A menu for six may just as well be a menu for eighteen persons, and *vice versâ*, by adding to, or taking from, the quantities allowed.

3073. ***Menu cards*** should never be lacking at a good dinner. Homely, old-fashioned people sometimes use the phrase, "You see your dinner," and so we should (*on our menu cards*) before starting, that we may know what to take and what to refuse.

To many of us it would be simply impossible to partake of all the courses at a long dinner; and to have taken something that we did not care about to the exclusion of something we particularly like, because we did not know the latter was coming, would, to some people, be extremely provoking.

We give suggestions for menu cards on our full page illustrations, which tasteful fingers and minds may like to work out and improve upon; but very pretty cards are sold by all stationers for the purpose. On first page will be

found some designs easy to carry out which would look well on border cards, these showing up so much better on the table-cloth than the plain white ones.

These simple cards are meant for those who do not attempt painting, but it is not difficult to see how a little artistic effect might be put into these with a few touches of colour. Thus, for example, a trail of ivy or other creeper thrown over the gate, a coloured easel upon which the white card could rest, and a coloured flag and a tint given to the boat, would all be improvements. Still, without these, a neat-looking card can be quickly made with only the aid of a fine pen, ink and a ruler. It would, however, be a good plan to use two different-coloured inks, say, black to make the sketches, and red to write in the menu and the name. This last-named task should be given to those who can write small, neat, *legible* hands, for a written menu should be as easy to read as a printed one.

We have given all our principal menus in French as well as English, so that they can be written in either language upon the cards.

Other designs easy to carry out with only pen, ink and ruler would be a fan, a ladder, or a flight of steps, the courses being written upon the staves, the rungs, or the steps, as the case may be.

The inexperienced will find that it is better to write out the menu first, just to see what space it will occupy, it is then easy enough to copy. We only offer these simple patterns as suggestions, but inventive minds will easily evolve others more original and effective.

On the second page are some of the prettiest of the cards sold for the purpose of menus. These are of course more elaborate, but still they could be easily copied by those who have a talent for drawing or painting.

There is no question that a hand-painted or etched card is much nicer than a bought one, if only that it can be taken by the guests as a little token of attention and desire to please her guests on the part of the hostess; so we advise all who can to make their own menus, being assured that their friends will carry them away as souvenirs of a pleasant party.

The slipper illustrated is a quaint little fancy. It should be painted in some pretty tint, and the card left white. In the illustration is given a folding card, but it need not be one.

The corner with a castle and flag might easily be etched.

The dish menu would look well painted in dark blue, with suggestions of the ever-popular willow pattern upon it, while the white card would stand out well.

The clock menu is a charming idea, and it must be remembered that the hands of the timepiece should point to the hour when dinner is served; the corner spoon and fork have a pleasant suggestion of good things and hospitality, and gives an idea that perhaps could be improved upon by other adjuncts of the dinner, such as a goblet or claret jug, &c.

The folding shell with the greedy little cupids would look well carried out in faint tints of pink and blue, and would make a very elegant little card

The border card with the corner pinned down with a fork might show on it the crest or monogram of the donor of the dinner, or, if preferred, the name of the guest.

The boat should have the menu written on the divisions of the sails, which should be left white, the mast, flag and boat itself being in colour.

In the centre of the page is given a very fanciful, though slightly confusing, design, it being in fact a number of menu cards thrown together, with one course written on each. A variation of the same design might be made by substituting playing cards for these more elaborate ones, putting them round in order, from one to ten, if that were the number of the courses, with either a king or queen in the centre, with the guest's name underneath.

3074.—DINNERS FOR EIGHTEEN PERSONS.—JANUARY.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Julienne Soup.	307	3 qts.	5 3	Julienne.
Hare Soup.	353	3 qts.	5 6	Purée de Lièvre.
Turbot and Lobster Sauce.	572	1 fish	15 0	Turbots,
	729	3 turs.	3 9	Sauce de Homard.
Red Mullet in Cases.	504	9 fish	7 6	Rougets en Papillotte.
Vol-au-vent of Veal.	1894	3	18 0	Vol-au-vent de Veau.
Fillets of Black Game à la Financière.	1422	2 dish.	5 0	Filets de Coqs de Bruyère à la Financière.
	710			
Chaudfroid of Chicken.	1339	3 dish.	16 6	Chaudfroid de Volaille.
Saddle of Mutton.	1107	9 lbs.	9 0	Selle de Mouton.
Woodcock.	1421	6	12 0	Bécasses.
Salad.	1627	3	2 6	Salade.
Valentia Pudding.	1838	2	5 6	Pouding à la Valentia.
Orange Jelly.	2014	2	6 0	Gelée aux Oranges.
Ices.		18	5 0	Glaces.
Vegetables with joints { *Potatoes.*	1602	6 lbs.	0 6	*Legumes* { *Pommes de Terre.*
Brussels sprouts.	1549	6 lbs.	1 6	*Choux de Bruxelles.*
			5 18 6	

Note.—The dessert, being sometimes placed upon the table during dinner, seldom appears upon the menu card. A suitable one for Dinner No. 1 would be composed of black and white grapes, pears and filberts. The wines might consist of madeira, followed by champagne and claret, and it is needless to say that whatever wine be given it should be good.

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Mullagatawny Soup.	362	3 qts.	4 6	Soupe de l'Inde.
Brill à la Conti.	429	3 fish	7 6	Barbue à la Conti.
Curried Rabbit.	1367	2	4 0	Lapin au Kari.
Hashed Game.	1426	3 dish.	6 0	Salmis de Gibier.
Sirloin of Beef.	924	12 lbs.	12 0	Aloyau.
Pheasants.	1406	3	9 0	Faisans.
Vol-au-Vent of Apples.	1895	3 dish.	7 6	Vol-au-vent de Pommes.
French Rice Pudding.	1867	2	3 6	Gateau de Riz.
Italian Cream.	1992	3	4 6	Crême à l'Italienne.
Vegetables with joints { *Potatoes.*	1602	6 lbs.	0 6	*Legumes* { *Pommes de Terre.*
Spinach.		6 lbs.	1 3	*Epinards.*
			3 0 3	

Note.—For Dinner No. 2, which it will be seen is a far less expensive one, the grapes might be dispensed with, and oranges and walnuts given instead; and in both desserts there should be small dishes of crystallized fruit and ginger.

3075.—DINNERS FOR TWELVE PERSONS.—JANUARY.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Soup.				*Potage.*
	Mock Turtle.	359	2 qts.	7 0	Consommé de Tête de Veau.
	Fish.				*Poissons.*
	Turbot.	572	1	10 0	Turbot Bouilli.
	Whitebait.	583	3 pts.	6 0	Blanchailles.
	Entrées.				*Entrées.*
	Mutton Cutlets	1128	3 lbs.	3 0	Cotelettes de Mouton
	with Spinach.		3 lbs.	0 6	aux Epinards.
	Hashed Game.	1426			Salmis de Gibier.
	Roast.				*Roti.*
	Turkey and	1333	1	11 0	Dinde Rotie,
	Sausages.	1220	2 lbs.	1 8	Saucisses.
	Sweets.				*Entremets.*
	Plum Pudding.	1834	1	5 6	Pouding.
	Valois Cream.	1966	1	3 6	Crême à la Valois.
	Jelly.	1959	2	4 0	Gelée.
	Cheese.				*Fromage.*
	Gorgonzola.		1 lb.	1 0	Gorgonzola.
				2 13 2	

Note.—In the above Menu it will be seen that the different courses are named, some preferring this somewhat old-fashioned style, and to this it would not seem out of place to add the dessert, naming only the principal dishes. The quantity of soup allowed in this and other dinners is only enough for one helping for each person; it might be wiser to provide a little more, although it is not usual to be helped twice to soup.

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Ox Cheek Soup.	365	2 qts.	2 0	Soupe de Tête de Bœuf.
	Cod	436	5 lbs.	2 6	Cabillaud,
	with Oyster Sauce.	752	2 turs.	2 6	Sauce aux Huitres.
	Lobster Patties.	598	12	4 6	Petits Pâtés de Homard.
	Salmi of Larks.	1365	2 dish.	3 6	Salmis d'Alouettes.
	Leg of Mutton.	1097	7 lbs.	6 5	Gigot de Mouton.
	Wild Duck.	1392	3	4 6	Canards Sauvages.
	Cabinet Pudding.	1739	1	3 0	Pouding.
	Vanilla Cream.	2056	2	4 6	Crême à la Vanille.
	Compôte of Apples.	2122	2 dish.	3 0	Compôte de Pommes.
	Vegetables with joints { *Potatoes.* *Savoys.*	1602	4 lbs.	0 4	*Legumes* { *Pommes de Terre.* *Choux.*
			2	0 6	
				1 17 3	

Note.—For Dinner No. 2 a dessert such as that named for the second dinner for eighteen would suffice, as the dinner, it will be seen, is not a costly one.

3076.—DINNERS FOR EIGHT PERSONS.—JANUARY.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
				s. d.	
	Purée of Wood Pigeon.	370	3 pts.	4 0	Purée de Ramier.
	Turbot, Lobster Sauce.	572 729	1 fish. 1 tur.	7 6 2 6	Turbot, Sauce de Homard.
	Vol-au-vent of Oysters. Salmi of Black Game.	601 1426	1 1 dish.	6 0 6 0	Vol-au-vent aux Huitres. Salmis de Coqs de Bruyère.
	Saddle of Mutton.	1107	9 lbs.	9 0	Selle de Mouton.
	Snipe.	1412	8	12 0	Bécassines.
	Compôte of Apples. Vanilla Ice Cream.	2122 2308	1 1	2 6 4 6	Compôte de Pommes. Crême Glacée à la Vanille.
	Vegetables with joints { *Potatoes.* *Brussels sprouts.*	1602 1549	3 lbs. 3 lbs.	0 3 0 9	*Legumes* { *Pommes de Terre.* *Choux de Bruxelles.*
				2 15 0	

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French*)
				s. d.	
	Julienne Soup.	307	3 pts.	2 7	Julienne.
	Cod, Italian Sauce.	447 720	2½ lbs. 1 tur.	3 0 1 0	Cabillaud à l'Italienne.
	Sweetbreads. Rissolettes of Hare.	1028 1425	2 8	3 0 2 6	Ris de Veau. Rissolettes de Lièvre.
	Turkey, Sausages.	1333 1220	1 1½ lbs.	10 6 1 5	Dinde, Saucisses.
	Banana Fritters. Rice Soufflé.	1972 2047	8 1	1 6 1 6	Beignets de Bananes. Soufflé au Riz.
	Vegetables with joints { *Potatoes.* *Savoy.*	1602	3 lbs. 1	0 3 0 3	*Legumes* { *Pommes de Terre.* *Choux.*
				1 7 6	

3.	**Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
				s. d.	
	Mullagatawny Soup.	362	3 pts.	2 3	Soupe de l'Inde.
	Whiting (Baked).	581	4 fish.	3 0	Merlan au Gratin.
	Croquettes of Chicken.	1354	8	2 0	Croquettes de Volaille.
	Loin of Mutton, Stuffed.	1099	4 lbs.	3 8	Longe de Mouton Farcie.
	Wild Duck.	1392	3	4 6	Canards Sauvages.
	Cheese Cakes. Vanilla Cream.	1794 2056	8 1	1 0 2 6	Tourtelettes. Crême à la Vanille.
	Vegetables with joints { *Potatoes.* *Brocoli.*	1602 1547	3 lbs. 2	0 3 0 10	*Legumes* { *Pommes de Terre.* *Choux.*
				1 0 0	

3077.—DINNERS FOR SIX PERSONS.—JANUARY.

1.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Soup à la Reine.	375	1 qt.	2 7	Purée de Volaille.
	Fried Soles,	558	1 pair	3 0	Soles Frites.
	Melted Butter.	676	1 tur.	0 3	Sauce au Beurre.
	Lobster Cream.	592	1 dish	2 0	Crême au Homard.
	Salmi of Wild Duck.	1426	1 dish	2 6	Salmis de Canards Sauvages.
	Fillet of Beef.	888	3 lbs.	3 0	Filet de Bœuf.
	Hare.	1397	1	4 6	Lièvre.
	Snow Eggs.	2048	1 dish	1 0	Œufs à la Neige.
	Marbled Jelly.	1998	1	2 3	Gelée Marbrée.
	Vegetables with Beef { *Potatoes.* *Asparagus.*	1602	2 lbs.	0 2	*Legumes* { *Pommes de Terre.* *Asperge.*
		1536	1 bun.	3 0	
				1 4 3	

2.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Oyster Soup.	398	1 qt.	3 6	Potage aux Huitres.
	Brill à la Conti.	429	1 fish	3 6	Barbue à la Conti.
	Salmi of Woodcock.	1426	1 dish	3 6	Salmis de Bécasses.
	Veal Olives.	1027	6	2 0	Olives de Veau.
	Rump Steak,	877	2 lbs.	2 6	Bifteck à l'Anglaise,
	Horse-radish Sauce.	717	1 tur.	0 6	Sauce Raifort.
	Snipe.	1412	6	7 6	Bécassines.
	Orange Jelly.	2013	1	2 0	Gelée aux Oranges.
	Ices.		6	2 0	Glaces.
	Vegetables with Steak { *Potatoes.*	1610	2 lbs.	0 2	*Legumes... Pommes de Terre.*
				1 7 2	

3.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Vermicelli Soup.	344	1 qrt.	1 2	Potage Vermicelli.
	Cod,	446	2 lbs.	1 9	Cabillaud
	Maître d'Hôtel Butter.	730			à la Maître d'Hôtel.
	Croquettes of Veal.	1026	6	1 6	Croquettes de Veau.
	Roast Fowl,	1309	1 lrge.	3 6	Volaille,
	Sausages.	1220	1 lb.	0 10	Saucisses.
	Valentia Pudding.	1888	1	2 0	Pouding à la Valentia.
	Lemon Jelly.	2004		1 9	Gelée au Citron.
	Vegetables with Fowl { *Potatoes.* *Brussels sprouts.*	1602	2 lbs.	0 2	*Legumes* { *Pommes de Terre.* *Choux de Bruxelles.*
		1549	2 lbs.	0 6	
				13 2	

3078.—DINNER FOR TWELVE PERSONS.—JANUARY.

Note.—This shows a dinner of six courses set out in the old-fashioned manner.

3079.—FAMILY DINNERS FOR JANUARY.

No. 1.

SUNDAY.—Soup.—Roast ribs of beef, boned, potatoes, greens, horseradish sauce.—Cold fruit tart, custard, bread-and-butter pudding.—Dessert of apples, pears, oranges, walnuts.

MONDAY.—Soup made from beef bones, &c.—Veal cutlets, cold beef, mashed potatoes, salad.—Gingerbread pudding.

TUESDAY.—Cod fish and oyster sauce.—Curried rabbit, beef pie made from cold beef, potatoes, brocoli.—Batter pudding, boiled, with wine sauce.

WEDNESDAY.—Vermicelli soup.—Roast fowls, ham, bread sauce, potatoes.—Jam tart, custard pudding.

THURSDAY.—Leg of mutton, potatoes, mashed turnips, chicken rissoles, made from remains of fowls.—Sponge-cake pudding.

FRIDAY.—Fried whiting.—Cold mutton, salad, potatoes, steak and kidney pie.—Rice pudding.

SATURDAY.—Hashed mutton, potatoes, spanish onions stewed.—Pheasants.—Lemon pudding.

No. 2.

SUNDAY.—Leg of mutton, brocoli, potatoes.—Jam tart, custard pudding.

MONDAY.—Fried soles, melted butter.—Cold mutton, mashed potatoes, beetroot.—Tapioca pudding.

TUESDAY.—Hashed mutton, potatoes.—Partridges.—Apple tart, custard.

WEDNESDAY.—Mullagatawny soup.—Roast loin of pork, browned potatoes, apple sauce, greens.—Macaroni cheese.

THURSDAY.—Turbot and oyster sauce.—Cold pork, potatoes, salad, meat rissoles, made from any cold meat.—Apple tart and cream.

FRIDAY.—Beef-steak pie, cold pork, fried in cutlets, potatoes, mashed.—Raisin pudding.

SATURDAY.—Macaroni soup.—Boiled fowls, bacon, savoy, potatoes.—Baked apple dumplings.

3080.—LITTLE DINNERS FOR JANUARY.

(*Very economical.*)

SUNDAY.—Loin of mutton, boned and stuffed, potatoes, mashed turnips.—Jam tart, custard pudding.—Cheese.—Dessert of oranges, apples and nuts.

MONDAY.—Cold mutton, mashed potatoes, beetroot.—Gingerbread pudding.—Cheese.

TUESDAY.—Soup made from mutton bones and others.—Remains of mutton fried, potatoes.—Apple pudding.

WEDNESDAY.—Boiled beef, potatoes, carrots, suet dumplings.—Baked rice pudding.

THURSDAY.—Pea soup, made from liquor from beef.—Cold beef, salad, mashed potatoes.—Pancakes.—Cheese.

FRIDAY.—Cod fish, shrimp sauce.—Remains of beef fried with cabbage and potatoes.—Tapioca pudding.—Cheese.

SATURDAY.—Rissoles made of cold fish.—Beef-steak pie, potatoes.—Stewed prunes and rice.

3081.—KITCHEN DINNERS FOR JANUARY.

DINNER FOR TWELVE SERVANTS.

Soup.—Roast ribs of beef, vegetables.—Plum pudding.

DINNER FOR EIGHT SERVANTS.

Leg of mutton, potatoes, greens.—Jam tart.

DINNER FOR SIX SERVANTS.

Soup.—Beef steak pie, mashed potatoes.—Cheese.

DINNER FOR FOUR SERVANTS.

Joint from dining-room luncheon table, vegetables.—Bread-and-butter pudding with apples.

DINNER FOR TWO SERVANTS.

Fried steak and potatoes.—Rice pudding.

3082.—VEGETARIAN DINNERS FOR JANUARY.

No. 1.	No. 2.
Pea Soup.	Oatmeal and Milk.
Lentil Rissoles. Savoury Omelette.	Savoury Eggs. Stewed Vegetables.
Sea-Kale.	Plum Pudding.
Tapioca Pudding. Stewed Pears.	Welsh Rare-bit. Dessert.
Average cost of this dinner 4*s.* 6*d.* for six persons.	Average cost of this dinner 4*s.* for six persons.

3083.—QUICKLY-PREPARED DINNERS FOR JANUARY.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Haricot Soup.	355	Caviare.	
Turbot with Cream Sauce.	576	Boiled Soles.	555
Veal Cutlets.	1019	Broiled Steak and Fried Potatoes.	872
Jelly. Macaroni Cheese.	2600	Sweet Omelette.	2001
Time for this dinner, 2 hours.		Cheese. Devilled Biscuits. Time for this dinner, 1 hour.	2092

Note.—In Menu No. 1 the soup will take longer to prepare than anything else, so it must be started first; next, the macaroni must be put on. The jelly is that sold in bottles. A bottle must be carefully broken and the jelly broken into nice pieces in a glass dish. In Dinner No. 2 the steak can be broiled while the soles are boiled, and the croûtons can be fried in the pan before the potatoes.

3084.—DINNERS FOR EIGHTEEN PERSONS.—FEBRUARY.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Appetisans.		4 dish.	3 0	Appétisans.
Julienne Soup.	307	3 qts.	5 0	Julienne.
Oyster Soup.	397	3 qts.	15 0	Potage aux Huitres à la Crême.
Turbot.	572	1 fish	1 0 0	Turbot.
Lobster Sauce.	729	3 turs.	5 0	Sauce de Homard.
Baked Smelts.	551	3 doz.	4 6	Eperlans au Gratin.
Stewed Pigeons.	1320	2 dish	5 6	Pigeons en Compôte.
Veal Tendons.	1032	3 dish.	6 0	Tendrons de Veau.
Haunch of Mutton.	1096	1 joint	14 0	Hanche de Mouton.
Wild Duck.	1392	4 birds	8 0	Canards Sauvages.
Plovers.	1409	9 birds	9 0	Pluviers.
Caramel Pudding.	1744	2 dish.	6 0	Crême Renversée.
Meringues.	2009	18	3 0	Meringues.
Nesselrode Pudding.	1824	1	7 0	Pouding à la Nesselrode Glacée.
Vegetables with joint — *Potatoes.*	1602	6 lbs	0 6	*Legumes* — *Pommes de Terre.*
Brussels Sprouts.	1548	6 lbs.	1 6	*Choux de Bruxelles.*
			5 13 0	

Note.—The cost of Menu No. 1 might be reduced by having only Julienne as soup, which is one generally liked by all. One fish, the turbot, also, might be sufficient instead of two. The appetisans may consist of caviare croûtons, or oysters if only one fish is served; the price quoted is for caviare, oysters would cost more.

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Ox-tail Soup.	366	3 qts.	7 6	Potage de Queue de Bœuf.
Brill à la Conti.	429	3 fish	7 6	Barbue à la Conti.
Curried Chicken.	1346	3 dish.	9 0	Poulet au Kari.
Veal Croquettes.	1026	18	4 6	Croquettes de Veau.
Roast Ribs of Beef.	921	1 joint	8 0	Côtes de Bœuf.
Horseradish Sauce.	717	3 turs.	1 6	Sauce Raifort.
Roast Hare.	1397	2hares	8 0	Lièvre Roti.
Coburg Pudding.	1745	2	6 0	Pouding à la Coburg.
Mince Pies.	1821	18	3 6	Mince Pies.
Curaçoa Jelly.	2006	2mlds.	6 0	Gelée à la Curaçoa.
Russian Salad.	2094	2 dish.	2 0	Salade à la Russe.
Vegetables with joint — *Potatoes.*	1602	6 lbs.	0 6	*Legumes* — *Pommes de Terre,*
Jerusalem Artichokes.	1533	6 lbs.	1 6	*Artichauts.*
			3 5 6	

Note.—Menu No. 2 is seen to be a less costly one than No. 1, and might be improved by substituting a turbot in place of the brill, as well as by the introduction of some small hors d'œuvres.

3085.—DINNERS FOR TWELVE PERSONS.—FEBRUARY.

1.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Soup.				*Potage.*
	Hare Soup.	353	5 pts.	4 5	Potage de Levraut.
	Fish.				*Poisson.*
	Brill.	430	2 fish	5 0	Barbue,
	Lobster Sauce.	729	2 turs.	3 0	Sauce de Homard.
	Entrées.				*Entrées.*
	Oyster Patties.	516	12	3 6	Petits Patés aux Huitres.
	Salmi of Larks.	1365	1	4 6	Salmis de Mauviette.
	Roast.				*Roti.*
	Sirloin.	924	1 joint	7 6	Aloyau.
	Sweets.				*Entremets.*
	Plum Pudding	1838	1	4 6	Pouding.
	Apple Tart.	1709	2	3 0	Tourtes aux Pommes.
	Jelly.	2006	2mlds.	4 0	Gelée.
	Blancmange.	1945	1 mld.	2 0	Blancmange.
	Diablotins.			2 0	Diablotins.
	Vegetables with joint { *Potatoes.* *Spinach.*	1613	4 lbs.	0 4	*Legumes* { *Pommes de Terre.* *Epinards.*
			4 lbs.	1 0	
				2 4 9	

Note.—The diablotins may be of such things as anchovies or the roe of herrings made very savoury with cayenne and served on croûtons of fried bread. It is most essential that these should come to table very hot. A suitable dessert might consist of grapes, pines and pears.

2.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Mock Turtle.	360	5 pts.	4 3	Potage de Tête de Veau.
	Soles with Cream Sauce.	556	3 fish	4 6	Soles à la Crême.
	Red Mullet.	503	12	8 0	Rougets en Caisse.
	Curried Rabbit.	1366	2	3 6	Lapin au Kari.
	Mutton Cutlets.	1128	12	3 6	Cotelettes de Mouton.
	Beef à la mode.	867	6 lbs.	6 0	Bœuf à la Mode.
	Roast Fowls.	1309	2	6 0	Poulets rotis.
	Ham.	1191	1	9 0	Jambon.
	Fruit Tart.	1709	2	2 6	Tourte.
	Cheese Cakes.	1691	12	1 9	Tourtelettes.
	Vanilla Cream.	2056	1 mld.	2 0	Crême à la Vanille.
	Macaroni Cheese.	2601	2 dish.	1 6	Fromage au Macaroni.
	Vegetables with joint { *Potatoes.* *Brocoli.*	1602	4 lbs.	0 4	*Legumes* { *Pommes de Terre.* *Brocoli.*
		1547	3 hds.	0 9	
				2 13 7	

Note.—Desserts in February may be similar to those in January. Grapes can be had, also apples and pears, and the crystallized and dried fruits are always best at this season of the year.

3086.—DINNERS FOR EIGHT PERSONS.—FEBRUARY.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Chestnut Soup.	301	3 pts.	2 6	Purée de Marrons.
John Dory.	460	1 fish	3 6	Doret.
Shrimp Sauce.	774	2 turs.	1 0	Sauce aux Crevettes.
Fried Sweetbreads.	1029	1 dish	4 0	Ris de Veau Frits.
Chicken Cutlets.	1340	1 dish	4 0	Côtelettes de Volaille.
Saddle of Mutton.	1107	1 joint	9 0	Selle de Mouton.
Plovers.	1409	8 birds	8 0	Pluviers.
Cabinet Pudding.	1739	1	3 0	Pouding.
Marbled Jelly.	1998	1	2 6	Gelée Marbrée.
Rhubarb Tart.	1851	1	1 6	Tourte au Rhubarb.
Farced Olives.	2087	16	1 0	Olives Farcies.
Vegetables with joint } *Potatoes.*	1613	3 lbs.	0 3	*Legumes* { *Pommes de Terre.*
} *Brussels Sprouts.*	1548	3 lbs.	0 9	{ *Choux de Bruxelles.*
			2 1 0	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Caviare.		2 dish.	1 6	Caviare.
Clear Asparagus Soup.	286	3 pts.	4 6	Potage aux Pointes d'Asperge.
Red Mullet.	504	8 fish	6 0	Rougets en Papillote.
Baked Sweetbreads.	1028	1 dish	5 0	Ris de Veau au Gratin.
Curried Chicken.	1345	1 dish	3 6	Poulet au Kari.
Saddle of Mutton.	1107	1 joint	10 0	Selle de Mouton.
Guinea Fowl.	1315	2 birds	8 0	Pintade Bardée.
Foie Gras Salad.	2082	1	3 6	Salade de Foie Gras.
Compôte of Fruit.	2122	1	2 6	Compôte de Fruit.
Liqueur Jelly.	2006	1	2 0	Gelée d'Oranges.
Lemon Pudding.	1801	1	2 0	Pouding de Citron.
Diablotins.			1 4	Diablotins.
Vegetables with joint } *Potatoes.*	1602	3 lbs.	0 3	*Legumes* { *Pommes de Terre.*
} *Spinach.*		3 lbs	0 9	{ *Epinards.*
			2 10 10	

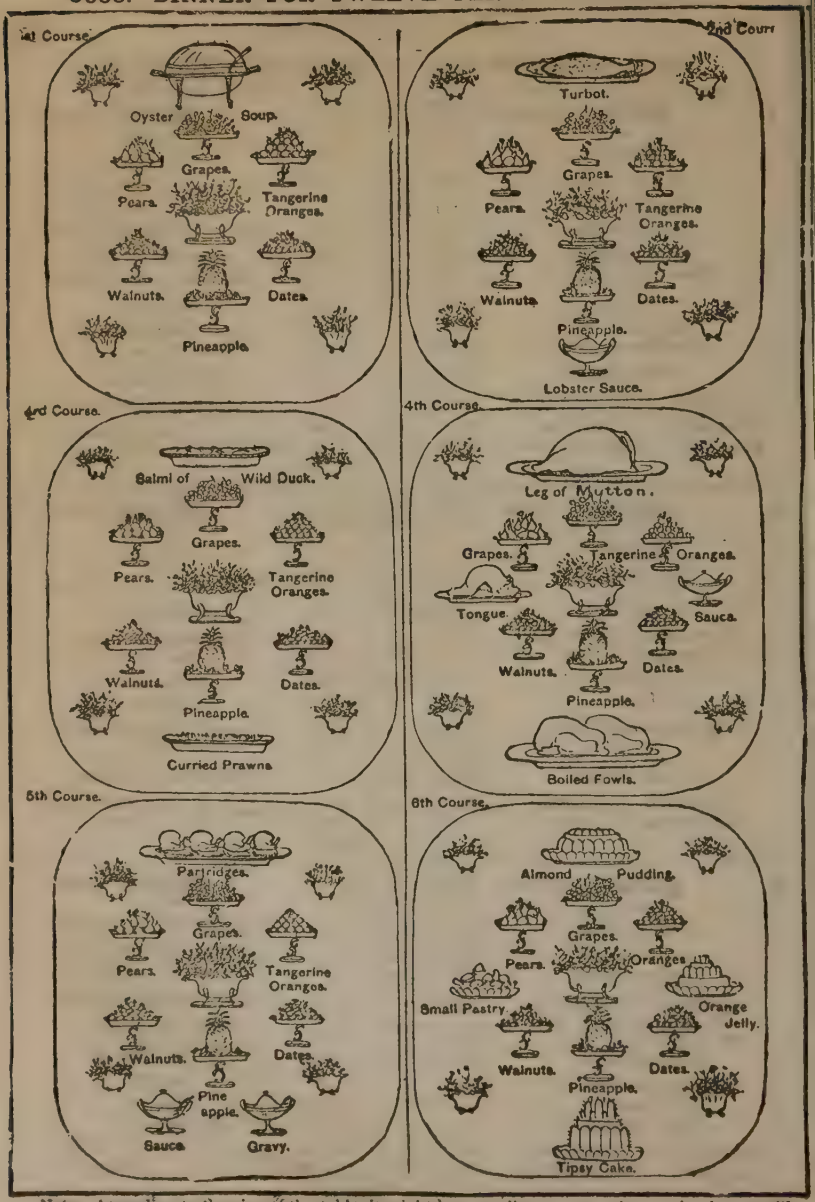
3. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Julienne Soup.	307	3 pts.	3 0	Julienne.
Cod with Italian Sauce.	447	4 lbs.	3 6	Cabillaud à l'Italienne.
Mutton Cutlets.	1129	1 dish	2 0	Cotelettes de Mouton.
Croquettes of Chicken.	1354	1 dish	2 0	Croquettes de Volaille.
Fillet of Veal.	984	1 joint	6 0	Rouelle de Veau Rotie.
Ham.	1191	1	8 0	Jambon.
Partridges.	1405	4 birds	8 0	Perdreaux.
Almond Pudding.	1694	1	2 0	Pouding d'Amandes.
Maraschino Jelly.	2006	1	2 6	Gelée à la Marasquin.
Cheese Ramequins.	2604	8	2 0	Soufflé de Parmesan.
Vegetables with joint } *Potatoes.*	1602	3 lbs.	0 3	*Legumes* { *Pommes de Terre.*
} *Brussels Sprouts.*	1548	3 lbs.	0 9	{ *Choux de Bruxelles.*
			2 0 0	

3087.—DINNERS FOR SIX PERSONS.—FEBRUARY.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French*)
			s. d.	
Caviare.				Caviare.
White Soup.	345	2½ pts.	2 8	Potage Lait d'Amandes.
Stewed Carp.	431	1 fish	2 6	Carpe à l'Elevée.
Oyster Patties.	516	6	1 9	Petits Pâtés aux Huitres.
Veal Rissoles.	1027	6	1 0	Rissoles de Veau.
Fricandeau of Beef.	888	1	3 6	Fricandeau à l'Oseille.
Snipe.	1412	6	7 6	Bécasses.
Plum Pudding.	1834	1	2 6	Pouding.
Compôte of Fruit.	2122	1	2 0	Compôte de Fruit.
Celery Salad.	1627	1	1 0	Salade de Celeri.
Angels on Horseback.	2078	18	2 0	Anges en Chevaux.
Vegetables with beef } *Potatoes.*	1610	2 lbs.	0 2	*Legumes* { *Pommes de Terre.*
} *Brussels Sprouts.*	1548	2 lbs.	0 6	*Choux de Bruxelles.*
			1 7 1	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Oysters.				Huitres.
Ox-tail Soup.	366	2½ pts.	2 0	Potage de Queue de Bœuf.
Fried Soles.	557	2 soles	2 6	Soles Frites.
Croquettes of Turkey.	1368	6	1 6	Croquettes de Dinde.
Tendons of Veal.	1031	1 dish	2 0	Tendrons de Veau.
Capon.	1309	1 bird	5 6	Chapon.
Ham.	1191	1	6 0	Jambon.
Benedictine Cream.	2024		2 6	Crême à la Benedictine.
Jelly.	2011	1	1 6	Gelée.
Cheese Straws.	2503	1 dish	0 3	Pailles de Parmesan.
Vegetables with Capon } *Potatoes.*	1613	2 lbs.	0 2	*Legumes* { *Pommes de Terre.*
} *Savoy.*		1	0 2	*Choux.*
			1 4 7	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Mock Turtle.	360	2½ pts.	2 0	Potage de Tête de Veau.
Cod Cutlets.	435	2slices	1 9	Cotelettes de Cabillaud.
Tartare Sauce.	783	1 tur.	0 6	Sauce Tartare.
Lobster Croquettes.	596	6	2 0	Croquettes de Homard.
Curried Fowl.	1345	1 fowl	3 0	Poulet au Kari.
Leg of Mutton.	1097	1 joint	6 6	Gigot de Mouton.
Rhubarb Tart.	1851	1	1 3	Tourte.
Custard.	1969	1 dish	1 0	Crême.
Blancmange.	1999	1 mld.	1 6	Blancmange.
Vegetables with joints. } *Potatoes.*	1602	2 lbs.	0 2	*Legumes* { *Pommes de Terre.*
} *Stewed Celery.*	1564	2 hds.	0 4	*Celeri.*
			1 0 0	



Note.—According to the size of the table, it might be as well to omit putting on the dessert till after the sixth course

3089.—FAMILY DINNERS FOR FEBRUARY.

No. 1.

SUNDAY.—Mock turtle soup, boiled beef, carrots, turnips, potatoes.—Mince pies, jelly, custard pudding.—Cheese.—Dessert.

MONDAY.—Turbot, lobster sauce, mutton cutlets, cold beef, vegetables.—Apple tart.—Cheese soufflé.

TUESDAY.—Rissoles of fish, roast leg of mutton, vegetables.—Stewed prunes, blancmange.—Cheese, celery.

WEDNESDAY.—Vegetable soup.—Cold mutton, salad, mashed potatoes, pheasants.—Macaroni cheese.

THURSDAY.—Fried soles.—Rissoles of cold meat, rumpsteak with horseradish sauce, vegetables.—Plum pudding.

FRIDAY.—Pea soup with fried croûtons.—Loin of pork, vegetables.—Bread-and-butter pudding.—Cheese.

SATURDAY.—Stewed rabbit, cold pork, salad, mashed potatoes.—Amber pudding.—Cheese straws.

No. 2.

SUNDAY.—Roast sirloin of beef, Yorkshire pudding, brocoli, potatoes.—Apple tart, custard, cheese.—Dessert.

MONDAY.—Fried soles.—Cold beef, mashed potatoes, salad.—Sultana pudding.

TUESDAY.—Mullagatawny soup.—Roast loin of pork, potatoes, greens.—Cheese, biscuits.

WEDNESDAY.—Beef rissoles, cold pork, mashed potatoes, salad.—Bread-and-butter pudding.

THURSDAY.—Stewed steak with vegetables, potatoes.—Tart made with bottled fruit.—Cheese.

FRIDAY.—Brill and Lobster sauce.—Curried pork, potatoes.—Jam tart.

SATURDAY.—Gravy soup.—Beefsteak-and-kidney pie.—Tapioca pudding.

3090.—LITTLE DINNERS FOR FEBRUARY.

(*Very economical.*)

SUNDAY.—Roast leg of pork stuffed, apple sauce, baked potatoes, greens.—Fruit tart, cornflour blancmange.—Cheese.

MONDAY.—Cold pork, pickles, mashed potatoes, salad or beetroot.—Treacle pudding.—Cheese.

TUESDAY.—Pea-soup.—Beefsteak and kidney pie, potatoes.—Cheese.

WEDNESDAY.—Baked haddock stuffed.—Curried pork, potatoes.—Cheese, salad or watercress.

THURSDAY.—Boiled rabbit and pork, onion sauce.—Sultana pudding, baked.—Cheese.

FRIDAY.—Stewed beef and vegetables, potatoes.—Plain suet pudding with jam or marmalade.

SATURDAY.—Vegetable soup.—Remains of stewed beef, fried potatoes.—Cheese. watercress.

3091.—KITCHEN DINNERS FOR FEBRUARY.

DINNER FOR TWELVE SERVANTS.

Roast sirloin of beef, greens, potatoes.—Sultana pudding.

DINNER FOR EIGHT SERVANTS.

Shoulder of mutton, baked with potatoes.—Boiled batter pudding.

DINNER FOR SIX SERVANTS.

Boiled beef, carrots, potatoes.—Pancakes.

DINNER FOR FOUR SERVANTS.

Boiled rabbit and pickled pork, potatoes, onion sauce.—Baked jam puffs.

DINNER FOR TWO SERVANTS.

Stew of beef and vegetables, potatoes.—Tapioca pudding.

3092.—VEGETARIAN DINNERS FOR FEBRUARY.

No. 1.	No. 2.
Lentil Soup.	Wheat Meal and Milk.
Curried Rice. Stew of Vegetables.	Buttered Eggs. Fried Greens and Potatoes.
Welsh Rare-bit.	Mince Pies. Custard.
Average cost of this dinner 4*s.* for six persons.	Average cost of this dinner 4*s.* 6*d.* for six persons.

3093.—QUICKLY-PREPARED DINNERS FOR FEBRUARY.

No. 1	No. of Recipe.	No. 2.	No. of Recipe.
Potato Soup.	321	Semolina Soup.	331
Baked Soles.	554	Broiled Whiting.	579
Rump Steak and Oyster Sauce.	877 572	Beef Olives.	949
Roast Ptarmigan.	1410	Haricot Mutton.	1086
Compôte of Apricots.		Jam Tart.	
Cheese.		Celery Salad.	
Time for this dinner, 1 hour.		Time for this dinner, ¾ hour.	

Note.—In Dinner No. 1, starting with the soup, which will take ¾ hour, next by getting the soles and ptarmigan ready and putting them into the oven, it will be seen that there is time to broil the steak and to make a compôte of tinned apricots cut in slices, with a little syrup or sugar and some white wine, also to make the sauce and have all ready in the time given. In Dinner No. 2, the soup takes less time, but the olives and haricot take a little time to prepare, while the jam tart takes the longest to cook, and should be started first. Sponge-cakes cut in slices and spread with jam may take its place, while stock can be quickly made with Liebig or other meat essence.

3094.—DINNERS FOR EIGHTEEN PERSONS.—MARCH.

1.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Oyster Soup.	398	7 pts.	12 0	Potage aux Huîtres.
	Salmon,	528	1 fish	18 0	Saumon,
	Whitebait.	583	5 pts.	8 0	Blanchailles.
	Sweetbreads	1029	2 dish.	8 6	Ris de Veau.
	Chicken Cutlets.	1340	2 dish.	10 6	Côtelettes de Volaille.
	Leg of Lamb.	1121	1 joint	7 0	Gigot d'Agneau.
	Ptarmigans.	1410	5 birds	7 6	Ptarmigans.
	Swiss Cream.	2051	2 dish.	4 0	Crême.
	Pine-apple Ice Cream.	2005	2 dish.	5 0	Crême d'Ananas Glacé.
	Vegetables with joint — *Potatoes*	1602	6 lbs.	0 6	*Légumes* — *Pommes de Terre*
	Vegetables with joint — *Seakale.*	1620	3 bkts.	5 6	*Légumes* — *Choux Marins.*
				4 6 6	

Note.—Fruit is always rather scarce and dear at this time of the year, but both pines and melons are to be had, and a dinner such as the above would not be complete without fresh fruit for dessert. The quantity of fruits to allow for a dinner for eighteen persons would be one large pine or two smaller ones, one very large melon or three of the very small ones. If grapes were added, two good-sized dishes, at least, would be needed. Dried fruit, such as almonds and raisins and small dishes of crystallised fruit, would also form part of the dessert.

2.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Chestnut Soup.	301	2 qts.	3 0	Purée de Marrons.
	Julienne Soup.	307	2 qts.	3 6	Julienne.
	Salmon.	528	1 fish	20 0	Saumon.
	Sweetbreads.	1028	3 dish.	12 0	Ris de Veau.
	Beef Olives.	948	18	4 6	Olives de Bœuf.
	Quarter of Lamb.	1119	1 joint	10 6	Quartier d'Agneau.
	Larded Guinea Fowls.	1015	3 birds	12 0	Pintades Bardées.
	Sweet Omelette.	2021	3 dish.	4 0	Omelette d'Abricots.
	Coburg Pudding.	1745	2	4 0	Pouding de Coburg.
	Vanilla Cream.	2056	2 mld.	4 0	Crême à la Vanille.
	Cheese Biscuits.	2606	3 doz.	1 0	Biscuits au Fromage.
	Vegetables with joint — *Potatoes.*	1602	6 lbs.	0 6	*Légumes* — *Pommes de Terre*
	Vegetables with joint — *Cauliflower.*	1561	6 head	1 6	*Légumes* — *Choufleur.*
				4 0 6	

Note.—Although two soups are given in this Menu, it is not necessary to serve more than one. In a party a Menu for six serves equally well for treble that number, but it is usual to have a choice of both soups and fish where there are a large number of guests.

3095.—DINNERS FOR TWELVE PERSONS.—MARCH.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Soup.				*Potage.*
Clear Turtle.	382	2 qts.	50 0	Tortue Claire.
Fish.				*Poissons.*
Salmon.	528	6 lbs.	15 0	Saumon.
Filleted Soles with	559	12 flts.	4 6	Filets de Soles
Italian Sauce.	720	2 turs.	1 8	à l'Italienne.
Entrées.				*Entrées.*
Chicken Cream.	1338A	2 dish.	7 0	Crême de Volaille.
Curried Lobster.	593	2 dish.	6 0	Homard au Kari.
Stewed Pigeons.	1320	6 birds	6 0	Pigeons en Compôte.
Roast.				*Rotis.*
Haunch of Mutton.	1096	1 joint	13 0	Hanche de Mouton.
Larded Guinea Fowls.	1315	2 birds	8 0	Pintades Bardées.
Sweets.				*Entremets.*
Noyeau Cream.	2010	2 mld	6 0	Crême à la Noyeau.
Macaroni and Pine-apple.	2008	2 mld.	6 0	Macaroni aux Ananas.
Vegetables with joint { *Potatoes.*	1602	4 lbs.	0 4	*Légumes* { *Pommes de Terre.*
Turnips.	1643	4 lbs.	0 8	*Navets.*
			6 4 2	

Note.—To render this Menu less costly, another soup could be chosen instead of clear turtle, which is the most costly of all soups, and yet one that is not always liked. One of the entrées might also be omitted; and as there are two fish served, this might be the curried lobster.

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Julienne Soup.	307	5 pts.	4 6	Julienne.
Cod,	436	6 lbs.	3 0	Cabillaud,
Oyster Sauce.	752	2 turs.	4 0	Sauce aux Huitres.
Smelts.	552	3 doz.	3 0	Eperlans.
Veal Olives.	1027	12	3 0	Olives de Veau.
Croquettes of Chicken.	1354	12	3 6	Croquettes de Volaille.
Sirloin.	924	1 joint	9 0	Aloyau.
Pigeons.	1318	6 birds	6 0	Pigeons.
Charlotte Russe.	1965	2 dish.	4 0	Charlotte Russe.
Lemon Sponge.	2005	2 mld.	2 0	Gelée à la Russe au Citron.
Vegetables with joint { *Potatoes.*	1602	4 lbs.	0 4	*Légumes* { *Pommes de Terre.*
Brocoli.	1547	3 hds.	1 0	*Choufleur.*
			2 3 4	

Note.—A dessert for the above dinner, which is not a costly one, might be simply of grapes, oranges and apples, with a few small dishes of preserved fruit and ginger. Horseradish sauce should be served with the beef, and a second vegetable besides potatoes might be found an improvement.

3096.—DINNERS FOR EIGHT PERSONS.—MARCH.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Spring Soup.	326	3 pts.	3 0	Potage Printanière.
	Fried Whiting.	580	8 fish	3 0	Merlans Frits.
	Stewed Sweetbreads.	1030	1 dish	5 6	Ris de Veau à la Crême
	Leg of Lamb.	1121	1 joint	6 0	Gigot d'Agneau Roti.
	Ptarmigans.	1410	3 birds	4 6	Ptarmigans.
	Sweet Omelette.	2021	1	1 6	Omelette aux Confitures.
	Rhubarb Tart.	1851	1	1 3	Tourte à la Rhubarbe.
	Custard.	1962	1 dish	0 9	Crême.
	Vegetables with joint { *Potatoes.* *Savoy.*	1602 1550	3 lbs. 2	0 3 0 5	*Légumes* { *Pommes de Terre.* *Choux.*
				1 6 2	

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Gravy Soup.	352	3½ pts.	1 9	Bouillon.
	Brill, Lobster Sauce.	430 729	1 fish 2 turs.	3 0 2 6	Barbue, Sauce Homard.
	Ragoût of Fowl.	1358	1 dish	2 0	Ragoût de Volaille.
	Veal Cutlets with Italian Sauce.	1020	8	3 6	Côtelettes de Veau.
	Roast Goose.	1312	1 bird	6 0	Oie Rotie.
	Orange Pudding.	1826	1	3 0	Pouding d'Orange.
	Valois Cream.	1966	2mlds.	4 0	Crême à la Valois.
	Vegetables with Goose { *Potatoes.* *Savoy.*	1613 1550	3 lbs. 2	0 3 0 4	*Légumes* { *Pommes de Terre.* *Choux.*
				1 6 4	

3.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Carrot Soup.	297	3½ pts.	2 6	Potage Crécy.
	Fried Filleted Plaice, Sauce à l'Aurore.	524 769	2 fish 2 turs.	2 0 1 3	Filets de Plie Frits, Sauce à l'Aurore.
	Oyster Patties.	516	8	3 6	Petits Pâtés aux Huitres.
	Beef Rissoles.	947	8	2 0	Rissoles de Bœuf.
	Chickens.	1304	2 birds	5 0	Poulets Rotis.
	Ham.	1191	1	8 0	Jambon.
	Lemon Pudding.	1801	1	1 6	Tourte au Citron.
	Blancmange.	1945	1	2 0	Blancmange.
	Vegetables with Chicken { *Potatoes.* *Stewed Celery.*	1613 1564	3 lbs. 3 hds.	0 3 0 6	*Légumes* { *Pommes de Terre.* *Céleri.*
				1 8 6	

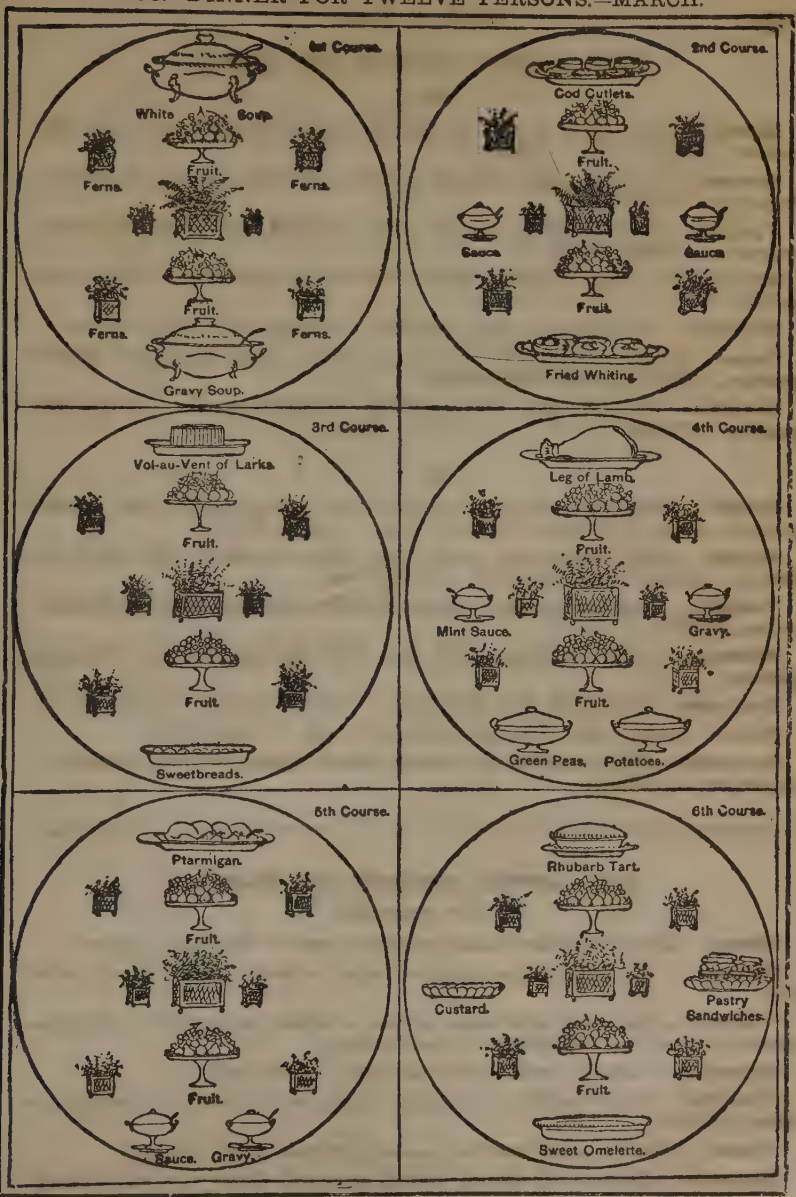
3097.—DINNERS FOR SIX PERSONS.—MARCH.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French*)
			s. d.	
Oxtail Soup.	366	2½ pts.	2 6	Potage de Queue de Bœuf.
Soles with Cream Sauce.	556	1 pair	3 0	Soles à la Crême.
Whitebait.	583	2 pts.	4 0	Blanchailles.
Rissolettes of Hare.	1425	6	2 0	Rissolettes de Levraut.
Saddle of Mutton.	1107	1 joint	8 0	Selle de Mouton.
Ducklings.	1291	2 birds	6 0	Canetons.
Maraschino Jelly.	2006	1 mld.	2 6	Gelée au Marasquin.
Iced Pudding.	1788	1	5 0	Pouding Glacée.
Vegetables with joint { *Potatoes.*	1602	2 lbs.	0 2	*Légumes* { *Pommes de Terre.*
Spinach.	1630	2 lbs.	0 6	*Epinards.*
			1 13 8	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Imperial Soup.	358	2½ pts.	1 8	Soupe Royale.
Turbot.	572	1 fish	4 6	Turbot.
Green Dutch Sauce.	704	1 tur.	0 8	Hollandaise Verte.
Curried Lobster.	593	1 dish	3 0	Homard au Kari.
Lamb Cutlets and Spinach.	1132	1 dish	2 6	Côtelettes d'Agneau aux Épinards.
Roast Turkey,	1334	1 bird	8 0	Dindonneau Roti,
Sausages.	1220	1 lb.	0 10	Saucisses.
Almond Pudding.	1694	1	2 0	Pouding d'Amandes.
Jelly with Whipped Cream.	2011	1	2 0	Gelée à la Crême Fouettée.
Vegetables with Turkey { *Potatoes.*	1613	2 lbs.	0 2	*Légumes* { *Pommes de Terre.*
Savoy.	1550	1	0 3	*Choux.*
			1 5 7	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Vermicelli Soup.	344	2½ pts.	1 6	Potage Vermicelle.
Skate,	547	2 slice.	2 0	Raie,
Caper Sauce.	682	1 tur.	0 5	Sauce aux Câpres.
Lobster Patties.	598	6 pats.	2 6	Petits Pâtés au Homard.
Chicken Rissoles.	1354	6	1 6	Croquettes de Volaille.
Sirloin,	924	1 joint	7 6	Aloyau,
Horseradish Sauce.	717	1 tur.	0 9	Sauce Raifort.
Casserole of Rice.	1865	1	1 3	Casserole au Riz.
Apple Snow.	1937	1	1 0	Pommes à la Neige.
Vegetables with joint { *Potatoes.*	1602	2 lbs.	0 2	*Légumes* { *Pommes de Terre.*
Cauliflower.	1560	2 hds.	0 6	*Choufleur.*
			19 1	

3098.—DINNER FOR TWELVE PERSONS.—MARCH.



Note.—Instead of placing all the dishes, as shown, upon the table, the chief ones of each course might be preferred.

3099.—FAMILY DINNERS FOR MARCH.

No. 1.

SUNDAY.—Roast sirloin of beef, horseradish sauce, vegetables.—Rhubarb tart, custard.—Cheese, celery.—Dessert.

MONDAY.—Vermicelli soup.—Mutton cutlets, cold beef, potatoes, beetroot.—Mince pies.—Cheese.

TUESDAY.—Fillet of turbot, tartare sauce.—Stewed beef, fowls and bacon, vegetables.—Cheese, salad.

WEDNESDAY.—Soup.—Hashed chicken, broiled steak, vegetables.—Plain cabinet pudding.

THURSDAY.—Boiled beef, carrots, potatoes.—Jam tart.—Macaroni cheese.

FRIDAY.—Boiled salmon, melted butter, cucumber.—Cold beef, salad, mashed potatoes.—Stewed prunes, blancmange.

SATURDAY.—Curried fish.—Veal cutlets, minced-beef pie.—Sponge-cake pudding.—Cheese.

No. 2.

SUNDAY.—Boiled half calf's head, pickled pork, mutton cutlets, and mashed potatoes.—Plum tart, made with boiled fruit, custard.—Dessert.

MONDAY.—Mock turtle soup (made from liquor in which calf's head was boiled).—Hashed head, vegetables.—Rhubarb tart.

TUESDAY.—Roast beef, potatoes, greens, Yorkshire pudding.—Stewed rhubarb, tapioca pudding.

WEDNESDAY.—Fried whiting.—Cold beef, salad, mashed potatoes.—Baroness pudding.

THURSDAY.—Soup made from beef bones.—Haricot mutton.—Russian salad.

FRIDAY.—Stewed eels.—Pie made from cold beef.—Orange fritters.

SATURDAY.—Half shoulder of mutton, baked Spanish onions, potatoes.—Baked lemon pudding.

3100.—LITTLE DINNERS FOR MARCH.

(*Very economical.*)

SUNDAY.—Roast rib of beef, baked potatoes, greens.—Fruit tart, custard.

MONDAY.—Cold beef, mashed potatoes, salad.—Stewed rhubarb and boiled rice.

TUESDAY.—Soup made from bones of beef.—Bubble and squeak made from remains of beef and vegetables.—Treacle pudding.

WEDNESDAY.—Haricot mutton and vegetables.—Rice pudding.

THURSDAY.—Half shoulder of mutton, baked with potatoes underneath.—Bread pudding.

FRIDAY.—Whiting.—Cold mutton, mashed potatoes, salad.—Cheese.

SATURDAY.—Remains of mutton, hashed, potatoes.—Roly-poly jam pudding.

3101.—KITCHEN DINNERS FOR MARCH.

Dinner for Twelve Servants.

Roast leg of mutton, turnips, potatoes.—Rolled jam pudding.—Cheese.

Dinner for Eight Servants.

Round of beef, roasted, Yorkshire pudding, greens, potatoes.—Apple dumplings.

Dinner for Six Servants.

Shoulder of mutton, spinach, potatoes.—Gingerbread pudding.

Dinner for Four Servants.

Beefsteak pie, potatoes.—Boiled rice.

Dinner for Two Servants.

Stewed steak, carrots, potatoes.—Tapioca pudding.

3102.—VEGETARIAN DINNERS FOR MARCH.

No. 1.	No. 2.
Macaroni Soup.	Pea Soup.
Vegetables Stewed. Hominy Fritters.	Vegetable Pie. Curried Eggs.
Stewed Rhubarb. Plum Pudding.	Vermicelli Pudding. Apple Tart.
Average cost of this dinner 5*s.* for six persons.	Average cost of this dinner 4*s.* 6*d.* for six persons.

3103.—QUICKLY PREPARED DINNERS FOR MARCH.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Salmon Cutlets.	532	Potato Soup.	321
Ragout of Veal.	1012	Broiled Beef.	929
Ptarmigan.	1410	Banana Fritters.	1972
Cream Pudding.		Anchovy Toast.	2075
Salad of Cheese and Celery.		Time for this dinner, ¾ hour.	
Time for this dinner, ¾ hour.			

Note.—Cream pudding can be made by whipping a little cream to a froth with a little sugar and flavouring, and piling it over some sliced sponge cakes, with jam between, and soaked in sherry. The pudding can be made while the fish is broiling. The ptarmigan must first be put in the oven for this dinner. The salad can be quickly made by dressing a little chopped celery with oil and vinegar, then adding some chopped cheese. In Dinner No. 2 the soup must first be set going.

3104.—DINNERS FOR EIGHTEEN PERSONS.—APRIL.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French*)
			s. d.	
Turtle Soup.	382	3 qts.	63 0	Tortue.
Salmon.	528	1 fish	18 0	Saumon.
Filleted Soles.	558	5 fish	7 0	Filets de Soles Frits.
Vol-au-vent of Oysters.	600	3	16 6	Vol-au-vent aux Huîtres.
Ortolans.	1414	9 birds	18 0	Ortolans.
Farced Olives.	2087	4½ doz.	3 0	Olives Farcies.
Haunch of Mutton.	1096	1 joint	14 0	Hanche de Mouton.
Ducklings.	1291	4 birds	12 0	Canetons.
Compôte of Rhubarb.	2115	2	4 0	Compôte de Fruit.
Lemon Cream.	2002	2	4 6	Crême à la Citron.
Gooseberry Trifle.	1988	2 dish.	3 6	Crême aux Groseilles.
Cheese Ramequins.	2604	16	2 3	Ramequins.
Vegetables with joint { *Potatoes.*	1602	6 lbs.	0 6	*Légumes* { *Pommes de Terre.*
Seakale.	1620	3 bks.	3 0	*Choux Marins.*
			8 19 3	

Note.—The turtle soup, which is not often made at home and can seldom be bought under a guinea a quart, makes this dinner a costly one. Spring soup could be substituted for it if it were wished to avoid expense. A dessert should be added to this menu, and ices would be an improvement, as there is no iced pudding.

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Asparagus Soup.	387	7 pts.	3 6	Purée d'Asperges.
Turbot.	572	1 fish	20 0	Turbot.
Dutch Sauce.	703	3 turs.	1 6	Sauce Hollandaise.
Vol-au-vent of Chicken.	1363	2 dish.	13 0	Vol-au-vent de Volaille.
Veal Cutlets.	1019	2 dish.	5 6	Côtelettes de Veau.
Haunch of Mutton.	1096	1 joint	15 0	Hanche de Mouton Rotie.
Salad.	1622	2	2 0	Salade.
Rhubarb Tart.	1851	2	3 6	Tourte à la Rhubarbe.
Macaroni and Pine-apple.	2008	2	4 6	Macaroni aux Ananas.
Nougats with Cream.	2912	2 dish.	3 6	Nougats à la Crême.
Cheese Straws.	2593	2 dish.	2 0	Pailles de Parmesan.
Vegetables with joint { *Potatoes.*	1602	6 lbs.	0 6	*Légumes* { *Pommes de Terre.*
Brocoli.	1547	6 hds.	1 6	*Choufleur.*
			3 16 0	

Note.—An improvement in this Menu might be effected by substituting clear asparagus soup, recipe No. 286, for the cheaper purée, while the salad, instead of being a plain one, might be made as a Russian one with filleted anchovies, olives, &c. For appétisans, caviare croûtons may be suggested, or some oysters.

3105.—DINNERS FOR TWELVE PERSONS.—APRIL.

1.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Soup.				*Potage.*
	Spring Soup.	327	5 pts.	3 0	Printanière.
	Fish.				*Poissons.*
	Stewed Trout.	570	4 fish	7 6	Truite au Vin Rouge.
	Whitebait.	583	4 pts.	7 0	Blanchaille.
	Entrées.				*Entrées.*
	Chaudfroid of Chicken.	1339	2 dish.	7 0	Chaudfroid de Volaille.
	Lobster Cutlets.	596	12	3 6	Côtelettes de Homard.
	Veal Olives.	1027	12	1 6	Olives de Veau.
	Roast.				*Rotis.*
	Sirloin.	924	1 joint	8 0	Aloyau.
	Spring Chickens.	1304	3 birds	7 6	Poulets Rotis.
	Sweets.				*Entremets.*
	Vanilla Soufflé.	2046	2 dish.	6 0	Soufflé à la Vanille.
	Orange Jelly.	2013	2mlds.	4 0	Gelée aux Oranges.
	Vegetables with joint { *Potatoes.* *Seakale.*	1602	4 lbs.	0 4	*Légumes* { *Pommes de Terre.* *Choux Marins.*
		1620	2 bs'kt.	2 0	
				2 17 4	

Note.—This dinner will be seen to contain ten courses exclusive of dessert, but it would be easy to shorten it and, at the same time, lessen the cost by taking out either a fish or an entrée, or both. If a fish be taken out it would be well to let the lobster cutlets remain, when the veal olives might be omitted.

2.	Menu. (*English.*)	Recipe No.	Quanti y.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Rabbit Soup.	372	5 pts.	2 6	Purée de Lapin à la Crême.
	Turbot.	572	1 fish	10 0	Turbot.
	Dutch Sauce.	703	2 turs.	1 0	Sauce Hollandaise.
	Oyster Patties.	516	12 pat.	3 6	Petits Pâtés aux Huîtres.
	Lamb Cutlets.	1132	2 dish.	4 6	Côtelettes d'Agneau.
	Roast Fillet of Veal.	984	1 joint	7 0	Rouelle de Veau.
	Ham.	1191	1	7 6	Jambon.
	Ptarmigans.	1410	3 birds	6 0	Ptarmigans.
	Orange Fritters.	2027	12	2 0	Beignets d'Orange.
	Rhubarb Tarts.	1851	2	3 9	Tourte à la Rhubarbe.
	Lemon Sponge.	2005	1 mld.	2 0	Gelée au Citron à la Russe.
	Vegetables with joints { *Potatoes.* *Spinach.*	1602	4 lbs.	0 4	*Légumes* { *Pommes de Terre.* *Epinards.*
		1630	4 lbs.	1 0	
				2 10 1	

Note.—The three sweets in this Menu might be well followed by some small savoury so generally appreciated, such as stuffed olives or cheese ramequins, or one of these might take the place of one of the sweet dishes.

3106.—DINNERS FOR EIGHT PERSONS.—APRIL.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Appétisans.			2 0	Appétisans.
Cray Fish Soup.	394	3½ pts.	4 0	Purée d'Ecrevisses.
Stuffed Trout Fried.	2902	2 fish	5 0	Truite Farcie et Frite.
Whitebait.	583	3 pts.	5 0	Blanchailles.
Ortolans.	1414	4 birds	8 0	Ortolans.
Chicken Rissoles.	1355	8	2 0	Croquettes de Volaille.
Leg of Lamb.	1120	1 joint	6 6	Gigot d'Agneau.
Ducklings.	1291	2 birds	6 0	Canetons.
Maraschino Jelly.	2006	1 mld.	2 6	Gelée au Marasquin.
Vol-au-vent of Fruit.	1895	1 dish	2 0	Vol-au-vent de Fruit.
Apple Snow.	1937	1 dish	1 0	Pommes à la Neige.
Vegetables with joint } *Potatoes.*	1602	3 lbs.	0 3	*Légumes* { *Pommes de Terre.*
Brussels Sprouts.	1548	3 lbs.	0 9	*Choux de Bruxelles.*
			2 5 0	

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Julienne Soup.	307	3½ pts.	3 1	Julienne.
Whiting.	580	8 fish	3 6	Merlans.
Curried Rabbit.	1366	1 dish	2 6	Lapin au Kari.
Beef Rissoles.	947	8	1 4	Croquettes de Bœuf.
Leg of Mutton.	1097	1 joint	8 0	Gigot de Mouton.
Ptarmigans.	1410	2 birds	4 0	Ptarmigans.
Rhubarb Tart.	1851	1	1 6	Tourte à la Rhubarbe.
Custard.		1 dish	0 9	Crême.
Vanilla Cream.	2256	1	2 0	Crême à la Vanille.
Vegetables with joint } *Potatoes.*	1602	3 lbs.	0 3	*Légumes* { *Pommes de Terre.*
Sprouts.	1519	3 lbs.	0 6	*Choux.*
			1 7 5	

3. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost	Menu. (*French.*)
			s. d.	
Tapioca Soup.	334	3½ pts.	1 3	Consommé au Tapioca.
Mackarel and Gooseberry Sauce.	498	2 fish	1 10	Maquereau aux Groseilles.
Lobster Cream.	591	1 dish	3 0	Crême de Homard.
Croquettes of Veal.	1026	8	2 0	Croquettes de Veau.
Rumpsteak.	877	3 lbs.	3 6	Rumpsteak,
Horseradish Sauce.	717	1 tur.	0 6	Sauce Raifort.
Ptarmigans.	1410	2 birds	4 0	Ptarmigans.
Lemon Cheese Cakes.	1794	8	1 6	Tourtelettes.
Blancmange.	1946	1	1 3	Blancmange.
Cheese Biscuits.	2605	18	0 6	Biscuits de Fromage.
Vegetables with Steak } *Potatoes.*	1602	3 lbs.	0 3	*Légumes* { *Pommes de Terre.*
Chipped.	1608	3 lbs.	0 3	*Frits.*
			19 10	

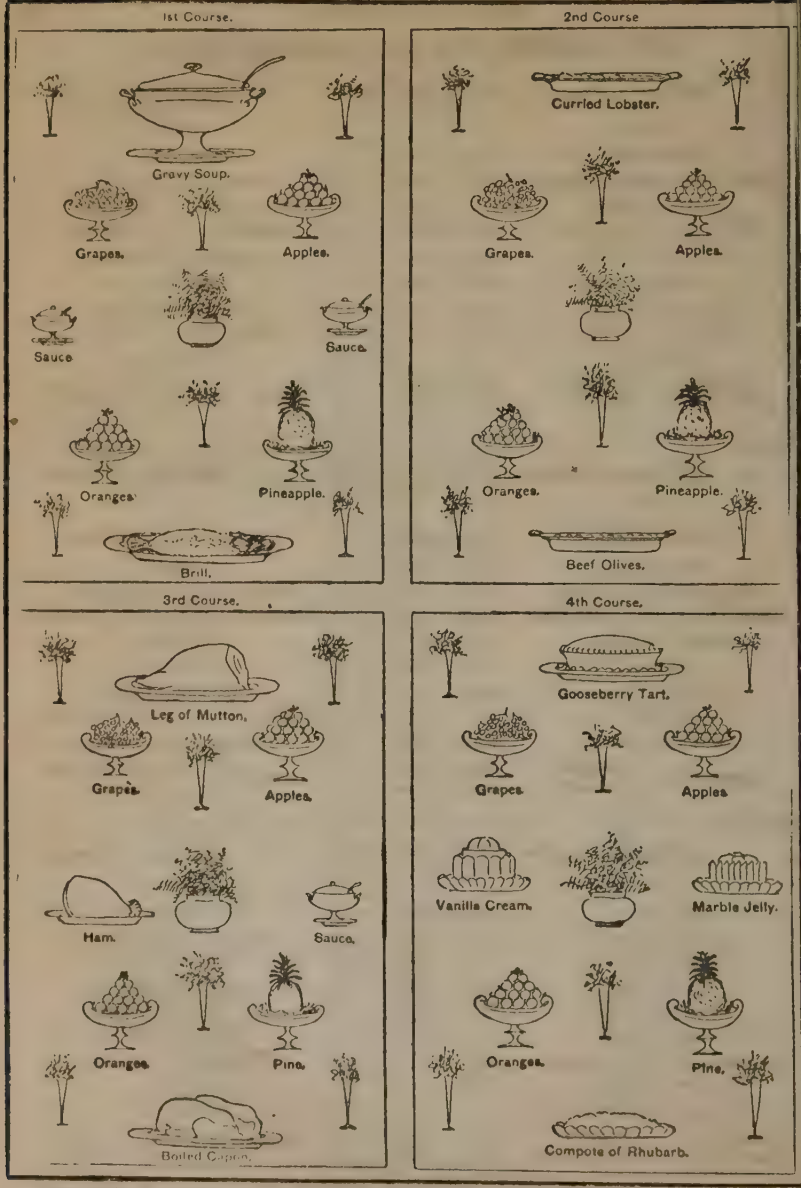
3107.—DINNERS FOR SIX PERSONS.—APRIL.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Spring Soup.	326	2½ pts.	1 7	Printanière.
Trout with Spanish Sauce.	571	2 fish	3 6	Truite à l'Espagnole.
Lobster Cutlets.	591	1 mld.	2 6	Crême de Homard.
Ortolans à la Provençale.	1430	4 birds	8 0	Ortolans à la Provençale.
Quarter of Lamb.	1119	1 joint	8 0	Quartier d'Agneau.
Asparagus.	1536	1 dish	3 6	Asperges.
Almond Pudding.	1694	1	2 6	Pouding d'Amandes.
Compôte of Fruit.	1996	1	2 6	Macédoine de Fruits.
Diablotins.			1 0	Diablotins.
Vegetables with joint { *Potatoes.* *Seakale.*	1602 1620	2 lbs. 1 bkt.	0 2 1 0	*Légumes* { *Pommes de Terre.* *Choux Marins.*
			1 14 3	

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Custard Soup.	347	2½ pts.	2 0	Consommé à la Royale.
Fried Soles.	557	2 fish	3 0	Soles.
Vol-au-vent of Oysters.	600	1 dish	5 6	Vol-au-vent aux Huîtres.
Lamb Cutlets à la Constance.	2905	1 dish	2 6	Côtelettes d'Agneau à la Constance
Roast Ducklings.	1291	2 birds	6 0	Canetons.
Salad.	1622	1	0 9	Salade.
Charlotte Russe.	1965	1	2 0	Charlotte Russe.
Benedictine Ice.		1	3 0	Crême à la Benedictine Glacée
Cheese Straws.	2593	1 dish	0 7	Pailles de Parmesan.
Vegetables { *Potatoes.* *Spinach.*	1602 1630	2 lbs. 2 lbs.	0 2 0 6	*Légumes* { *Pommes de Terre.* *Epinards.*
			1 6 0	

3. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Clear Soup.	276	2½ pts.	2 0	Consommé.
Salmon Cutlets,	532	2 lbs.	4 0	Côtelettes de Saumon,
Tartare Sauce.	783	1 tur.	0 6	Sauce Tartare.
Curried Eggs.	2632	1 dish	1 3	Œufs à l'Indienne.
Turban of Veal.	2963	1 dish	5 0	Turban de Veau.
Leg of Lamb.	1121	1 joint	5 6	Gigot d'Agneau.
Compôte of Gooseberries.	2159	1	2 0	Compôte de Groseilles.
Stone Cream.	2049	1	2 0	Crême.
Gorgonzola Cheese.		½ lb.	0 6	Gorgonzola.
Vegetables with joint { *Potatoes.* *Stewed Celery.*	1602 1363	2 lbs. 2 hds.	0 2 0 4	*Légumes* { *Pommes de Terre.* *Céleri Etuvé.*
			1 3 3	

3108.—DINNER FOR TWELVE PERSONS.—APRIL.



Note.—This dinner being only arranged in four courses, it is necessary to put soup and fish on at the same time.

3109.—FAMILY DINNERS FOR APRIL.

No. 1.

SUNDAY.—Spring soup.—Leg of lamb, vegetables.—Gooseberry tart, cream.—Cheese, celery.—Dessert.

MONDAY.—Julienne soup.—Roast ducks, cold lamb, vegetables, salad.—Apple Charlotte.—Cheese biscuits.

TUESDAY.—Fillets of turbot, Tartare sauce.—Lamb rissoles, broiled steak, vegetables.—Cheese.

WEDNESDAY.—Vegetable soup.—Ragoût of duck, boiled beef, vegetables.—Rhubarb tart.—Cheese.

THURSDAY.—Boiled soles.—Roast chicken and ham, cold beef, vegetables.—Gooseberry fool.

FRIDAY.—Soup.—Curried chicken, cold beef, salad, vegetables.—Lemon cheesecake.

SATURDAY.—Salmon cutlets, sharp sauce.—Roast loin of mutton, stuffed, vegetables.—Green-currant tart, custard.

No. 2.

SUNDAY.—Carrot soup.—Roast leg of mutton, brocoli, potatoes.—Rhubarb tart, custard.

MONDAY.—Crimped skate and caper sauce.—Cold mutton, mashed potatoes, salad.—Lemon pudding.

TUESDAY.—Spring soup.—Hashed mutton, potatoes.—Baked rice pudding.

WEDNESDAY.—Roast beef, Yorkshire pudding, potatoes, greens.—Stewed fruit, cornflour blancmange.

THURSDAY.—Boiled salmon, melted butter.—Cold beef, salad, mashed potatoes.—Macaroni cheese.

FRIDAY.—Mayonaise of cold salmon.—Hashed beef, fried potatoes.—Fig pudding.

SATURDAY.—Rumpsteak pie, potatoes.—Rhubarb fool, custard.

3110.—LITTLE DINNERS FOR APRIL.

(*Very economical.*)

SUNDAY.—Roast leg of mutton, potatoes, brocoli.—Rhubarb tart.—Cornflour custard.

MONDAY.—Cold mutton, fried potatoes, salad.—Sweet omelette.

TUESDAY.—Vegetable soup.—Hashed mutton, mashed potatoes.—Cheese.

WEDNESDAY.—Beefsteak pudding, potatoes.—Cheese salad.

THURSDAY.—Boiled beef, carrots, potatoes.—Suet dumplings—Cheese.

FRIDAY.—Boiled mackarel.—Cold beef, salad, mashed potatoes.—Plain cheesecakes or tartlets.

SATURDAY.—Soup made from the liquor in which the beef was boiled.—Bubble and squeak from cold meat.—Marmalade pudding.

3111.—KITCHEN DINNERS FOR APRIL.

DINNER FOR TWELVE SERVANTS.

Soup.—Roast beef, cabbage, potatoes.—Jam tart, custard.—Cheese.

DINNER FOR EIGHT SERVANTS.

Boiled beef, carrots, potatoes.—Suet dumplings.—Macaroni cheese.

DINNER FOR SIX SERVANTS.

Loin of mutton boned and stuffed, greens, potatoes.—Jam tart.

DINNER FOR FOUR SERVANTS.

Haricot mutton and vegetables.—Rhubarb pudding.

DINNER FOR TWO SERVANTS.

Cold beef, salad, mashed potatoes.—Treacle pudding.

3112.—VEGETARIAN DINNERS FOR APRIL.

No. 1.	No. 2.
Vermicelli Soup.	Oatmeal and Milk.
Hominy Fritters. Fried Potatoes.	Haricot Beans and Mashed Potatoes Plain Fritters.
Rice and Stewed Rhubarb.	Savoury Eggs.
Macaroni Cheese.	Apple Puffs.
Average cost of this dinner 4*s.* for six persons.	Average cost of this dinner, 3*s.* 6*d.* for six persons.

3113.—QUICKLY PREPARED DINNERS FOR APRIL.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Spring Soup.	326	Whitebait.	583
Rissoles of Tinned Salmon.		Broiled Beef.	879
		Fried Potatoes.	1609
Mutton Cutlets.	1127		
Mashed Potatoes.	1613	Potato Salad.	1628
Rhubarb Tart.	1851	Any cold Pudding.	
Time for this dinner, ¾ hour.		Time for this dinner, ½ hour.	

Note.—The spring soup can be made with Liebig if there be no other stock at hand, and any cold vegetables cut up nicely will serve for it. The rissoles can be quickly made from a tin of salmon by draining the fish clear from moisture, pounding it in a mortar with butter, salt (or anchovy sauce) and cayenne, making it into flat cakes, dipping these into egg-and-bread-crumbs, and frying for about 3 minutes. The tart will take longest, and should be got ready and put in the oven first. Any cold pudding will serve for Dinner No, 2, which can be warmed in the oven if preferred.

3114.—DINNER FOR EIGHTEEN PERSONS.—MAY.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Appétisans.			2 0	Appétisans.
	Spring Soup.	326	7 pts.	4 6	Printanière.
	Turbot.	572	2 fish	20 0	Turbot.
	Whitebait.	583	6 pts.	12 0	Blanchailles.
	Chicken Patties.	1342	18	4 6	Petits Pâtés de Volaille.
	Lamb Cutlets.	1132	2 dish.	4 6	Côtelettes d'Agneau.
	Sirloin.	924	1 joint	8 0	Aloyau.
	Foie Gras Salad.	2082	2	6 0	Salade au Foie Gras.
	Asparagus.	1536	3 dish.	10 6	Asperges.
	Noyeau Cream.	2010	2	4 0	Crême au Noyeau.
	Nesselrode Pudding.	1788	2	10 0	Pouding à la Nesselrode Glacée.
	Cheese Soufflé.	2046	2	3 6	Soufflé de Parmesan.
	Diablotins.			3 0	Diablotins.
Vegetables with joint	*Potatoes*	1613	6 lbs.	0 6	*Légumes* — *Pommes de Terre.*
	Brussels Sprouts.	1548	6 hds.	1 6	*Choux de Bruxelles.*
				4 14 6	

Note.—A dessert for the above dinner may be of choice fruit, such as pine and grapes. The foie gras salad may be made from the pâté.

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Clear Soup.	276	7 pts.	4 6	Consommé.
	Salmon.	528	1 fish	15 0	Saumon.
	Dutch Sauce.	703	3 turs.	1 6	Sauce Hollandaise.
	Red Mullet.	503	18fish.	12 0	Rougets en Caisse.
	Chicken Cream.	1338a	2 dish.	9 0	Crême de Volaille.
	Minced Beef Collops.	946	2	7 6	Escalopes de Bœuf.
	Farced Olives.	2087	4½doz.	3 0	Olives Farcies.
	Quarter of Lamb.	1119	1 joint	10 0	Quartier d'Agneau.
	Russian Salad.	2094	2	4 0	Salade à la Russe.
	Gooseberry Tart.	1783	2	3 6	Tourte aux Groseilles.
	Lemon Cream.	2000	2	4 0	Crême au Citron.
	Jelly.	2006	2	4 0	Gelée.
	Cheese Ramequins.	2604	18	3 0	Soufflé de Parmesan.
Vegetables with joint	*Potatoes.*	1605	6 lbs.	0 6	*Légumes* — *Pommes de Terre.*
	Peas.	1598	4 pks.	4 0	*Petits Pois.*
				4 5 6	

Note.—A plain salad may be substituted for the Russian one if preferred, or it might be omitted altogether, as the dinner is somewhat a long one.

3115.—DINNERS FOR TWELVE PERSONS.—MAY.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Soup.				*Potage.*
	Asparagus.	286	5 pts.	7 6	Potage aux Pointes d'Asperges.
	Fish.				*Poissons.*
	Salmon.	528	1 fish.	12 0	Saumon.
	Whitebait.	583	4 pts.	7 6	Blanchailles.
	Entrées.				*Entrées.*
	Chaudfroid of Chicken.	1339	2 dish.	7 0	Chaudfroid de Volaille.
	Beef Rissoles.	947	12	2 0	Croquettes de Bœuf.
	Roast.				*Roti.*
	Saddle of Mutton.	1107	1 joint	10 0	Selle de Mouton.
	Sweets.				*Entremets.*
	Curaçoa Soufflé.	2046	2	6 0	Soufflé au Curaçoa.
	Sweet Omelette.	2021	2 dish.	3 0	Omelette aux Confitures.
	Iced Gooseberry Fool.	1987	2 dish.	2 0	Purée de Groseilles Glacée.
	Cheese.				*Fromage.*
	Stilton.	2590		1 5	Stilton.
	Vegetables with joint { *Potatoes.* / *Asparagus.*	1605 / 1536	4 lbs. / 2 bdls.	0 4 / 7 0	*Légumes* { *Pommes de Terre.* / *Asperges.*
				3 5 9	

Note.—Tartare sauce would come in well in this Menu to serve with the salmon, and cucumber must not be omitted. The gooseberry fool should be made with cream, and well iced, without being frozen.

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	White Soup.	345	5 pts.	4 5	Potage d'Amandes.
	Salmon,	528	1 fish	12 0	Saumon,
	Génévèse Sauce.	533	2 turs.	2 0	Sauce Génévèse.
	Chicken Croquettes.	1354	12	3 0	Croquettes de Volaille.
	Lamb Cutlets.	1132	2 dish.	4 0	Côtelettes d'Agneau.
	Asparagus.	1536	2 bdls.	6 0	Asperges.
	Larded Capon.	1304	1 bird	7 6	Chapon Bardé.
	Vol-au-vent of Gooseberries.	1895	2 dish.	5 0	Vol-au-vent aux Groseilles.
	Valois Cream.	1966	2 mlds	4 0	Crême à la Valois.
	Marbled Jelly.	1998	2 mlds	4 0	Gelée Marbrée.
	Vegetables { *Potatoes.* / *Peas.*	1613 / 1597	4 lbs. / 2 pks.	0 4 / 2 0	*Légumes* { *Pommes de Terre.* / *Petits Pois.*
				2 14 3	

Note.—If preferred, the asparagus might be served with the lamb cutlets, with which it goes well, instead of as a separate course. Cheese should be served after the sweets, but unless this is cooked it is seldom placed on the menu card.

3116.—DINNERS FOR EIGHT PERSONS.—MAY.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	White Soup.	375	3½ pts.	4 0	Purée de Volaille.
	Salmon Cutlets, Sauce à l'Aurore.	532 769	4 lbs. 2 turs.	8 0 1 6	Côtelettes de Saumon, Sauce à l'Aurore.
	Veal Olives.	1027	8	2 0	Olives de Veau.
	Stewed Pigeons.	1320	4 birds	4 0	Pigeons étuvés.
	Fillet of Beef, Spanish Sauce.	945 775	4 lbs. 1 tur.	4 0 1 0	Filets de Bœuf à l'Espagnole.
	Russian Salad.	2094	1	2 0	Salade à la Russe.
	Vol-au-vent of Fruit.	1895	1	2 0	Vol-au-vent de Fruits.
	Iced Pudding.	1788	1	5 6	Pouding Glacée.
	Vegetables ... Potatoes.	1605	4 lbs.	0 4	*Légumes...Pommes de Terre.*
				1 14 4	

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Spring Soup.	326	3½ pts	2 3	Printanière.
	Filleted Turbot, Italian Sauce.	575 720	3 lbs. 2 turs.	4 0 1 0	Filets de Turbot à l'Italienne.
	Curried Lobster.	593	1 dish	4 0	Homard au kari.
	Quarter of Lamb.	1119	1 joint	8 0	Quartier d'Agneau.
	Asparagus.	1536	1 dish	4 0	Asperges.
	Ortolans.	1414	4 birds	8 0	Ortolans.
	Curoçoa Soufflé.	2046	1	2 6	Soufflé au Curoçoa.
	Lemon Jelly.	2004	1	2 0	Gelée au Citron.
	Iced Gooseberry Fool.	1987	1 dish	2 0	Purée de Groseilles Glacées.
	Diablotins.			1 6	Diablotins.
	Vegetables with joint { *Potatoes.* *Peas.*	1605 1597	3 lbs. 2 pks.	0 3 2 0	*Légumes* { *Pommes de Terre.* *Petits Pois.*
				2 1 6	

3.	**Menu.** (*English*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Julienne Soup.	307	3½ pts.	4 1	Julienne.
	Brill, Dutch Sauce.	430 703	1 large 2 turs.	4 0 1 0	Barbue, Sauce Hollandaise.
	Lobster Cream.	591	1 mld.	3 0	Crême de Homard.
	Beef Olives.	948	8	1 6	Olives de Bœuf.
	Turkey Poult.	1334	1 bird	6 0	Dindonneau.
	Salad.	1622	1	1 6	Salade.
	Gooseberry Tart.	1783	1	1 3	Tourte aux Groseilles.
	Maraschino Jelly.	2006	1	2 0	Gelée au Marasquin.
	Vegetables ... Potatoes.	1613	3 lbs.	0 3	*Légumes...Pommes de Terre.*
				1 4 7	

3117.—DINNERS FOR SIX PERSONS.—MAY.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Appétisans.			1 0	Appétisans.
Purée of Wood Pigeon.	370	2½ pts	4 0	Purée de Ramiers.
Red Mullet.	503	6 fish.	4 0	Rougets en Caisse.
Chaudfroid of Chicken.	1339	1 dish	3 0	Chaudfroid de Volaille.
Lamb Cutlets.	1132	1 dish	2 6	Côtelettes d'Agneau.
Ducklings,	1291	2 birds	6 0	Canetons
Green Peas.	1597	1 peck	1 0	aux Petits Pois.
Vanilla Soufflé.	2046	1	3 0	Soufflé à la Vanille.
Marbled Jelly.	1998	1	2 0	Gelée Marbrée.
Vegetables with joint — *Potatoes.*	1605	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
Chipped.	1608	2 lbs.	0 3	*Frites.*
			1 6 11	

2. **Menu.** (*English.*)	Recipe No	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Chicken Soup.	349	2½ pts.	3 6	Soupe au Poulet.
Baked Sturgeon.	566	1 fish	6 0	Esturgeon au Vin Blanc.
Lobster Cutlets.	596	6 cuts.	2 6	Côtelettes de Homard.
Kidney Toast.	1093	6	2 0	Rognons.
Leg of Lamb.	1121	1 joint	6 0	Gigot d'Agneau.
Salad.	1622	1	1 6	Salade.
Sweet Omelette.	2021	1 dish	1 3	Omelette aux Confitures.
Lemon Cream.	2000	1	2 0	Crême à la Citron.
Devilled Roes.		1 dish	1 6	Diablotins.
Vegetables with joint — *Potatoes.*	1605	2 lbs	0 2	*Légumes* — *Pommes de Terre.*
Peas.	1597	1 peck	1 0	*Petits Pois.*
			1 7 5	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Clear Soup.	276	2½ pts.	2 0	Consommé.
Fried Filleted Soles,	551	2 fish	3 0	Filets de Soles Frits,
Tartare Sauce.	783	1 tur.	0 6	Sauce Tartare.
Beef Olives.	948	6	1 3	Olives de Bœuf.
Leg of Mutton.	1097	1 joint	6 0	Gigot de Mouton.
Asparagus.	1536	1 bun.	3 0	Asperges.
Almond Cheese Cakes.	1691	6	1 0	Tourtelettes d'Amandes.
Lemon Blancmange.	1999	1 dish	0 9	Blanc Manger au Citron.
Vegetables with joint — *Potatoes.*	1605	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
Cauliflower.	1561	2 hds.	0 6	*Choufleur.*
			18 2	

3118.—DINNER FOR TWELVE PERSONS.—MAY.

Note.—It is necessary to put on the soup and fish together in a dinner served in only four courses.

3119.—FAMILY DINNERS FOR MAY.

No. 1.

SUNDAY.—Spring soup.—Roast veal, ham, vegetables, amber pudding.—Cheese.

MONDAY.—Beefsteak and kidney pie, cold veal and ham, vegetables.—Salad.—Gooseberry tart, custard.

TUESDAY.—Salmon, boiled, cucumber.—Minced veal, mutton cutlets, vegetables—Jam sandwiches.

WEDNESDAY.—Vegetable soup.—Leg of lamb, mint sauce, vegetables.—Macaroni cheese.

THURSDAY.—Mayonnaise of cold salmon.—Fillet of beef, vegetables.—Currant tart.

FRIDAY.—Soup.—Cold lamb, salad, mashed potatoes.—Exeter pudding.

SATURDAY.—Sirloin of beef, vegetables, Yorkshire pudding.—Cheese Ramequins.

No. 2.

SUNDAY.—Roast leg of lamb, mint sauce, potatoes.—Gooseberry tart, cream.

MONDAY.—Spring soup.—Cold lamb, salad, potatoes.—Baked arrowroot pudding.

TUESDAY.—Fried soles.—Stewed breast of veal, potatoes.—Currant dumplings and sweet sauce.

WEDNESDAY.—Roast ribs of beef, potatoes, spinach, horseradish sauce.—Sweet omelette.—Cheese.

THURSDAY.—Soup made from beef bones.—Cold beef, salad, mashed potatoes. Gooseberry pudding.

FRIDAY.—Fried whiting, melted butter.—Minced beef with fried sippets of bread.—Sago pudding.

SATURDAY.—Haricot mutton, potatoes.—Rhubarb pudding.—Cheese.

3120.—LITTLE DINNERS FOR MAY.

(*Very economical.*)

SUNDAY.—Small leg of mutton (or lamb, if cheap), mint sauce, potatoes, greens. Rhubarb tart, plain custard.—Cheese.

MONDAY.—Cold lamb, cucumber, potatoes.—Baked plum pudding.

TUESDAY.—Vegetable soup.—Hashed lamb, fried potatoes.—Stewed Gooseberries and rice.

WEDNESDAY.—Roast loin of veal, spinach, potatoes.—Tapioca pudding.

THURSDAY.—Lentil soup.—Cold veal, salad, potatoes.—Ground rice pudding.

FRIDAY.—Hashed veal, potatoes.—Marmalade pudding.—Cheese.

SATURDAY.—Stewed steak and vegetables, potatoes.—Apple fritters.

3121.—KITCHEN DINNERS FOR MAY.

DINNER FOR TWELVE SERVANTS.

Roast quarter of lamb, mint sauce, vegetables.—Gooseberry tart, custard.

DINNER FOR EIGHT SERVANTS.

Roast ribs of beef, Yorkshire pudding, vegetables.—Macaroni Cheese.

DINNER FOR SIX SERVANTS.

Roast leg of mutton, spinach, potatoes.—Suet pudding cut in slices and browned under the meat.

DINNER FOR FOUR SERVANTS.

Irish stew, with onions and potatoes.—Baked gooseberry pudding.

DINNER FOR TWO SERVANTS.

Joint from dining-room luncheon table, vegetables.—Jam pudding.

3122.—VEGETARIAN DINNERS FOR MAY.

No. 1.	No. 2.
Lentil Soup.	Vegetable Soup.
Haricots and Mashed Potatoes.	Fried Potatoes and Greens.
Vermicelli Pudding. Gooseberry Tart.	Cucumber Salad.
Macaroni Cheese.	Rhubarb Tart. Tapioca Pudding.
Average cost of this dinner 5*s.* for six persons.	Average cost of this dinner 4*s.* for six persons.

3123.—QUICKLY-PREPARED DINNERS FOR MAY.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Baked Soles.	554	Salmon Cutlets.	532
Veal Cutlets. Mashed Potatoes.	1019 1613	Hashed Beef or Mutton. Boiled Potatoes.	893 1602
Salad.	1622	Bread Puddings.	1734
Strawberries and Cream.		Sardine Toast.	
Time for this dinner, ½ hour.		Time for this dinner, ¾ hour.	

Note.—In Dinner No. 1 first get the potatoes ready and put them on, quartering them if large ones, then get the soles ready and put them in the oven. Next in order come the cutlets, and while these are frying, the salad and strawberries can be prepared and the potatoes mashed. In Dinner No. 2 start by making the puddings, then the gravy for the hash, which can be made from any stock and thickened with cornflour. Next come the potatoes, then the cutlets; and while these are frying, the sardine toast (for which bone and scale the fish, and make some good buttered toast) can be got ready.

3124.—DINNERS FOR EIGHTEEN PERSONS—JUNE.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost	Menu. (*French.*)
			s. d.	
Clear Turtle.	382	3 qts.	63 0	Tortue Claire.
Salmon, with Cucumber.	528	1 fish	15 0	Saumon au Concombre.
Whitebait.	583	6 pints	12 0	Blanchailles.
Lobster Cream.	591	3mlds.	6 0	Crême de Homard.
Fried Sweetbreads.	1029	3 dish.	9 0	Ris de Veau à la Maitre d'Hôtel.
Lamb Cutlets	2905	2 dish.	6 0	Côtelettes d'Agneau
and Green Peas.	1597	3 pks.	3 0	aux Petits Pois.
Haunch of Venison	1416	1 joint	15 0	Hanche de Venaison.
Farced Olives.	2087	4½doz.	3 0	Olives Farcies.
Vol-au-vent of Strawberries.	1895	2 dish	6 0	Vol-au-vent de Fraises.
Maraschino Jelly.	2006	2mlds.	5 0	Gelée au Marasquin.
Iced Pudding.	1788	2	12 0	Pouding Glacée.
Vegetables with joint { *Potatoes.*	1605	6 lbs.	0 6	*Légumes* { *Pommes de Terre.*
Spinach.	1630	6 lbs.	1 6	*Epinards.*
			7 17 0	

Note.—The dinner could be made much less costly by substituting another soup for the clear turtle. Also an entrée might be taken out if so many courses were not needed. It would be improved if the soup were preceded by some small appétisans. A dessert for such a dinner should be a good one, and might consist of strawberries, pine-apple and grapes.

2. Menu. (*English.*)	Recipe No.	Quantity	Aver'ge Cost	Menu. (*French.*)
			s. d.	
Spring Soup.	327	7 pts.	4 6	Printaniére.
Boiled Filleted Soles.	556	5 fish	9 0	Soles à la Crême.
Salmon Cutlets.	532	8 lbs.	15 0	Côtelettes de Saumon.
Chicken Cream.	1338a	2 dish.	9 0	Crêmes de Volaille.
Fillet of Beef	945	6 lbs.	6 0	Filet de Bœuf
á l'Espagnole.	775	2 turs.	3 0	á l'Espagnole.
Gosling.	1314	1 bird	6 6	Oison.
Foie Gras.	2082	2 dish	7 0	Foie Gras.
Gooseberry Tart.	1783	2	3 0	Tourte aux Groseilles.
Vanilla Cream.	2056	2	4 0	Crême à la Vanille.
Raspberry Jelly.	1996	2	4 6	Gelée de Framboises.
Ices.			4 6	Glaces.
Vegetables ... Potatoes.	1605	6 lbs.	0 6	*Légumes ... Pommes de Terre.*
			3 16 6	

Note.—The foie gras may be served as a pâté, or cut in small thin slices and introduced into some fresh salad; or it makes a nice savoury in the form of a jelly, made from aspic, with small pieces of foie gras moulded with it.

3125.—DINNERS FOR TWELVE PERSONS.—JUNE.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Soup.				*Potage.*
Clear Soup.	347	5 pts.	4 3	Consommé à la Royale.
Fish.				*Poissons.*
Baked Sturgeon.	567	1 fish	10 0	Esturgeon au Vin Blanc.
Red Mullet,	503	12 fish	8 0	Rougets,
Tartare Sauce.	783	2 turs.	1 6	Sauce Tartare.
Entrées.				*Entrées.*
Lobster Patties.	598	12 pat.	3 6	Petits Pâtés au Homard.
Ortolans à la Provençale.	1430	6 birds	12 0	Ortolans à la Provençale.
Roast.				*Rotis.*
Saddle of Mutton.	1107	1 joint	9 0	Selle de Mouton.
Leverets.	1401	2	7 0	Levrauts.
Foie Gras Salad.	2082	2	6 0	Salade au Foie Gras.
Sweets.				*Entremets.*
Gooseberry Trifle.	1988	2	4 0	Crême de Groseilles.
Liqueur Jelly.	2006	2	3 0	Gelée aux Cerises.
Chocolate Cream.	1980	1 mld.	3 0	Crême au Chocolat.
Vegetables with joint { *Potatoes.*	1605	4 lbs.	0 4	*Légumes* { *Pommes de Terre.*
Asparagus.	1536	2 bun.	6 0	*Asperges.*
			3 17 7	

Note.—In place of the sturgeon (which cannot often be obtained) some salmon cutlets or filleted turbot might be substituted. The dinner might be shortened and rendered less costly by the omission of the leveret and one of the sweets. A dessert should be given similar to the one named on preceding page. Ices of fresh fruit, such as strawberries, would form a good addition.

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Asparagus Soup.	287	5 pts.	4 2	Purée d'Asperges.
Salmon.	528	6 lbs.	9 0	Saumon,
Lobster Sauce.	591	2mlds.	6 0	Sauce Homard.
Chaudfroid of Chicken.	1339	2 dish.	6 0	Chaudfroid de Volaille.
Stewed Breast of Lamb.	1115	4 lbs.	4 0	Agneau au Vin Blanc.
Ducks,	1291	4 birds	12 0	Canetons
Green Peas.	1597	3 pks.	3 0	aux Petits Pois.
Almond Pudding.	1694	2	4 0	Pouding d'Amandes.
Iced Gooseberry Fool.	1987	2 dish.	3 0	Purée de Groseilles Glacées.
Stone Cream.	2049	2mlds	4 6	Crême de Tous les Mois.
Vegetables with joint { *Potatoes.*	1605	4 lbs.	0 4	*Légumes ... Pommes de Terre.*
			2 16 0	

Note.—A dessert for the above dinner might be found at this season of the year without any costly fruits. Strawberries and cherries should certainly find a place in it. the former served with or without cream.

3126.—DINNERS FOR EIGHT PERSONS.—JUNE.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Spring Soup.	327	3½ pts.	2 6	Printanière.
Fried Filleted Soles,	558	2 fish	3 0	Filets de Soles Frits,
Sauce Tartare.	783	2 turs.	1 0	Sauce Tartare.
Whitebait.	583	3 pts.	6 0	Blanchailles.
Lobster Cream.	591	1 dish	4 6	Crême de Homard.
Lambs' Sweetbreads, Larded, with Asparagus.	1133	3 dish	7 0	Ris d'Agneau Bardé aux Asperges.
Roast Veal.	984	1 joint	6 6	Rouelle de Veau.
Ham.	1191	1	7 0	Jambon.
Prawns.	2086	1 dish	2 6	Crevettes.
Vol-au-vent of Strawberries.	1895	1	3 0	Vol-au-vent aux Fraises.
Marbled Jelly.	1998	1 mld.	2 6	Gelée Marbrée.
Vegetables with joint — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
Peas.	1597	2 pks.	2 0	*Petits Pois.*
			2 7 9	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Lobster Soup.	396	3½ pts.	6 2	Bisque de Homard.
Trout,	571	3 fish	5 0	Truites
Spanish Sauce.	775	1 tur.	1 6	à l'Espagnole.
Vol-au-vent.	1894	1 dish	6 0	Vol-au-vent à la Financière.
Stewed Veal Tendons.	1031	1 dish	3 6	Tendrons de Veau.
Leg of Lamb.	1121	1 joint	6 6	Gigot d'Agneau.
Salad.	1622	1	1 6	Salade.
Strawberry Jelly.	2050	1 mld.	2 6	Gelée aux Fraises.
Iced Nesselrode Pudding.	1788	1	5 0	Pouding à la Nesselrode.
Cheese Soufflé.	2046	1	2 6	Soufflé de Parmesan.
Vegetables with joint — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
French Beans.		3 lbs.	0 9	*Haricots Verts.*
			2 1 2	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Celery Soup.	299	3½ pts.	1 9	Purée de Céleri.
Mackerel.	498	2 fish	0 10	Maquerau.
Smelts.	552	2 doz.	3 0	Eperlans.
Curried Prawns.	601	3 dish.	3 6	Crevettes au Kari.
Lamb Cutlets à la Constance.	2905	1 dish	4 0	Côtelettes d'Agneau à la Constance
Chickens.	1304	2 birds	5 0	Poulets Rotis.
Ham.	1191	1	7 0	Jambon.
Almond Cheesecakes.	1691	8	1 6	Tourtelettes d'Amandes.
Gooseberry Trifle.	1988	1	2 6	Compôte de Groseilles.
Vegetables with Chickens — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
Peas.	1597	2 pks.	2 0	*Petits Pois.*
			1 11 4	

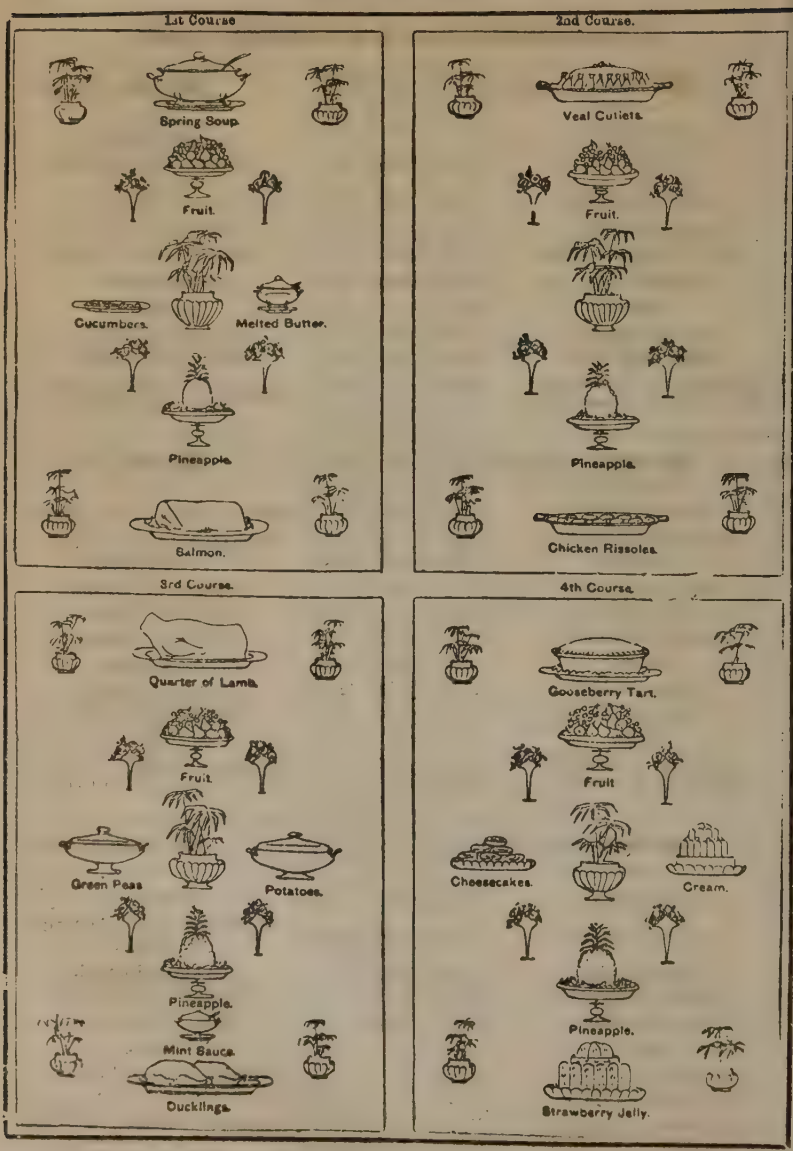
3127.—DINNERS FOR SIX PERSONS.—JUNE.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Appétisans.				Appétisans.
Spring Soup.	327	2½ pts.	2 0	Potage à la Printanière.
Stewed Trout, with Wine Sauce.	570	2 fish	3 6	Truites au Vin Rouge.
Curried Lobster.	593	1 dish	3 0	Homard au kari.
Vol-au-vent of Chicken.	1363	1 dish	6 0	Vol-au-vent de Volaille.
Turkey Poult.	1334	1 bird	7 0	Dindonneau.
Salad.	1622	1	1 0	Salade.
Curaçoa Soufflé.	2046	1 mld.	2 6	Soufflé au Curaçoa.
Strawberry Jelly.	2050	1 mld.	2 6	Gelée aux Fraises.
Vegetables with Turkey — *Potatoes.*	1605	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
French Beans.	1541	2 lbs.	0 6	*Haricots Verts.*
			1 8 2	

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Asparagus Soup.	286	2½ pts.	3 9	Potage aux Pointes d'Asperges.
Boiled Filleted Soles.	556	2 fish	3 0	Filets de Soles à la Crême.
Whitebait.	583	2 pts.	4 0	Blanchailles.
Boudins of Fowl.	1362	1 dish	3 6	Boudins à la Reine.
Beef Olives.	948	6	1 3	Olives de Bœuf.
Quarter of Lamb.	1119	1 joint	7 6	Quartier d'Agneau.
Prawns.	2086	1 dish	2 0	Crevettes.
Lemon Cream.	2000	1 mld.	2 6	Crême au Citron.
Compôte of Fruits.	2208	1 dish	2 0	Compôte de Fruits.
Ices.		6	1 6	Glaces.
Vegetables with joint — *Potatoes.*	1605	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
Peas.	1597	1 peck	1 0	*Petits Pois.*
			1 12 2	

3. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Clear Soup.	276	2½ pts.	2 0	Consommé.
Broiled Mackerel.	499	2 fish	0 10	Maquerau Grillé à la Maître d'Hôtel.
Lobster Cream.	591	1 mld.	2 0	Crême de Homard.
Chicken Rissoles.	1340	6 dish.	3 6	Croquettes de Volaille.
Loin of Lamb.	1122	1 joint	4 0	Longe d'Agneau.
Salad.	1622	1	1 0	Salade.
Strawberry Tartlets.	1881	6	1 6	Tourtelettes aux Fraises.
Casserole of Rice.	1865	1	1 6	Casserole de Riz.
Vegetables with joint — *Potatoes.*	1605	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
Cabbage.	1550	1	0 2	*Chou.*
			16 8	

3128.—DINNER FOR TWELVE PERSONS.—JUNE.



Note.—The sauces and vegetables, which are always handed, need not be put upon the table

3129.—FAMILY DINNERS FOR JUNE.

No. 1.

SUNDAY.—Soup.—Roast chickens, ham.—Cold fruit tart, cream.—Cheese, &c.

MONDAY.—Chicken rissoles.—Boiled mutton, vegetables.—Baked jam pudding.

TUESDAY.—Salmon cutlets, cucumber, tartare sauce.—Cold mutton, salad, mashed potatoes.—Stewed fruit and cornflour shape.

WEDNESDAY.—Spring soup.—Veal and ham pie, hashed mutton, vegetables.—Fruit tart.

THURSDAY.—Boiled soles.—Cold veal pie, salad, broiled steak, horseradish sauce, fried potatoes.—Sago pudding.

FRIDAY.—Roast beef, vegetables.—Raspberry and currant tart, custard.

SATURDAY.—Boiled salmon shad, cucumber.—Cold beef, salad, mashed potatoes.—Cheese.

No. 2.

SUNDAY.—Quarter of lamb, mint sauce, green peas, new potatoes.—Raspberry and currant tart, custard.—Dessert.

MONDAY.—Spring soup.—Cold lamb, salad, potatoes.—Gooseberry fool, cornflour, blancmange.

TUESDAY.—Salmon boiled, cucumber, melted butter.—Hashed lamb, fried potatoes.—Ratifia pudding.

WEDNESDAY.—Roast sirloin of beef, spinach, potatoes.—Swiss cream.

THURSDAY.—Green pea soup.—Cold beef, potatoes, salad.—College puddings.

FRIDAY.—Boiled mackarel, melted butter, cucumbers, potatoes.—Pie made from beef.—Custard pudding.

SATURDAY.—Stewed breast of veal, green peas, potatoes.—Currant tart.

3130.—LITTLE DINNERS FOR JUNE.

(*Very economical.*)

SUNDAY.—Roast leg of mutton, potatoes, summer cabbage.—Gooseberry tart, cornflour custard.

MONDAY.—Cold mutton, cucumber, mashed potatoes.—Baked plum pudding,

TUESDAY.—Gravy soup.—Mutton pie made from remains of cold mutton, and potatoes.—Cheese, salad.

WEDNESDAY.—Boiled bacon and green peas, potatoes.—Pancakes

THURSDAY.—Roast round of beef, Yorkshire pudding, potatoes, summer cabbage.—Cheese.

FRIDAY.—Broiled mackarel.—Cold beef, salad, mashed potatoes.—Boiled rice and stewed fruit.

SATURDAY.—Minced beef. fried potatoes.—Macaroni pudding.

3131.—KITCHEN DINNERS FOR JUNE.

DINNER FOR TWELVE SERVANTS.

Roast fillet of veal, boiled bacon, vegetables.—Raspberry and currant pudding.

DINNER FOR EIGHT SERVANTS.

Leg of mutton, onion sauce, vegetables.—Sago pudding.

DINNER FOR SIX SERVANTS.

Stewed steak and vegetables, potatoes.—Currant pudding, baked.

DINNER FOR FOUR SERVANTS.

Half leg of mutton baked with potatoes, cabbage.—Gooseberry pudding.

DINNER FOR TWO SERVANTS.

Mutton stewed with any fresh vegetables, potatoes.—Marmalade pudding.

3132.—VEGETARIAN DINNERS FOR JUNE.

No. 1.	No. 2.
Green-Pea Soup.	Maize Meal and Milk.
Savoury Macaroni. Vegetable Pie.	Curried Rice. Haricots and Mashed Potatoes.
Compôte of Fresh Fruit.	Salad.
Ratifia Pudding.	Raspberry and Currant Tart. Custard.
Average cost of this dinner 7*s.* 6*d.* for six persons.	Average cost of this dinner 6*s.* for six persons.

3133.—QUICKLY-PREPARED DINNERS FOR JUNE.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Julienne Soup (Tinned).		Boiled Salmon.	528
Fried Eels.	464	Minced Veal and Macaroni.	1021
Fricassée of Beef.	889	Fried Potatoes.	1608
Green Peas.	1597	Russian Salad.	2094
New Potatoes.	1605	Tartlets.	1881
Raspberries and Cream.		Cheese.	
Time for this dinner, ¾ hour.		Time for this dinner, 40 mins.	

Note—The vegetables should first be prepared for Dinner No. 1, then the fricassée. The soup only requires warming, and is improved by the addition of a little sherry. In Dinner No. 2. the salad should be prepared while the salmon and veal are cooking. The tartlets could be made of any scraps of puff paste, or failing these, they might be bought

3134.—DINNERS FOR EIGHTEEN PERSONS.—JULY.

1.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Caviare.	2079			Caviare.
	Green Pea Soup.	318	7 pts.	5 10	Potage aux Petits Pois.
	Salmon.	528	1 fish	12 0	Saumon.
	Fillets of Mackerel,	500	5 fish	4 0	Filets de Macquerau
	Béchamel Sauce.	665			au Béchamel.
	Vol-au-vent of Chicken.	1363	3 dish.	16 6	Vol-au-vent de Volaille.
	Beef Palates.	951	2 dish.	6 0	Palais de Bœuf.
	Quarter of Lamb.	1119	1 joint	7 6	Quartier d'Agneau.
	Turkey Poult.	1334	1 bird	7 0	Dindonneau.
	Ham and Celery.		2 dish.	2 0	Jambon et Céleri.
	Macédoine of Fruit.	1996	2 dish.	5 0	Macédoine de Fruits.
	Noyeau Cream.	2010	2 mlds	3 0	Crême au Noyeau.
	Ices.		18	4 6	Glaces.
	Vegetables with joint { *Potatoes.* / *French Beans.*	1605 / 1541	6 lbs. / 6 lbs.	0 6 / 1 6	*Légumes* { *Pommes de Terre.* / *Haricots Verts.*
				3 15 4	

Note.—The ham and celery in the Menu are to form a small savoury. The celery is chopped and dressed with a mayonnaise sauce, and the ham cut, or rather shaved, in tiny pieces, and added, with a little watercress, to form a garnish. Strawberries and other fresh fruits should compose the dessert.

2.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Clear Soup.	347	7 pts.	5 3	Consommé à la Royale.
	Turbot,	572	2 fish	20 0	Turbot,
	Dutch Sauce.	703	3 turs.	1 6	Sauce Hollandaise.
	Lobster Cream.	591	3 mlds	7 0	Crême de Homard.
	Chicken Cutlets.	1340	2 dish	7 6	Côtelettes de Volaille.
	Saddle of Mutton.	1107	1 joint	10 6	Selle de Mouton.
	Ducklings.	1291	18	18 0	Canetons.
	Compôte of Cherries.	2132	2 dish.	6 0	Compôte de Cérises.
	Strawberry Cream.	2041	2 mlds	5 0	Crême aux Fraises.
	Iced Pudding.	1788	2	12 0	Pouding Glacé.
	Vegetables with joint { *Potatoes.* / *Peas.*	1605 / 1597	6 lbs. / 3 pks.	0 6 / 3 0	*Légumes* { *Pommes de Terre.* / *Petits Pois.*
				4 16 3	

Note.—Strawberries and cream might form part of the dessert after this Menu. The other dishes might be grapes and apricots. If peas are served with the ducklings, it would be better to have French beans with the joint.

3135.—DINNERS FOR TWELVE PERSONS.—JULY.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Soup.				*Potage.*
Cray Fish Soup.	392	5 pts.	10 0	Potage d'Ecrevisses.
Fish.				*Poissons.*
Salmon.	528	1 fish	9 0	Saumon.
Whitebait.	583	4 pts.	8 0	Blanchailles.
Entrées.				*Entrées.*
Fricasséed Chicken.	1350	2 dish.	7 0	Fricassée de Volaille.
Fried Sweetbreads.	2904	2 dish.	7 0	Ris de Veau en Caisse.
Roast.				*Roti.*
Haunch of Venison.	1416	1 joint	15 0	Hanche de Venaison.
Salad.	1622	2	2 0	Salade.
Sweets.				*Entremets.*
Macédoine of Fruit.	1996	2 dish.	4 0	Macédoine de Fruits.
Vanilla Cream.	2056	2 mlds	4 0	Crême à la Vanille.
Ices.		12	3 0	Glaces.
Vegetables with joint { *Potatoes.*	1605	4 lbs.	0 4	*Légumes* { *Pommes de Terre.*
French Beans.	1541	4 lbs.	1 0	*Haricots Verts.*
			3 10 4	

Note.—The ices chosen should neither be vanilla nor any of the chief fruits of the dessert. They might be lemon, ginger or coffee.

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Clear Soup.	276	5 pts.	3 6	Consommé.
Brill,	430	2 fish	6 0	Barbue,
Tartare Sauce.	783	2 turs.	1 0	Sauce Tartare.
Chicken Croquettes.	1354	12	3 0	Croquettes de Volaille.
Broiled Ox-Tail.	950	2 dish.	4 0	Queue de Bœuf Grillée.
Quarter of Lamb.	1119	1 joint	8 6	Quartier d'Agneau.
Artichokes.	1528	2 dish.	5 0	Artichauts.
Leverets.	1401	2	7 0	Levrauts.
Rice Soufflé.	2047	2 dish.	4 0	Soufflé au Riz.
Cherry Tarts.	1747	2	3 6	Tourtes aux Cérises.
Lemon Sponge.	2205	1	1 0	Gelée au Citron à la Russe.
Vegetables with joint { *Potatoes.*	1605	4 lbs.	0 4	*Légumes* { *Pommes de Terre.*
Peas.	1597	2 pks.	2 0	*Petits Pois.*
			2 8 10	

Note.—A second fish, such as whitebait, might be added with advantage to this Menu; and if liked to be a more savoury dish, the artichoke might be served with fine herbs (*see* No. 1530).

3136.—DINNERS FOR EIGHT PERSONS.—JULY.

1.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Wood Pigeon Soup.	370	3½ pts.	4 8	Purée de Ramiers.
	Fillets of Mackerel, Béchamel Sauce.	500	2 fish	1 10	Filets de Maquerau au Béchamel.
	Whitebait.	583	3 pts.	6 0	Blanchailles.
	Croquettes of Chicken.	1354	1 dish	2 6	Croquettes de Volaille.
	Mutton Cutlets.	1128	1 dish	3 6	Côtelettes de Mouton.
	Roast Veal.	984	1 joint	5 6	Rouelle de Veau.
	Tongue.	938	1	3 6	Langue de Bœuf.
	Olives.	2087	2 dish.	1 0	Olives Farcies.
	Vol-au-vent of Fruit.	1895	1 dish	3 0	Vol-au-vent de Fruits.
	Coffee Custard.	2039	1	1 6	Crême au Café.
	Ices.		8	2 0	Glaces.
	Vegetables with joint { *Potatoes.* *Sprouts.*	1605	3 lbs.	0 3	*Légumes* { *Pommes de Terre.* *Choux.*
		1549	3 lbs.	0 9	
				1 16 0	

2.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Green-Pea Soup.	318	3½ pts.	3 0	Potage aux Petits Pois.
	Filleted Soles, Sauce à l'Aurore.	558	2 fish	2 6	Filets de Soles, Sauce à l'Aurore.
		759	2 turs.	1 6	
	Chaudfroid of Chicken.		1 dish	4 6	Chaudfroid de Volaille.
	Fricandeau of Veal.	1022	1 dish	4 6	Noix de Veau Bardé aux Épinards.
	Leg of Lamb.	1121	1 joint	5 6	Gigot d'Agneau.
	Salad.	1622	1	1 0	Salade.
	Strawberry Jelly.	2050	1 mld.	2 6	Gelée aux Fraises.
	Custard Tartlets.	1906	8	1 6	Fanchonettes.
	Apricot Bouchées.	1904	1 dish	2 0	Bouchées d'Abricots.
	Vegetables with joint { *Potatoes.* *Peas.*	1605	3 lbs.	0 3	*Légumes* { *Pommes de Terre.* *Petits Pois.*
		1597	1½ pk.	1 6	
				1 10 3	

3.	Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
				s. d.	
	Gravy Soup.	352	3½ pts.	1 9	Bouillon.
	Turbot, Lobster Sauce.	572	1 fish	10 6	Turbot, Sauce Homard.
		729	2 turs.	1 6	
	Turban of Veal.	2963	1 dish	5 0	Turban de Veau.
	Ducks.	1291	2 birds	6 0	Canetons.
	Stuffed Tomatoes.	1635	8 lbs.	1 6	Tomates Farcies.
	Raspberry Cream.	2041	1 mld.	2 0	Crême à la Framboises.
	Maraschino Jelly.	2004	1 mld.	2 6	Gelée au Marasquin.
	Cheese Soufflé.	2045	1 dish	2 0	Soufflé de Parmesan.
	Vegetables { *Potatoes.* *French Beans.*	1605	3 lbs.	0 3	*Légumes* { *Pommes de Terre.* *Haricots Verts.*
		1541	3 lbs.	0 9	
				1 13 9	

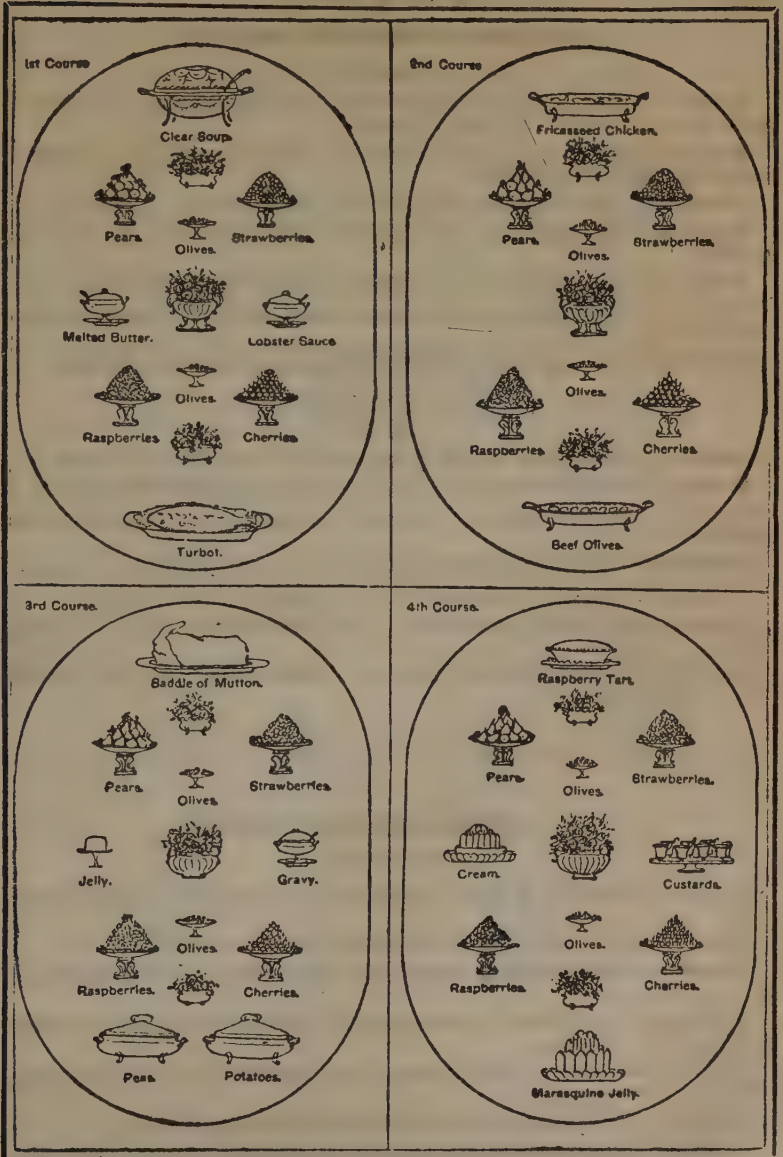
3137.—DINNERS FOR SIX PERSONS.—JULY.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Soup à la Reine.	375	2½ pts.	3 3	Purée à la Reine.
Turbot, Horseradish Sauce.	717	2 lbs. 1 tur.	3 6 0 6	Turbot, Sauce Raifort.
Lobster Cutlets.	596	6 cuts.	2 0	Côtelettes de Homard.
Chaudfroid of Chicken.	1339	1 dish	3 0	Chaudfroid de Volaille.
Farced Olives.	2087	18	1 0	Olives Farcies.
Leg of Lamb.	1121	1 joint	6 0	Gigot d'Agneau.
Salad.	1622	1	1 0	Salade.
Macédoine of Fruits.	1996	1	2 0	Macédoine de Fruits.
Chocolate Cream.	1980	1 mld.	2 0	Crême au Chocolat.
Vegetables with joint } *Potatoes.* *Peas.*	1605 1597	2 lbs. 1 pk.	0 2 1 0	*Légumes* { *Pommes de Terre.* *Petits Pois.*
			1 5 5	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Spring Soup.	327	2½ pts.	2 0	Potage à la Printanière.
Salmon.	528	3 lbs.	4 6	Saumon.
Sweetbreads en Caisse.	2904	1 dish	5 0	Ris de Veau en Caisse.
Curried Prawns.	601	1 dish	2 6	Crevettes au kari.
Rumpsteak.	877	2 lbs.	2 4	Rumpsteak.
Artichokes aux Fines Herbes.	1530	6	3 0	Artichauts aux Fines Herbes.
Cherry Tart.	1747	1	2 0	Tourte aux Cérises.
Stone Cream.	2049	1	2 0	Crême aux Tous les Mois.
Ices.		6	1 6	Glaces.
Vegetables with Steak } *Potatoes.* *Chipped.*	1605 1608	2 lbs. 2 lbs.	0 2 0 3	*Légumes* { *Pommes de Terre.* *Frites.*
			1 5 3	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Clear Soup.	276	2½ pts.	1 6	Consommé.
Salmon Cutlets, Tartare Sauce.	532 783	3 lbs. 1 tur.	5 0 0 6	Côtelettes de Saumon. Sauce Tartare.
Fricasseed Chicken.	1349	1 dish	3 0	Fricassée de Volaille.
Loin of Lamb.	1122	1 joint	4 6	Longe d'Agneau.
Salad.	1622	1	1 0	Salade.
Strawberry Tartlets.	1881	6	1 0	Tourtelettes aux Fraises.
Lemon Sponge.	2005	1	1 0	Gelés au Citron à la Russe.
Vegetables with joint } *Potatoes.* *Peas.*	1605 1597	2 lbs. 1 pk.	0 2 1 0	*Legumes* { *Pommes de Terre.* *Petits Pois.*
			18 8	

3138.—DINNER FOR TWELVE PERSONS.—JULY.



Note.—The soup and fish are shown together in the first course; but the former should be removed before the fish is brought on.

3139.—FAMILY DINNERS FOR JULY.

No. 1.

SUNDAY.—Green pea soup.—Roast fillet of veal, bacon, beans, potatoes.—Tipsy cake, stewed fruit.—Cheese.—Dessert.

MONDAY.—Salmon trout.—Mutton cutlets, cold veal, potatoes, cucumber.—raspberry and currant pudding.

TUESDAY.—Roast ducks and peas, potatoes; rissoles of veal.—Cherry tart.

WEDNESDAY.—Julienne soup.—Hashed duck, steak and onions.—Black currant pudding.

THURSDAY.—Roast leg of mutton, beans, potatoes.—Lemon dumplings.

FRIDAY.—Broiled salmon.—Cold mutton, salad, potatoes, vegetable marrow and white sauce.

SATURDAY.—Green pea soup.—Mutton collops, potatoes.—Jam pudding.

No. 2.

SUNDAY.—Roast quarter of lamb, peas, potatoes.—Cold fruit tart, cream.

MONDAY.—Soup.—Cold lamb, salad, mashed potatoes.—Cheese ramequins.

TUESDAY.—Boiled mackerel, cucumber.—Stewed steak, vegetables.—Jam sandwiches.

WEDNESDAY.—Spring soup.—Minced lamb, veal cutlets, vegetables.—Cheese.

THURSDAY.—Roast beef, potatoes, Yorkshire pudding.—Cold fruit tart.

FRIDAY.—Boiled salmon, cucumber.—Cold beef, salad, mashed potatoes.—Cheese.

SATURDAY.—Mayonnaise of cold salmon.—Hashed beef, vegetables.—Raspberry and currant tart.

3140.—LITTLE DINNERS FOR JULY.

(*Very economical.*)

SUNDAY.—Roast leg of lamb, peas, potatoes, mint sauce.—Cherry tart, custard.

MONDAY.—Lentil soup.—Cold lamb, pickles, potatoes.—Cheese.

TUESDAY.—Boiled salmon (if cheap).—Remains of lamb, broiled.—Bread-and-butter pudding.

WEDNESDAY.—Cold salmon in a mayonnaise.—Stew made from neck of mutton and vegetables.—Cheese.

THURSDAY.—Brisket of beef, boiled, with vegetables and suet dumplings, potatoes.—Stewed fruit.

FRIDAY.—Cold beef, pickles, mashed potatoes.—Currant pudding.

SATURDAY.—Soup made from beef liquor.—Minced beef, potatoes.—Cheese.

3141.—KITCHEN DINNERS FOR JULY.

Dinner for Twelve Servants.
Soup.—Roast ribs of beef, vegetables, Yorkshire pudding.

Dinner for Eight Servants.
Boiled leg of mutton, caper sauce, vegetables.—Baked sultana pudding.

Dinner for Six Servants.
Boiled mackerel.—Cold meat, salad of mashed potatoes.

Dinner for Four Servants.
Soup.—Beef pie made from cold meat, potatoes.

Dinner for Two Servants.
Hashed mutton, potatoes.—Fruit pie.

3142.—VEGETARIAN DINNERS FOR JULY.

No. 1.	No. 2.
Green-Pea Soup.	Oatmeal and Milk.
Potato Fritters. Lentils and Mashed Potatoes. Curried Rice.	Vegetable Pie. Curried Haricot Beans. Poached Eggs and Spinach.
Raspberry and Currant Tart. Custard.	Compôte of Fruit. Whipped Cream.
Average cost of this dinner, 5*s.* 6*d.* for six persons.	Average cost of this dinner, 5*s.* for six persons.

3143.—QUICKLY PREPARED DINNERS FOR JULY.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Baked Soles.	554	Boiled Mackerel.	498
Ragout of Mutton.	1105	Vêal Rissoles.	1026
Roast Duckling.	1291	Rumpsteak.	891
Green Peas.	1597	Potatoes.	1613
New Potatoes.	1605	Sweet Omelette.	2021
Fruits and Cream.		Dessert.	
Time for this dinner, 1¼ hour.		Time for this dinner, ¾ hour.	

Note.—The vegetables in Dinner No. 1 must be first prepared, then the stuffing made for the duck. The cream for the fruit might be whipped if time allowed. Any other cold meat might take the place of the mutton. The rissoles in Dinner No. 2 could be made of any scraps of cold chicken or fish, instead of veal. The rumpsteak might have any sauce at hand, such as tomato or Harvey. The dessert may consist of any fresh fruit.

3144.—DINNERS FOR EIGHTEEN PERSONS.—AUGUST.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Appétisans.			3 0	Appétisans.
Lobster Soup.	396	2 qts.	7 0	Bisque de Homard.
Soup à la Reine.	375	2 qts.	5 2	Purée de Volaille.
Salmon,	528	1 fish	10 0	Saumon,
Dutch Sauce.	704	3 turs.	1 6	Hollandaise Verte.
Chaudfroid of Chicken.	1339	3 dish.	10 6	Chaudfroid de Volaille.
Veal Cutlets,	1021	2 dish.	7 0	Côtelettes de Veau à la Maintenon,
Italian Sauce.	720	3 turs.	1 6	Sauce Italienne.
Haunch of Mutton.	1096	1 joint	14 0	Hanche de Mouton Rôtie.
Grouse.	1395	9 birds	11 3	Coqs de Bruyère.
Anchovy Toast.	2075	18	2 0	Rôtis aux Anchois.
Almond Pudding.	1694	2	6 0	Chartreuse de Fruit.
Marbled Jelly.	1998	2 mlds	5 0	Gelée Marbrée.
Iced Gooseberry Cream.	2302	2 mlds	5 6	Crême de Groseilles Glacée.
Vegetables with joint } *Potatoes.* *French Beans.*	1605	6 lbs.	0 6	*Légumes* { *Pommes de Terre.* *Haricots Verts.*
	1542	6 lbs.	1 6	
			4 11 5	

Note.—The appétisans in this dinner might be prawns or olives. The former could be served in lemons as shown in recipe 2086, or on a bed of watercress; about three or four should be allowed to each person. The olives might be either plain or stuffed.

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Cray Fish Soup.	393	7 pts.	15 0	Potage d'Ecrevisses.
Stewed Trout.	570	6 fish	10 6	Truite au Vin Rouge.
Turbot,	572	6 lbs.	10 0	Turbot,
Hollandaise Sauce.	704	3 turs.	3 6	Sauce Hollandaise.
Salmi of Grouse.	1426	2 dish.	9 0	Salmis de Coq de Bruyère.
Minced Veal.	1000	2 dish.	4 0	Emincé de Veau.
Béchamel Sauce.	665		5 0	au Béchamel.
Saddle of Mutton.	1107	1 joint	10 0	Selle de Mouton.
Black Game.	1391	6 birds	15 0	Coqs de Bruyère.
Salad.	1622	2	3 0	Salade.
Compôte of Greengages.	2165	2 dish.	4 0	Compôte aux Fruits.
Raspberry and Currant Tarts.	1758	2	3 0	Tourtes aux Framboises.
Vanilla Cream.	2056	2 mlds	4 0	Crême à la Vanille.
Cheese Ramequins.	2604	18	3 0	Soufflé de Parmesan.
Vegetables with joint } *Potatoes.* *French Beans.*	1605	6 lbs.	0 6	*Légumes* { *Pommes de Terre.* *Haricots Verts.*
	1542	6 lbs.	1 6	
			5 1 0	

Note.—The soup will be found to be the most expensive item in this dinner; but this could be replaced by a less costly one. To further lessen the cost the salmi of grouse might easily be changed for a less expensive entrée.

3145.—DINNERS FOR TWELVE PERSONS.—AUGUST.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Soups.				*Potages.*
	Lobster Soup.	396	5 pts.	8 9	Bisque de Homard.
	Mock Turtle.	359	2 qts.	7 6	Consommé de Tête de Veau.
	Fish.				*Poissons.*
	Trout.	570	4 fish	7 0	Truite au Vin Rouge.
	Whitebait.	583	4 pts.	8 0	Blanchailles.
	Entrées.				*Entrées.*
	Lambs' Sweetbreads.	1134	2 dish.	6 0	Ris d'Agneau.
	Curried Veal.	1018	2 dish.	5 0	Côtelettes de Veau à l'Indienne.
	Roast.				*Rotis.*
	Leg of Mutton.	1097	1 joint	8 0	Gigot de Mouton.
	Ducks.	1291	3 birds	9 0	Canetons.
	Sweets.				*Entremets.*
	Raspberry and Currant Tarts.	1758	2	4 0	Tourtes aux Framboises.
	Orange Jelly.	2013	2 mlds	4 0	Gelée aux Oranges.
	Rum Puddings.	1871	2	4 0	Poudings au Rhum.
	Cheese.				*Fromage.*
	Stilton.	2590	1 lb.	1 6	Stilton.
	Vegetables with joint { *Potatoes.* / *Peas.*	1605 / 1597	4 lbs. / 2 pks.	0 4 / 2 6	*Légumes* { *Pommes de Terre.* / *Petits Pois.*
				3 15 7	

Note.—If only one soup be preferred it should be the lobster that should be taken out. The only other omission that could very well be made would be that of the ducks, as it is not necessary to have two roasts.

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Vegetable Marrow Soup.	337	5 pts.	3 6	Purée de Courge.
	Salmon.	528	1 fish	9 0	Saumon.
	Mutton Cutlets.	1128	2 dish.	5 0	Côtelettes de Mouton.
	Chicken Cream.	1338a	2 dish.	7 6	Crême de Volaille.
	Sirloin.	924	1 joint	7 6	Aloyau.
	Leverets.	1401	2	7 0	Levrauts.
	Salad.	1622	2	2 0	Salade.
	Apricot Tarts.	1715	2	3 6	Tourtes aux Abricots.
	Raspberry Cream.	2041	2 mlds	4 6	Crême aux Framboises.
	Cheese Biscuits.	2606	2 doz.	0 6	Biscuits de Parmesan.
	Vegetables with joint { *Potatoes.* / *Cauliflower.*	1605 / 1559	4 lbs. / 4 hds.	0 4 / 1 0	*Légumes* { *Pommes de Terre.* / *Choufleurs.*
				2 11 4	

Note.—The salad would be better if made with some olives or anchovies to give it more piquancy than an ordinary plain salad. The dessert should be of fresh fruit, of which there is generally plenty to be had during the month of August.

3146.—DINNERS FOR EIGHT PERSONS.—AUGUST.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Appétisans.				Appétisans.
White Soup.	345	3½ pts.	3 0	Potage Lait d'Amandes.
Salmon Cutlets, Horseradish Sauce.	532 717	4 lbs. 2 turs.	6 0 1 6	Côtelettes de Saumon, Sauce Raifort.
Vol-au-vent of Chicken with Mushrooms.	1363	1 dish	6 6	Vol-au-vent de Volaille aux Champignons.
Beef Rissoles.	947	8	1 6	Croquettes de Bœuf.
Leg of Lamb.	1121	1 joint	6 6	Gigot d'Agneau.
Macaroni and Pine-apple.	2008	1	2 0	Macaroni aux Ananas.
Noyeau Cream.	2010	1 mld.	2 6	Crême au Noyeau.
Ices.		8	2 0	Glaces.
Vegetables with joint — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
French Beans.	1542	3 lbs.	0 9	*Haricots Verts.*
			1 12 6	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Julienne Soup.	307	3½ pts.	3 0	Julienne.
Fillets of Turbot, Italian Sauce.	575 720	3 lbs. 2 turs.	4 6 1 0	Filets de Turbot, Sauce à l'Italienne.
Lamb Cutlets.	1132	1 dish	4 6	Côtelettes d'Agneau.
Fowl and Rice Croquettes.	1353	1 dish	3 0	Croquettes de Volaille au Riz.
Roast Fillet of Veal.	984	1 joint	6 0	Rouelle de Veau.
Ham.	1191	1	7 0	Jambon.
Grouse.	1395	4 birds	10 0	Coqs de Bruyère.
Compôte of Apricots.	2128	1 dish	2 6	Compôte d'Abricots.
Cabinet Pudding.	1739	1	3 6	Pouding aux Raisins.
Cheese Ramequins.	2604	8	1 6	Soufflé de Parmesan.
Vegetables with joint — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
French Beans.	1542	3 lbs.	0 9	*Haricots Verts.*
			2 7 6	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost	**Menu.** (*French.*)
			s. d.	
Mock Turtle Soup.	360	3½ pts.	2 6	Potage de Tête de Veau.
Boiled Soles, Béchamel Sauce.	555 665	2 fish 2 turs.	2 6 1 0	Soles, Sauce Béchamel.
Lobster Patties.	598	8	2 4	Petits Pâtés de Homard.
Beef Rissoles.	947	8	1 6	Croquettes de Bœuf.
Leg of Lamb.	1121	1 joint	6 0	Gigot d'Agneau.
Mayonnaise Salad.	734	1	1 6	Salade en Mayonnaise.
Greengage Tart (*see* Apricot Tart).	1715	1	1 6	Tourte au Crême.
Custard.	1969	1 dish	1 0	
Wine Jelly.	1959	1 mld.	2 0	Gelée au Vin.
Stilton Cheese.	2590	1 lb.	1 6	Stilton.
Vegetables with joint — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
Cauliflower.	1559	3 hds.	0 9	*Choufleurs.*
			1 4 4	

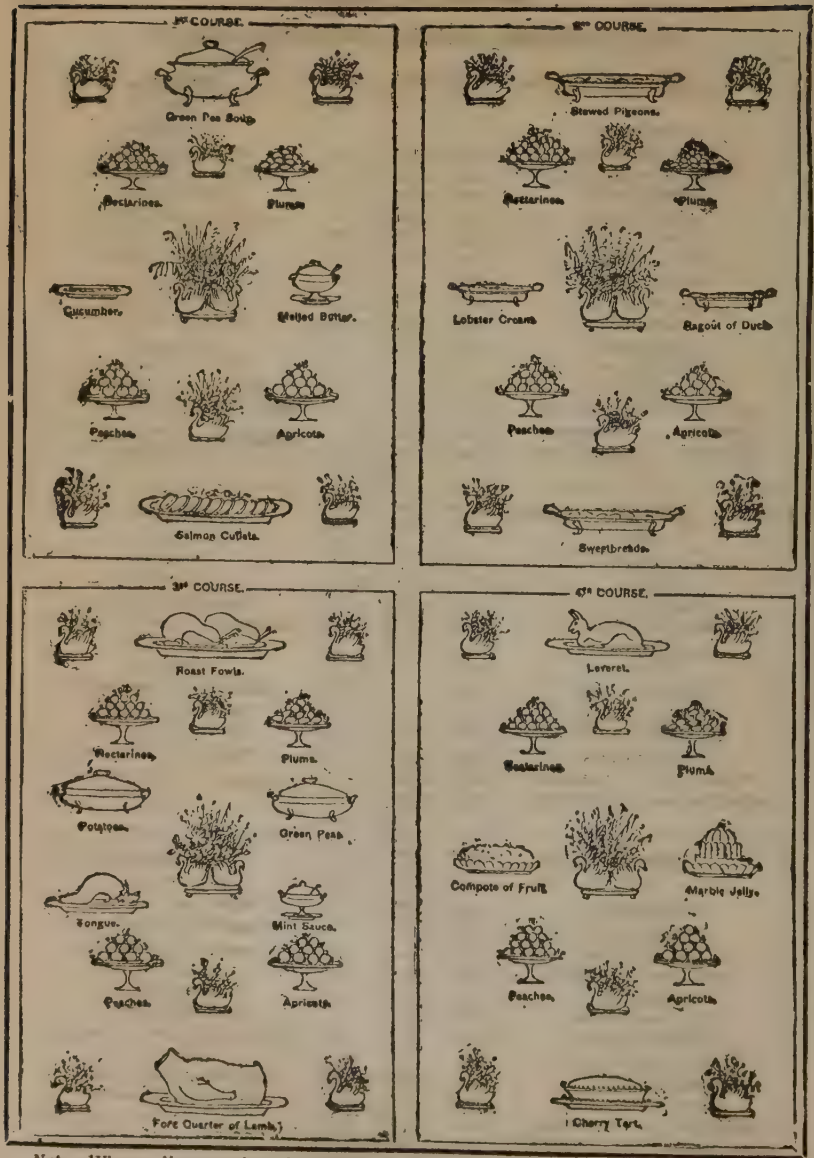
3147.—DINNERS FOR SIX PERSONS.—AUGUST.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Appétisans.				Appétisans.
Soup à la Reine.	375	2½ pts.	3 3	Purée de Volaille.
Fried Filleted Soles,	558	2 fish	2 3	Filets de Soles Frits,
Tartare Sauce.	783	1 tur.	0 6	Sauce Tartare.
Lamb Cutlets.	1132	1 dish	3 0	Côtelettes d'Agneau.
Chicken Cream.	1338a	1 dish	4 6	Crême de Volaille.
Fillet of Beef,	945	3 lbs.	3 0	Filet de Bœuf,
Spanish Sauce.	775		1 0	à l'Espagnole.
Farced Olives.	2087	18	1 3	Olives Farcies.
Grouse.	1395	3 birds	7 6	Coqs de Bruyère.
Artichokes,	1528	6	2 6	Artichauts,
White Sauce.	796		0 6	Sauce Blanche.
Coburg Pudding.	1745	1	2 6	Pouding à la Coburg.
Iced Benedictine Cream.	2024	1	2 6	Crême Glacée à la Benedictine.
Vegetables with joint — *Potatoes.*	1605	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
French Beans.	1542	2 lbs.	0 6	*Haricots Verts.*
			1 14 11	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
Julienne.	307	2½ pts.	2 3	Julienne.
Salmon.	528	4 lbs.	6 0	Saumon.
Veal Collops.	1024	1 dish	2 6	Escaloppes de Veau.
Salmi of Grouse.	1426	1 dish	3 0	Salmis de Coqs de Bruyère.
Roast Chickens.	1304	2 birds	5 0	Poulets Rotis.
Ham.	1191	1	6 6	Jambon.
Cucumber Salad.	1567	1	0 9	Salade aux Concombres.
Apricot Tart.	1715	1	1 9	Tourte aux Abricots.
Chocolate Cream.	1980	1 mld	2 0	Crême au Chocolat.
Cheese Straws.	2593	1 dish	0 6	Pailles de Parmesan.
Vegetables with Chickens — *Potatoes.*	1605	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
Cauliflower	1559	2 hds.	0 6	*Choufleurs.*
			1 10 11	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
			s. d.	
White Soup.	345	2½ pts.	2 3	Potage Lait d'Amandes.
Stewed Eels.	463	2 lbs.	2 6	Anguilles au Vin Rouge.
Curried Prawns.	601	1 dish	2 6	Crevettes à l'Indienne.
Stewed Sweetbreads.	1030	1 dish	4 0	Ris de Veau.
Rumpsteak and Mushrooms.	877 / 1586	3 lbs. / 2 bkts.	4 6	Rumpsteak aux Champignons.
Grouse Salad.	1396	1	3 6	Coq de Bruyère à la Salade.
Amber Pudding.	1700	1	3 0	Pouding.
Apple Snow.	1937	1 dish	1 0	Pommes Meringuées.
Maraschino Jelly.	2006	1 mld.	2 6	Gelée au Marasquin.
Vegetables with Steak — *Potatoes.*	1605	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
do. Chipped.	1608	2 lbs.	0 3	*do. Frites.*
			1 6 2	

3148.—DINNER FOR TWELVE PERSONS.—AUGUST.



Note.—When a dinner such as the above is laid in only four courses it is necessary to put the game on at the same time as the sweets.

3149.—FAMILY DINNERS FOR AUGUST.

No. 1.

SUNDAY.—Clear soup.—Roast lamb, peas, potatoes, mint sauce.—Fruit tart, custard, jelly.—Cheese, &c.

MONDAY.—Tapioca soup.—Beef rissoles, cold lamb, salad, potatoes.—Lemon pudding.

TUESDAY.—Fried soles.—Stewed sweetbreads, rumpsteak, potatoes, French beans.—Stewed fruit, boiled rice.

WEDNESDAY.—Macaroni soup.—Roast sirloin of beef, potatoes, peas, horse-radish sauce, Yorkshire pudding.—Pastry sandwiches, blancmange.

THURSDAY.—Turbot, Dutch sauce.—Veal cutlets, cold beef, beetroot, mashed potatoes.—Sweet omelette.

FRIDAY.—Soup.—Lamb cutlets, cold beef, salad, potatoes.—Fruit tart, cream.

SATURDAY.—Turbot à la crême from remains of cold turbot.—Loin of mutton, rolled and stuffed, boiled batter pudding.—Lemon sauce.

No. 2.

SUNDAY.—Roast quarter of lamb, French beans, potatoes, mint sauce.—Raspberry tart, cream.—Cheese.—Dessert.

MONDAY.—Green pea soup.—Cold lamb, mashed potatoes, salad.—Sponge cake pudding.

TUESDAY.—Veal cutlets, hashed lamb, vegetables.—Stewed fruit and tapioca.

WEDNESDAY.—Boiled salmon, cucumber.—Beefsteak pie, vegetables.—Macaroni cheese.

THURSDAY.—Boiled beef, carrots, potatoes, small suet dumplings.—Baked ground rice pudding with preserve.

FRIDAY.—Boiled soles, parsley and butter.—Cold beef, mashed potatoes, pickles.—Plum pudding.

SATURDAY.—Soup made from liquor from beef, haricot mutton, minced beef.—Ginger-bread pudding.

3150.—LITTLE DINNERS FOR AUGUST.

(*Very economical.*)

SUNDAY.—Boiled leg of mutton, caper sauce, vegetables.—Fruit tart, baked custard pudding.

MONDAY.—Soup made from liquor from mutton.—Cold meat, cucumber.—Marmalade pudding.

TUESDAY.—Hashed mutton, potatoes.—Baked bread pudding.

WEDNESDAY.—Roast round of beef, vegetables.—Yorkshire pudding.

THURSDAY.—Lentil soup.—Cold beef, potatoes, salad.—Stewed fruit.

FRIDAY.—Salmon shad.—Rissoles of beef.—Savoury macaroni.

SATURDAY.—Fish pie.—Curry from any scraps of cold meat.—Fruit pudding.

3151.—KITCHEN DINNERS FOR AUGUST.

DINNER FOR TWELVE SERVANTS.

Roast quarter of lamb, potatoes, beans, mint sauce.—Fruit pudding

DINNER FOR EIGHT SERVANTS.

Roast fillet of veal, bacon, vegetables.—Rice pudding.

DINNER FOR SIX SERVANTS.

Vegetable soup.—Beefsteak pudding.—Cheese.

DINNER FOR FOUR SERVANTS.

Fish pie made from cold fish and potatoes.—Stewed steak and vegetables.

DINNER FOR TWO SERVANTS.

Joint from dining-room, vegetables.—Bread pudding baked.

3152.—VEGETARIAN DINNERS FOR AUGUST.

No. 1.	No. 2.
Vermicelli Soup.	Macaroni Soup.
Vegetable Stew. Lentil Fritters.	Haricots and Onion Sauce. Green Peas.
Fruit Tart.	Stewed Celery and White Sauce.
Savoury Omelette. Cheese.	Stewed Fruit. Cheese Straws.
Average cost of this dinner, 5*s.* for six persons.	Average cost of this dinner, 4*s.* 6*d.* for six persons.

3153.—QUICKLY PREPARED DINNERS FOR AUGUST.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Tapioca Soup.	334	Mock Turtle.	
Red Mullet.	503	Cod with Cream Sauce.	444
Lobster Salad.	490		
		Lamb Chops.	1116
Ragout of Mutton or any cold Meat.	1105	Chicken Salad.	1285
Apple Fritters.	1929	Trifle.	1991
Dessert.		Dessert.	
Time for this dinner, 1 hour.		Time for this dinner, ¾ hour.	

Note.—In Dinner No. 1 the soup may be made from any stock or from Liebig. The ragout can be of any cold meat, and the salad may be made of tinned lobster. The contents of the tin should be turned out and the meat drained free of moisture. The soup in Dinner No. 2 is tinned, a little sauce being added. The cod is cold fish re-warmed, and the salad of any scraps of chicken, for which game can be substituted.

3154.—DINNERS FOR EIGHTEEN PERSONS.—SEPTEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Appétisans.				Appétisans.
Clear Turtle.	382	3 qts.	63 0	Tortue Claire.
Soup à la Reine.	375	3 qts.	7 9	Purée de Volaille.
Turbot,	572	2 fish	20 0	Turbot.
Green Dutch Sauce.	704	3 turs	1 6	Hollandaise verte.
Red Mullet in Cases.	503	18 fish	12 0	Rougets en Caisse.
Chaudfroid of Turkey (*see* Fowl).	1339	3 dish.	12 0	Chaudfroid de Dindonneau.
Salmi of Black Cock	1426	3 dish.	10 0	Salmis de Coq de Bruyère
with Financière Sauce.	710			à la Financière.
Olives.	2087	3 dish	1 6	Olives.
Saddle of Mutton.	1107	1 joint	9 0	Selle de Mouton.
Partridges.	1405	6 birds	12 0	Perdreaux.
Cream Eggs.	1970	3 dish	6 0	Œufs à la Crême.
Fruit Jelly.	1996	2 mlds	4 6	Macédoine de Fruit.
Iced Puddings.	1788	2	10 6	Poudings glacés.
Cheese Soufflé.	2046	2	4 0	Soufflé de Parmesan.
Vegetables with joint { *Potatoes*	1605	6 lbs.	0 6	*Légumes* { *Pommes de Terre.*
French Beans.	1542	6 lbs.	1 6	*Haricots Verts.*
			8 5 9	

Note.—In this dinner oysters would serve very well for appétisans, three to each person, with cut lemons and very thin brown bread and butter. The soufflé may be made from any good cheese instead of Parmesan. The olives may be plain or stuffed with sardines or tunny.

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Julienne Soup.	307	7 pts.	6 2	Julienne.
Cod,	435	8 lbs.	4 0	Cabillaud,
Oyster Sauce.	752	3 turs.	7 6	Sauce aux Huîtres.
Fried Eels.	464	6 lbs.	7 0	Anguilles au Vin Blanc.
Veal Cutlets.	1019	3 dish.	9 0	Côtelettes de Veau.
Stewed Pigeons.	1320	9 birds	9 0	Pigeons en Compôte.
Leg of Mutton.	1067	1 joint	9 6	Gigot de Mouton.
Black Game.	1391	6 birds	15 0	Coqs de Bruyère.
Apricot Tarts.	1715	2	3 0	Tourtes d'Abricots.
Cabinet Puddings.	1739	2	5 0	Poudings à la Cabinet.
Wine Jelly.	1959	2 mlds	5 0	Gelée au Vin.
Stilton.	2590	1 lb.	1 6	Stilton.
Vegetables with joint { *Potatoes.*	1605	6 lbs.	0 6	*Légumes* { *Pommes de Terre*
Sprouts.	1549	6 lbs.	1 6	*Choux de Bruxelles.*
			4 3 8	

Note.—The above inexpensive dinner could be improved by substituting a better fish for the cod, and a saddle for the leg of mutton. A dessert could be found of grapes, and other fruit, such as greengages, plums, peaches or apricots.

3155.—DINNERS FOR TWELVE PERSONS.—SEPTEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Soup.				*Potage.*
Gravy Soup.	352	5 pts.	2 6	Bouillon.
Fish.				*Poissons.*
Fried Soles.	557	4 fish	5 0	Soles frites.
Stewed Eels.	463	4 lbs.	4 6	Anguilles au vin rouge.
Entrées.				*Entrées.*
Scalloped Oysters.	511	5 doz.	7 0	Huîtres à la poulette.
Fillets of Blackcock à la Financière.	1426	2 dish.	8 0	Filets de Coq de Bruyère à la Financière.
Roast.				*Rotis.*
Sirloin.	924	1 joint	8 0	Aloyau.
Partridges.	1405	4 birds	8 0	Perdreaux.
Sweets.				*Entremets.*
Fig Puddings.	1769	2	5 0	Poudings au figues.
Noyeau Cream.	2010	2 mlds	3 6	Crême au Noyeau.
Cheese Salad.		2 dish.	1 0	Salade au Fromage.
Vegetables with joint { *Potatoes.* / *French Beans.*	1605 / 1542	4 lbs. / 4 lbs.	0 4 / 1 4	*Légumes* { *Pommes de Terre.* / *Haricots Verts.*
			2 14 2	

Note.—To shorten the dinner only one fish might be served; and, as there is a game entrée, the partridges might be taken out of the Menu, if their cost was objected to. The cheese salad should be made from lettuces and stilton.

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Oysters.				Huîtres.
Clear Mock Turtle Soup.	361	5 pts.	8 9	Consommé de Tête de Veau.
Boiled Soles,	555	6 fish	7 0	Soles,
Lobster Sauce.	729	2 turs.	4 0	Sauce Homard.
Red Mullet.	504	12 fish	8 0	Rougets en Papillote.
Grilled Mushrooms.	1586	3 bkts.	5 6	Champignons grillés.
Larded Fillets of Rabbit.	1328	2 rbts.	4 0	Filets de Lapins bardés.
Hashed Game.	1426	2 dish.	6 0	Salmis de Gibier.
Ribs of Beef.	922	1 joint	7 6	Côtes de Bœuf.
Partridges.	1405	6 birds	15 0	Perdreaux.
Coburg Puddings.	1745	2	5 0	Poudings.
Greengage Tarts (*see* Apricot Tart)	1715	2	4 0	Tourtes aux Prunes Vertes.
Blancmange.	1945	2 mlds	4 0	Blancmanger.
Gorgonzola.		1 lb.	1 0	Gorgonzola.
Vegetables with joint { *Potatoes.* / *Stewed Celery.*	1605 / 1564	4 lbs. / 4 hds.	0 4 / 0 8	*Légumes* { *Pommes de Terre.* / *Céleri.*
			4 0 9	

Note.—This is rather a heavy dinner, from which several dishes might be taken out, Thus, for example, the red mullet, the mushrooms, and one of the sweets omitted would still leave a substantial repast.

3156.—DINNERS FOR EIGHT PERSONS.—SEPTEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Flemish Soup.	305	3½ pts.	5 0	Soupe à la Flamande.
Boiled Filleted Soles, with Cream Sauce.	556	3 fish	4 0	Soles à la Crême.
Red Mullet in Cases.	504	8 fish	4 0	Rougets en Papillote.
Salmi of Black Game.	1426	1 dish	4 6	Salmis de Coq de Bruyère.
Veal Collops.	1024	1 dish	3 0	Escalopes de Veau farcies.
Saddle of Mutton.	1107	1 joint	9 0	Selle de Mouton.
Cucumber Salad.	1567	1	0 9	Salade aux Concombres.
Compôte of Peaches.	2184	1	3 0	Compôte de Pêches.
Amber Pudding.	1700	1	3 0	Pouding au Citron.
Vegetables with joint — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
Mashed Turnips.	1643	3 lbs.	0 8	*Navets.*
			1 17 2	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Soup à la Reine.	375	3½ pts.	4 6	Purée de Volaille.
Turbot,	572	1 fish	10 0	Turbot,
Shrimp Sauce.	774	2 turs.	0 9	Sauce aux Crevettes.
Vol-au-vent of Oysters.	600	1 dish	6 6	Vol-au-vent aux Huîtres.
Salmi of Wild Duck.	1423	1 dish	4 0	Salmis de Canards Sauvages.
Fillet of Beef.	945	3 lbs.	3 0	Filet de Bœuf.
Grouse.	1395	4 birds	10 0	Coqs de Bruyère.
Apple Snow.	1937	1 dish	1 0	Pommes à la Neige.
Sweet Omelette.	2021	1 dish	2 0	Omelettes aux Confitures.
Cheese Biscuits.	2606	2 doz.	0 6	Biscuits au Fromage.
Vegetables with Beef — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
Sprouts.	1549	3 lbs.	0 9	*Choux de Bruxelles.*
			2 3 3	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Carrot Soup.	297	3½ pts.	2 6	Potage Crécy.
Baked Haddock.	480	2 fish	2 0	Églefin roti.
Pork Cutlets.	1177	8	2 6	Côtelettes de Porc.
Hashed Game.	1426	1 dish	3 1	Salmis de Gibier.
Roast Veal.	984	1 joint	6 6	Rouelle de Veau.
Tongue.	938	1	3 6	Langue de Bœuf.
Wild Duck.	1392	2 birds	4 0	Canards Sauvages.
Cabinet Pudding.	1739	1	2 6	Pouding à la Cabinet.
Barberry Tart.	1724	1	2 0	Tourte de Fruit.
Custard.	1969	1 dish	1 0	Crême.
Cheese Salad.		1	1 0	Salade au Fromage.
Vegetables with joint — *Potatoes.*	1605	3 lbs.	0 3	*Légumes* — *Pommes de Terre.*
Cabbage.	1550	1	0 3	*Chou.*
			1 11 1	

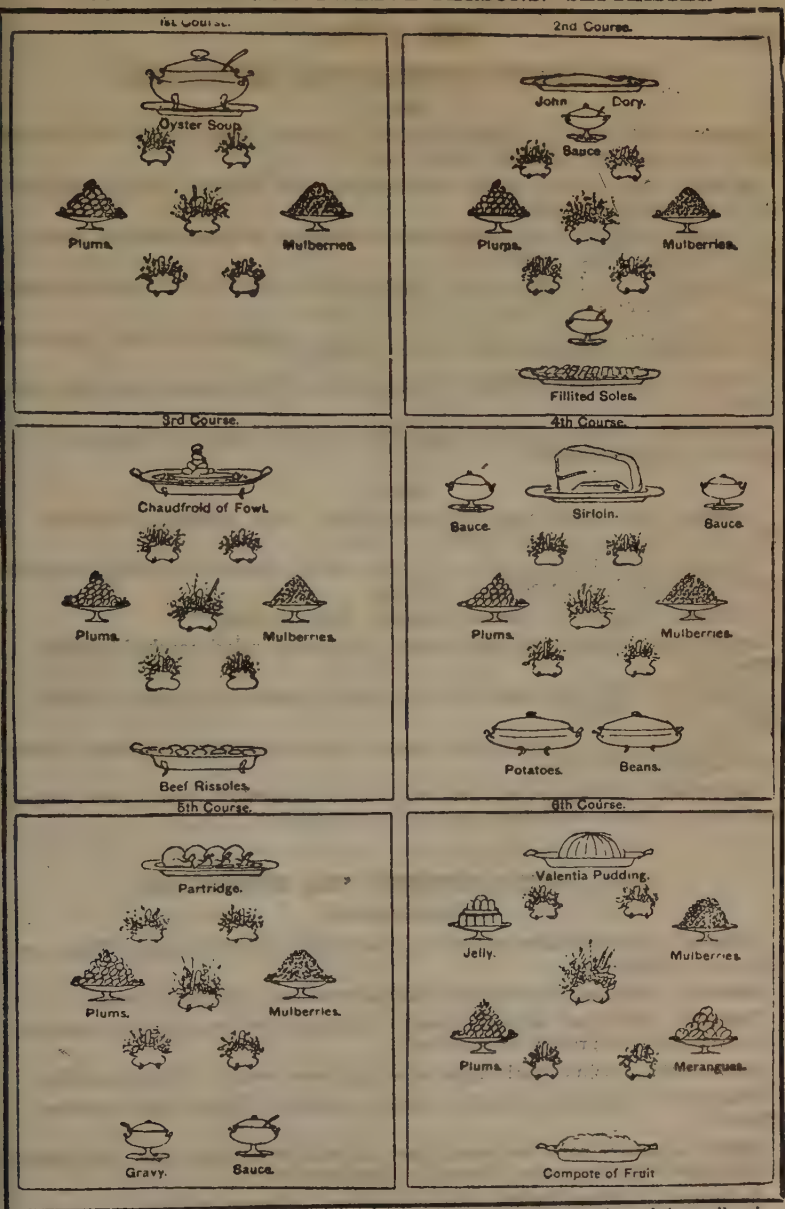
3157.—DINNERS FOR SIX PERSONS.—SEPTEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Clear Mock Turtle.	361	2½ pts.	5 0	Consommé de Tête de Veau.
Perch Stewed with Wine.	521	6 fish	4 0	Perche au Vin blanc.
Fried Eels.	464	2 lbs.	2 3	Anguilles Frites.
Vol-au-vent of Oysters.	600	1 dish	5 6	Vol-au-vent aux Huîtres.
Hashed Wild Duck.	1423	1 dish	3 0	Salmis de Canards Sauvages.
Saddle of Mutton.	1107	1 joint	9 0	Selle de Mouton.
Partridges.	1405	3 birds	7 6	Perdreaux.
Russian Salad.	2094	1	1 0	Salade à la Russe.
Cabinet Pudding.	1739	1	2 6	Pouding à la Cabinet.
Marbled Jelly.	1998	1 mld.	2 0	Gelée Marbrée.
Ices.		6	1 6	Glaces.
Vegetables with joint { *Potatoes.* *Sprouts.*	1605	2 lbs.	0 2	*Légumes* { *Pommes de Terre.* *Choux.*
	1549	2 lbs.	0 6	
			2 3 11	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Celery Soup.	299	2½ pts.	1 3	Purée de Céleri.
Turbot with Cream Sauce.	576	2 lbs.	3 6	Turbot à la Crême.
Chicken Croquettes.	1354	6	1 6	Croquettes de Volaille.
Sweetbreads,	1029	1 dish	3 6	Ris de Veau
Maître d'Hôtel Sauce.	731		1 0	à la Maître d'Hôtel.
Rumpsteak	877	3 lbs.	5 6	Rumpsteak
and Mushrooms.	1577	2 bkts.		aux Champignons.
Wild Duck.	1392	2 birds	4 0	Canards Sauvages.
Valentia Pudding.	1835	1	2 6	Pouding à la Valentia.
Maraschino Jelly.	2006	1 mld.	2 6	Gelée au Marasquin.
Macaroni Cheese.	2599	1 dish	1 0	Fromage au Macaroni.
Vegetables ... Potatoes.	1605	2 lbs.	0 2	*Légumes...Pommes de Terre.*
			1 6 5	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Gravy Soup.	352	2½ pts.	1 3	Bouillon.
Fried Soles,	557	2 fish	2 6	Soles Frites,
Piquante Sauce.	711	1 tur.	0 6	Sauce Piquante.
Oyster Patties.	516	6	1 3	Petits Pâtés aux Huîtres.
Chicken Cutlets.	1340	6	1 6	Côtelettes de Volaille.
Sirloin,	924	1 joint	7 0	Aloyau,
Horseradish Sauce.	717	1 tur.	0 6	Sauce Raifort.
Black Game.	1391	2 birds	5 0	Coqs de Bruyère.
Damson Tart.	1763	1	2 0	Tourte de Fruit.
Stone Cream.	2049	1 mld.	2 0	Crême de Tous les Mois.
Celery Salad.		1	0 6	Salade de Céleri.
Vegetables with joint { *Potatoes.* *French Beans.*	1605	2 lbs.	0 2	*Légumes* { *Pommes de Terre.* *Haricots Verts.*
	1542	2 lbs.	0 6	
			1 4 8	

3158.—DINNER FOR TWELVE PERSONS.—SEPTEMBER



Note.—The dessert need not be put upon the table throughout the meal; and the mulberries are rather strongly scented.

3159.—FAMILY DINNERS FOR SEPTEMBER.

No. 1.

SUNDAY.—Clear soup.—Saddle of mutton, potatoes, French beans, red currant jelly.—Damson tart, custard.—Cheese, &c.

MONDAY.—Mock-turtle soup.—Sweetbreads, cold mutton, mashed potatoes, salad.—Cheese ramequins.

TUESDAY.—Boiled turbot, oyster sauce.—Harricot mutton, potatoes, beans.—Baked plum pudding.—Cheese, &c.

WEDNESDAY.—Fish rissoles made from cold fish.—Roast sirloin of beef, potatoes, cabbage, Yorkshire pudding.—Macaroni cheese.

THURSDAY.—Semolina soup.—Roast chicken, cushion of bacon, potatoes, French beans.—Cold beef, salad.—Sweet omelette.

FRIDAY.—Red mullet.—Hashed beef, potatoes.—Partridges.—Cold fruit tart, cream.

SATURDAY.—Soup.—Hashed game.—Mutton cutlets and mashed potatoes.—Jam tart.—Cheese straws.

No. 2.

SUNDAY.—Mock-turtle soup.—Roast chickens, ham, potatoes, cauliflower.—Greengage tart, custard, milk pudding.—Dessert.

MONDAY.—Boiled filleted soles.—Mutton cutlets.—Rissoles of chicken, mashed potatoes.—Baked lemon pudding.—Cheese.

TUESDAY.—Roast beef, greens, potatoes.—Apple pudding.

WEDNESDAY.—Soup from beef bones.—Cold beef, salad, mashed potatoes.—Plum tart.

THURSDAY.—Beef pie made from cold beef, potatoes, vegetable marrow.—Apple fritters.—Cheese.

FRIDAY.—Baked cod and oyster sauce.—Haricot mutton, potatoes.—Batter pudding with sweet sauce.

SATURDAY.—Mulligatawney soup, made from Australian meat.—Veal cutlets and bacon.—Pastry sandwiches, ground rice pudding.

3160.—LITTLE DINNERS FOR SEPTEMBER.

(*Very economical.*)

SUNDAY.—Roast shoulder of mutton, onion sauce, baked potatoes.—Plum tart, shape of cornflour.

MONDAY.—Cold mutton, chutnee, mashed potatoes.—Macaroni cheese.

TUESDAY.—Scalloped oysters (tinned).—Haricot of cold mutton and vegetables.—Stewed fruit and ground rice pudding.

WEDNESDAY.—Loin of pork, apple sauce, potatoes, savoy.—Cheese omelette.

THURSDAY.—Remains of pork curried, potatoes.—Baked apple pudding.—Cheese.

FRIDAY.—Baked fresh herrings.—Stew of neck of mutton (the best part of which is cut off for next day's dinner).—Apple fritters.

SATURDAY.—Mutton cutlets, mashed potatoes.—Ginger pudding.

3161.—KITCHEN DINNERS FOR SEPTEMBER.

Dinner for Twelve Servants.

Cod fish, oyster sauce (made from tinned oysters).—Roast round of beef, greens, potatoes, Yorkshire pudding.

Dinner for Eight Servants.

Boiled aitchbone of beef, carrots, potatoes, suet dumplings.—Baked rice pudding.

Dinner for Six Servants.

Ribs of beef, roasted, suet pudding, cut in slices and browned under the joint, —Savoy, potatoes.—Cheese.

Dinner for Four Servants.

Leg of pork roasted, apple sauce, potatoes, greens.—Boiled rice and jam.

Dinner for Two Servants.

Slices from any cold joint fried with vegetables.—Apple dumplings.

3162.—VEGETARIAN DINNERS FOR SEPTEMBER.

No. 1.	No. 2.
White Soup.	Brown Vegetable Soup.
Bean Croquettes. Macaroni and Tomatoes.	Potato Pie. Croquettes of Hominy. Stuffed Tomatoes.
Salad.	
Greengage Tart. Custard.	Apple Tart. Stewed Prunes and Rice.
Average cost of this dinner 5*s.* for six persons.	Average cost of this dinner 5*s.* 6*d.* for six persons.

3163.—QUICKLY-PREPARED DINNERS FOR SEPTEMBER.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Brill. Oyster Sauce.	430	Broiled Mackerel.	400
Mutton Croquettes.	1126	Mutton Cutlets and Mashed Potatoes.	1127
Roast Duckling.	1291	Fried Chicken.	1343
Potatoes.	1605	Foie Gras Salad.	
Peas.	1597	Compôte of Fruit.	
Tartlets.	1881	Cheese.	
Time for this dinner, ¾ hour.		Time for this dinner, ¾ hour.	

Note.—The oyster sauce for the brill in Dinner No. 1 will be most quickly made from tinned fish. The duckling should be first got ready, then the peas put on. If these are not to be had ready shelled, a little longer time must be allowed. The mashed potatoes in Dinner No. 2 may be cold ones nicely browned after being mashed. The salad may be of tinned foie gras, and the compôte of any kind of fruit.

3164.—DINNERS FOR EIGHTEEN PERSONS.—OCTOBER.

1. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Oysters.		4½ doz.	6 9	Huîtres.
Turtle Soup, Clear and Thick.	382	3 qts.	63 0	Tortue, claire et liée.
Turbot,	572	2 fish	21 0	Turbot,
Dutch Sauce.	703	3 turs.	1 6	Sauce Hollandaise.
Partridge Cream.	1338a	3 dish.	12 0	Crême de Perdreaux.
Stewed Sweetbreads.	1030	3 dish.	10 6	Ris de Veau.
Farced Olives.	2087	4½ doz.	2 0	Olives farcies.
Haunch of Mutton.	1096	1 joint	15 0	Hanche de Mouton.
Grouse.	1395	9 birds	20 3	Coqs de Bruyère.
Snipe.	1412	18	27 0	Bécasses.
Apricot Bouchées.	1904	3 dish	8 0	Bouchées d'Abricots.
Benedictine Cream.	2024	2 mlds	5 0	Crême à la Benedictine.
Iced Nesselrode Puddings.	1788	2	12 0	Poudings à la Nesselrode glacés.
Stilton.	2590	1 lb.	1 6	Stilton.
Diablotins.			3 0	Diablotins.
Vegetables with joint } *Potatoes.*	1615	6 lbs.	0 6	*Légumes* { *Pommes de Terre.*
Brocoli.	1547	6 hds.	2 0	*Choux de Bruxelles.*
			10 11 0	

Note.—The turtle soup is the most costly course in this dinner; and if another soup replaced it the total would be a good deal reduced. It is not necessary to have both grouse and snipe, and the latter can be taken out of the Menu, if it be thought too long.

2. Menu. (*English.*)	Recipe No.	Quantity	Aver'ge Cost	Menu. (*French.*)
			s. d.	
Soup à la Reine.	375	7 pts.	10 1	Purée de Volaille.
Fried Soles.	557	6 fish	7 6	Soles Frites.
Red Mullet in Cases.	503	18	12 0	Rougets en Caisse.
Lobster Cream.	591	18	4 5	Croquettes de Homard.
Salmi of Game.	1426	3 dish.	9 0	Salmis de Gibier.
Saddle of Mutton.	1107	1 joint	9 6	Selle de Mouton.
Pheasants.	1406	4 birds	12 0	Faisans.
Vanilla Soufflé.	2046	3 dish.	9 0	Soufflé à la Vanille.
Valentia Puddings.	1835	2	5 0	Poudings à la Valentia.
Apples in Red Jelly.	1935	2 mlds	4 0	Gelée aux Pommes.
Cheese Biscuits.	2606	4½ doz.	1 0	Biscuits de Fromage.
Anchovy Toast.	2075	18	2 0	Anchois au Gratin.
Vegetables with joint } *Potatoes.*	1602	6 lbs.	0 6	*Légumes* { *Pommes de Terre.*
Stewed Celery.	1563	6 hds.	1 0	*Céleri.*
			4 7 1	

Note.—The above is a very good dinner at a moderate cost, with which appropriate wines would be madeira after the soup, champagne throughout the dinner, and claret afterwards.

3165.—DINNERS FOR TWELVE PERSONS.—OCTOBER.

1. Menu. (*English*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Prawns.	2086	6 doz.	6 0	Crevettes.
Soup.				*Potage.*
Hare Soup.	354	5 pts.	4 6	Potage de Levraut.
Fish.				*Poissons.*
Turbot,	572	1 fish	12 0	Turbot,
Orange Sauce.	751	2 turs.	1 6	Sauce Ravigote.
Smelts.	552	3 doz.	4 6	Éperlans.
Entrées.				*Entrées.*
Scalloped Oysters.	511	5 doz.	7 6	Huîtres à la Poulette.
Curried Rabbit.	1367	2 rbts.	4 0	Lapin au kari.
Roast.				*Rotis.*
Ribs of Beef,	922	1 joint	8 6	Côtes de Bœuf,
Horseradish Sauce.	717	1 pint	1 0	Sauce Raifort.
Black Game.	1391	4 birds	10 0	Coqs de Bruyère.
Salad.	1622	2	2 0	Salade.
Sweets.				*Entremets.*
Valentia Puddings.	1835	2	5 0	Poudings à la Valentia.
Lemon Cream.	2000	2 mlds	4 0	Crême au Citron.
Ices.		12	3 0	Glaces.
Vegetables with joint } *Potatoes.*	1602	4 lbs.	0 4	*Légumes* { *Pommes de Terre.*
Vegetables with joint } *Cabbages.*	1530	4	0 8	*Légumes* { *Choux.*
			3 14 6	

Note.—This is a somewhat long and expensive dinner, from which could be taken, if necessary, the prawns, the second fish and the salad. The ices should be of some fruit that does not occur in the dessert.

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Mock Turtle.	360	5 pts.	4 0	Potage de Tête de Veau.
Cod Steaks.	435	5 lbs	6 0	Côtelettes de Cabillaud.
Grey Mullet.	502	4 fish	3 6	Mulets.
Mutton Cutlets and Spinach.	1128 1630	2 dish.	4 6	Côtelettes de Mouton aux Epinards.
Rissolettes of Hare.	1425	12	3 0	Rissolettes de Levraut.
Sirloin,	924	1 joint	8 0	Aloyau,
Horseradish Sauce.	717	1 pint	1 0	Sauce Raifort.
Wild Duck.	1392	4 birds	8 0	Canards Sauvages.
Russian Salad.	2094	2	2 6	Salade à la Russe.
Cream and Apple Tart.	1710	2	3 6	Tourtes aux Pommes.
Wine Jelly.	1959	2	4 0	Gelée au Vin.
Stilton.	2590	1 lb.	1 6	Stilton.
Vegetables with joint } *Potatoes.*	1602	4 lbs.	0 4	*Légumes* { *Pommes de Terre.*
Vegetables with joint } *Stewed Celery.*	1563	4 hds.	0 8	*Légumes* { *Céleri.*
			2 10 6	

Note.—Instead of the Russian salad, a plainer one might be substituted. There should be a dessert of fresh fruit to follow the dinner.

3166.—DINNERS FOR EIGHT PERSONS.—OCTOBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Game Soup.	368	3½ pts.	5 3	Purée de Gibier.
Fillets of Turbot, Italian Sauce.	574 / 720	3 lbs. / 2 turs.	4 6 / 1 0	Filets de Turbot à l'Italienne.
Vol au-vent of Oysters.	600	1 dish	6 6	Vol-au-vent aux Huîtres.
Veal Cutlets, Stewed Mushrooms.	1019 / 1589	1 dish / 1 dish	3 6 / 3 0	Côtelettes de Veau aux Champignons.
Farced Olives.	2087	2 doz.	1 6	Olives Farcies.
Saddle of Mutton.	1107	1 joint	10 0	Selle de Mouton.
Partridges.	1405	4 birds	8 0	Perdreaux.
Tomato Salad.		1	1 0	Salade aux Tomates.
Charlotte Russe.	1965	1	3 0	Charlotte Russe.
Puff-paste Rings.	1914	1 dish	2 0	Puits d'Amour.
Valois Cream.	1966	1 mld.	2 0	Crême à la Valois.
Cheese.		½ lb.	0 9	Fromage.
Vegetables with joint { *Potatoes.* / *Brussels Sprouts.*	1602 / 1548	3 lbs. / 3 lbs.	0 3 / 0 9	*Légumes* { *Pommes de Terre.* / *Choux de Bruxelles.*
			2 13 0	

2 **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Oyster Soup.	398	3 pts.	5 3	Potage aux Huîtres.
Fried Filleted Soles.	558	2 fish	2 6	Filets de Soles Frites.
Red Mullet.	504	8 fish	5 4	Rougets en Papillote.
Hashed Game.	1426	1 dish	4 0	Salmis de Gibier.
Mutton Croquettes.	1126	1 dish	2 6	Croquettes de Mouton.
Stewed Beef with Piquante Sauce.	934	3 lbs.	3 0	Culotte de Bœuf à la Sauce Piquante.
Snipe.	1412	8 birds	16 0	Bécasses.
Chocolate Soufflé.	1975	1	3 0	Soufflé de Chocolat.
Noyeau Cream.	2010	1 mld.	2 6	Crême au Noyeau.
Cheese Straws.	2593	1 dish	0 9	Pailles de Parmesan.
Vegetables ... Potatoes.	1602	3 lbs.	0 3	*Légumes ... Pommes de Terre.*
			2 5 1	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Ox-cheek Soup.	365	3½ pts.	1 4	Soupe de Tête de Bœuf.
Brill,	430	1 fish	3 0	Barbue,
Oyster Sauce.	752	2 turs.	3 6	Sauce aux Huîtres.
Beef Olives.	948	8	2 0	Olives de Bœuf.
Stuffed Tomatoes.	1635	8	2 0	Tomates Farcies.
Roast Leg of Mutton.	1097	1 joint	7 6	Gigot de Mouton.
Black Game.	1391	2 birds	6 0	Coqs de Bruyère.
Lemon Pudding, Stone Cream.	1799 / 2049	1 / 1 mld.	1 6 / 2 0	Pouding au Citron. Crême.
Cheese Salad.		1	0 9	Salade au Fromage.
Vegetables with joint { *Potatoes.* / *Sprouts.*	1602 / 1549	3 lbs. / 3 lbs.	0 3 / 0 9	*Légumes* { *Pommes de Terre.* / *Choux.*
			1 10 7	

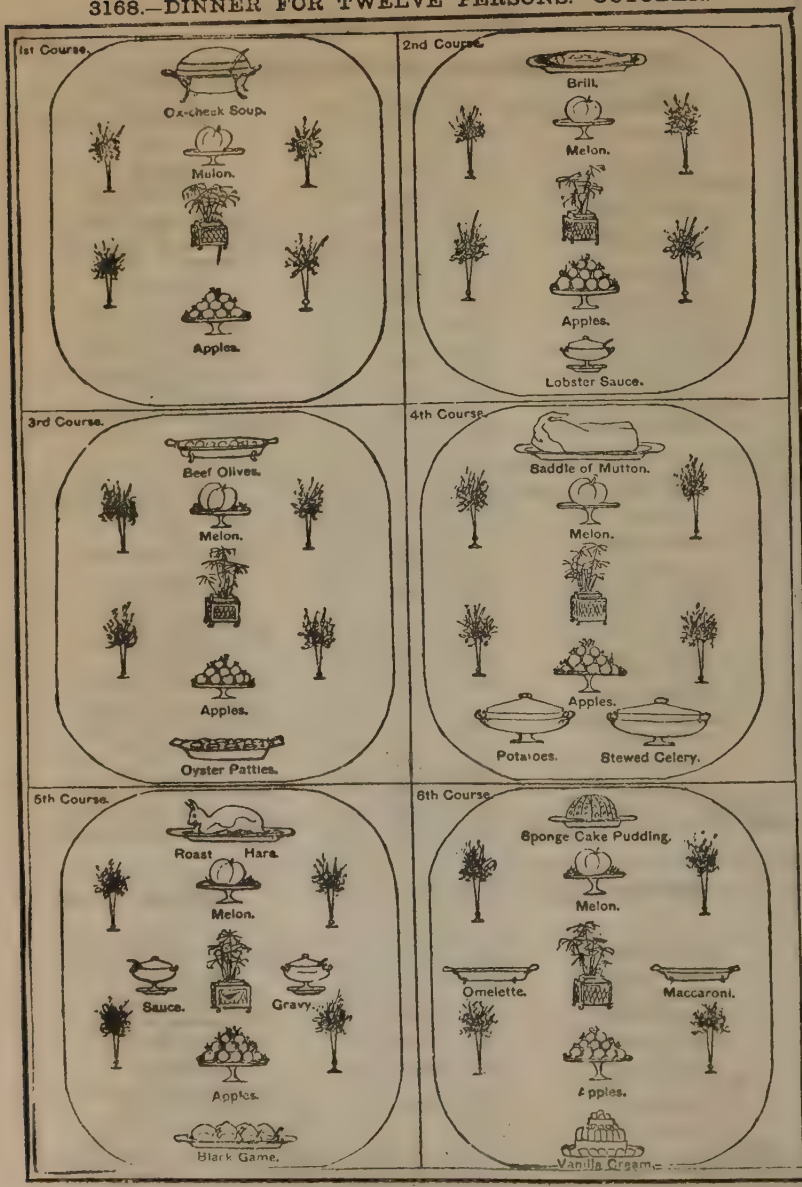
3167.—DINNERS FOR SIX PERSONS.—OCTOBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Oysters.		2 doz.	3 0	Huîtres.
Purée of Wood Pigeon.	370	2½ pts.	4 6	Purée de Ramier.
Filleted Soles.	558	2 fish	2 6	Filets de Soles frits.
Lobster Cutlets.	596	6	2 0	Côtelettes de Homard.
Salmi of Game.	1426	1 dish	3 6	Salmis de Gibier.
Rumpsteak and Mushrooms.	877 1589	2 lbs. 1 bkt.	2 8 0 10	Rumpsteak aux Champignons.
Capercailzie.	1391	1 bird	5 0	Coq de Bruyère.
Chocolate Soufflé.	1975	1	2 6	Soufflé de Chocolat.
Maraschino Jelly.	2006	1 mld.	2 6	Gelée au Marasquin.
Ices.		6	1 6	Glaces.
Vegetables with Steak { *Potatoes.* / *Chipped.*	1613 1608	2 lbs. 2 lbs.	0 2 0 3	*Légumes* { *Pommes de Terre.* / *Frites.*
			1 10 11	

2. **Menu.** (*English.*)	Recipe No	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Mock Turtle.	360	2½ pts.	2 0	Potage de Tête de Veau.
Turbot,	572	3 lbs.	4 6	Turbot,
Ravigote Sauce.		1 tur.	1 0	Sauce Ravigote.
Curried Rabbit.	1367	1	2 0	Lapin au kari.
Mutton Cutlets.	1127	1 dish	2 6	Côtelettes de Mouton.
Roast Goose,	1312	1	5 6	Oie Rotie,
Apple Sauce.	657	1 tur.	0 4	Sauce aux Pommes.
Tomato Salad.		1	0 9	Salade aux Tomates.
Cabinet Pudding.	1739	1	2 6	Pouding à la Valentia.
Rice Soufflé.	2047	1	2 0	Soufflé au Riz.
Wine Jelly.	1959	1 mld.	2 0	Gelée au Vin.
Cheese Straws.	2593	1 dish	0 6	Pailles de Parmesan.
Vegetables with Goose { *Potatoes.* / *Brussels Sprouts*	1602 1548	2 lbs. 2 lbs.	0 2 0 6	*Légumes* { *Pommes de Terre.* / *Choux de Bruxelles.*
			1 6 3	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Giblet Soup.	351	2½ pts.	0 10	Potage aux Gibelettes d'Oie.
Fried Soles.	557	2 fish	2 6	Soles Frites.
Curried Eggs.	2632	1 dish	1 6	Œufs à l'Indienne.
Veal Rissoles.	1026	1 dish	2 0	Croquettes de Veau
Leg of Mutton.	1097	1 joint	7 6	Gigot de Mouton.
Partridges.	1405	3 birds	6 0	Perdreaux.
Victoria Pudding.	1893	1	2 6	Pouding à la Victoria.
Lemon Jelly.	1952	1 mld.	2 0	Gelée au Citron.
Cheese Biscuits.	2606	18	0 6	Biscuits de Fromage.
Vegetables with joint { *Potatoes.* / *Brocoli.*	1602 1547	2 lbs. 2 hds.	0 2 0 6	*Légumes* { *Pommes de Terre* / *Choufleurs.*
			1 6 0	

3168.—DINNER FOR TWELVE PERSONS.—OCTOBER.



Note.—Melons, although pretty, are rather too strongly scented for a dinner table. A dish of pears might be substituted for the one shown above.

3169.—FAMILY DINNERS FOR OCTOBER.

No. 1.

SUNDAY.—Tomato soup.—Roast ribs of beef, boned and rolled, Yorkshire pudding, Brussels sprouts, potatoes, horseradish sauce.—Apple tart, cream.

MONDAY.—Roast chickens and ham.—Cold beef, potatoes, salad, French beans, —Golden pudding.

TUESDAY.—Filleted turbot, tartare sauce.—Hashed chicken.—Steak and tomatoes, potatoes.—Bread-and-butter pudding.

WEDNESDAY.—Clear soup.—Rissoles made from cold beef.—Boiled mutton turnips, potatoes, caper sauce.—Cheese straws.

THURSDAY.—Vegetable soup.—Cold mutton, mashed potatoes.—Pheasants.—Sweet omelette.

FRIDAY.—Fried whiting.—Hashed pheasants.—Loin of pork, apple sauce, potatoes, greens.—Cold fruit tart and custard.

SATURDAY.—Tapioca soup.—Steak and kidney pie.—Cold pork, mashed potatoes, pickles.—Baked lemon pudding.

No. 2.

SUNDAY.—Roast goose, apple sauce, potatoes, cabbage.—Apple tart, cream.—Cheese.—Dessert.

MONDAY.—Giblet soup.—Steak and tomatoes, potatoes.—Damson pudding.

TUESDAY.—Brill and lobster sauce.—Hashed goose, potatoes.—Manchester pudding.

WEDNESDAY.—Fish pie made from cold fish and potatoes.—Boiled aitchbone of beef, carrots, turnips, potatoes, small suet dumplings.—Cheese.

THURSDAY.—Pea soup made from liquor from the beef.—Cold beef, tomato salad, mashed potatoes.—Baked arrowroot pudding.

FRIDAY.—Haddocks and egg sauce.—Rabbit pie, potatoes.—Celery salad.

SATURDAY.—Boiled mutton, caper sauce, mashed turnips, potatoes.—Apple Charlotte.

3170.—LITTLE DINNERS FOR OCTOBER.

(*Very economical.*)

SUNDAY.—Roast buttock of beef, Yorkshire pudding, vegetable marrow, potatoes.—Plum tart, custard.

MONDAY.—Cold beef, beetroot, mashed potatoes.—Pancakes.

TUESDAY.—Soup made from bones.—Broiled beef and oyster sauce (tinned oysters), fried potatoes.—Savoury rice.

WEDNESDAY.—Boiled rabbit and pork, onion sauce, potatoes.—Plain apple Charlotte.

THURSDAY.—Stewed steak with vegetables, potatoes.—Ginger pudding.

FRIDAY.—Baked fresh herrings.—Remains of steak warmed, potatoes.—Cheese.

SATURDAY.—Mutton pudding, potatoes, greens.—Stewed plums and rice.

3171.—KITCHEN DINNERS FOR OCTOBER.

DINNER FOR TWELVE SERVANTS.

Soup made from bones, trimmings, &c., with macaroni.—Roast ribs of beef, Yorkshire pudding, potatoes, greens.—Cheese.

DINNER FOR EIGHT SERVANTS.

Boiled leg of mutton, turnips, potatoes.—Baked plum pudding.

DINNER FOR SIX SERVANTS.

Soup made from bones and trimmings.—Stewed beef and vegetables.—Cheese.

DINNER FOR FOUR SERVANTS.

Soup.—Boiled pork, pease pudding, parsnips, potatoes.

DINNER FOR TWO SERVANTS.

Hashed meat, vegetables fried.—Jam puffs.

3172.—VEGETARIAN DINNERS FOR OCTOBER.

No. 1.	No. 2.
Potato Soup.	Hotch Potch.
Bread Cutlets. Vegetable Pie.	Potato Rolls. Haricot Beans and Tomatoes.
Damson Tart. Custard.	Savoury Rice. Charlotte Russe.
Polenta and Cheese.	Stewed Cheese.
Average cost of this dinner 4*s.* 6*d.* for six persons.	Average cost of this dinner 5*s.* for six persons.

3173.—QUICKLY-PREPARED DINNERS FOR OCTOBER.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Mulligatawney Soup.		Fried Soles.	557
Poached Eggs with Mutton.	1083	Pork Cutlets,	1177
Snipe.	1412	with Mustard Sauce.	1176
Apple Fritters.	1929	Plovers.	1409
Cheese.		Fried Potatoes.	1608
Dessert.		Sardine Toast.	
Time for this dinner, 40 mins.		Time for this dinner, ¾ hour.	

Note.—The soup in Dinner No. 1, if no stock is in the house, can be had very good in tins. Any cold meat serves for the second dish, and some cold potatoes may be fried to accompany it. Any small birds may take the place of either plovers or quails, but if pheasants or partridges are substituted, a little more time must be allowed.

3174.—DINNERS FOR EIGHTEEN PERSONS.—NOVEMBER.

Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Oysters.		6 doz.	9	Huîtres.
Game Soup.	369	7 pts.	12 0	Purée de Gibier.
Clear Mock Turtle.	361	2 qts.	7 0	Consommé de Tête de Veau.
Turbot,	572	2 fish	20 0	Turbot,
Horseradish Sauce.	717	3 turs.	1 6	Sauce Raifort
Smelts.	552	4½ doz.	7 0	Eperlans.
Lobster Cream.	591	3 dish.	8 0	Crême de Homard.
Lark Pie.	1364	2	10 0	Pâtés aux Alouettes.
Croquettes of Chicken.	1354	18	4 6	Croquettes de Volaille.
Saddle of Mutton.	1107	1 joint	10 6	Selle de Mouton.
Olives.	2087	3 dish.	3 0	Olives.
Pheasants.	1406	4 birds	12 0	Faisans.
Curaçoa Soufflé.	2046	3	9 0	Soufflé de Curaçoa.
Marbled Jelly.	1998	2	5 0	Gelée Marbrée.
Vanilla Cream.	2056	2	4 0	Crême à la Vanille.
Ices.		18	4 6	Glaces.
Vegetables with joint — Potatoes.	1602	6 lbs.	0 6	*Légumes* — *Pommes de Terre.*
Vegetables with joint — *Brussels Sprouts.*	1548	6 lbs.	1 6	*Légumes* — *Choux de Bruxelles.*
			6 9 0	

Note.—The olives may be either served plain or stuffed with sardines or tunny (*see* Recipe No. 2087). The ices should be flavoured with some fresh fruit, coming, as they do, after the vanilla cream.

2. Menu. (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	Menu. (*French.*)
			s. d.	
Hare Soup.	354	7 pts.	6 2	Purée de Levraut.
Brill,	431	3 fish	9 6	Barbue,
Oyster Sauce.	752	3 turs.	7 0	Sauce aux Huîtres.
Stewed Eels.	462	6 lbs.	7 0	Anguilles à la Crême.
Salmi of Black Game.	1426	3 dish.	12 0	Salmis de Coqs de Bruyère.
Croquettes of Turkey.	1368	18	5 0	Croquettes de Dindonneau.
Haunch of Mutton.	1096	1 joint	15 0	Hanche de Mouton.
Woodcock.	1421	9 birds	18 0	Bécasses.
Salad.		3 dish.	2 0	Salade.
Almond Pudding.	1694	2	4 0	Pouding d'Amande.
Chocolate Soufflé.	1975	3	6 0	Soufflé au Chocolat.
Ices.		18	4 6	Glaces.
Vegetables with joint — Potatoes.	1602	6 lbs.	0 6	*Légumes* — *Pommes de Terre.*
Vegetables with joint — *Brussels Sprouts.*	1548	6 lbs.	1 6	*Légumes* — *Choux de Bruxelles.*
			4 17 8	

Note.—The salad may be a plain one or one in which anchovies or other fish are introduced. Foie gras might be the basis, this making a very nice salad, with plenty of fresh lettuce dressed with oil and vinegar.

3175.—DINNERS FOR TWELVE PERSONS.—NOVEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Soups.				*Potages.*
Pheasant Soup.	369	5 pts.	10 0	Purée de Faisans.
Clear Soup.	276	5 pts.	3 6	Consommé.
Fish.				*Poissons.*
Turbot,	572	1 fish	12 0	Turbot,
Tartare Sauce.	783	2 turs.	1 0	Sauce Tartare.
Entrées.				*Entrées.*
Lobster Cream.	591	2 mlds	4 0	Crême de Homard.
Hashed Wild Duck.	1423	2 dish.	7 0	Salmis de Canards Sauvages.
Roast.				*Rotis.*
Saddle of Mutton.	1107	1 joint	10 6	Selle de Mouton.
Partridges.	1405	6 birds	12 0	Perdreaux.
Sweets.				*Entremets.*
Pine-apple Fritters.	2036	2 dish.	6 0	Beignets d'Ananas.
Noyeau Cream.	2010	2 mlds	5 0	Crême au Noyeau.
Ices.		12	3 0	Glaces.
Cheese.				*Fromage.*
Stilton.	2590	1 lb.	1 6	Stilton.
Vegetables with joint { *Potatoes.*	1602	4 lbs.	0 4	*Légumes* { *Pommes de Terre*
Spinach.		4 lbs.	0 8	*Epinards.*
			3 16 6	

Note.—The pine-apple fritters in this Menu may be made from tinned pine-apple, which answers very well for this purpose, as also for compôtes and other sweet dishes. The ices served might be either vanilla or strawberry.

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Ox-tail Soup.	366	5 pts.	3 10	Potage de Queue de Bœuf.
Cod's Head and Shoulders,	436	6 lbs.	3 6	Cabillaud,
Oyster Sauce.	752	2 turs.	5 0	Sauce aux Huîtres.
Chicken Patties.	1342	12	4 0	Petits Pâtés de Volaille.
Beef Olives.	948	12	3 0	Olives de Bœuf.
Leg of Mutton.	1097	1 joint	9 0	Gigot de Mouton.
Woodcock.	1421	6 birds	12 0	Bécasses.
Pastry Sandwiches.	1911	4 dish.	2 0	Petits Fours.
Omelette Soufflé.	2022	2 dish.	3 0	Omelette Soufflé.
Jelly with Whipped Cream.	2011	1 mld.	2 0	Gelée à la Crême Fouettée
Cheese Straws.	2593	2 dish.	1 0	Pailles de Parmesan.
Vegetables with joint { *Potatoes.*	1602	4 lbs.	0 4	*Légumes* { *Pommes de Terre.*
Brussels Sprouts.	1548	4 lbs.	1 4	*Choux de Bruxelles.*
			2 10 0	

Note.—Some small appétisans would improve the above Menu, given before the soup, such as oysters or caviare croûtons (*see* Recipe No. 2079); and a saddle might take the place of the leg of mutton with advantage.

3176.—DINNERS FOR EIGHT PERSONS.—NOVEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Caviare.	2079	2 dish.	1 6	Caviare.
Partridge Soup.	368	3½ pts.	4 5	Potage aux Perdreaux.
Filleted Soles, Financière Sauce.	558 710	2 fish 2 turs.	3 6 2 6	Filets de Soles Frits, Sauce Financière.
Curried Prawns.	601	1 dish	3 6	Crevettes à l'Indienne.
Salmi of Larks.	1365	1	5 0	Salmis d'Alouettes.
Rumpsteak and Oyster Sauce.	877 752	3 lbs.	8 0	Rumpsteak, Sauce aux Huîtres.
Pheasants.	1406	2 birds	6 0	Faisans.
Vanilla Soufflé.	2046	1	3 0	Soufflé à la Vanille.
Wine Jelly.	1959	1	2 6	Gelée au Vin.
Ices.		8	2 0	Glaces.
Vegetables with Steak — Potatoes.	1602	3 lbs.	0 3	*Légumes* — Pommes de Terre.
Vegetables with Steak — Chipped.	1608	3 lbs.	0 5	*Légumes* — Frites.
			2 2 7	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Oyster Soup.	398	3½ pts.	6 2	Potage aux Huîtres.
Fried Filleted Soles, Sharp Sauce.	558 711	2 fish 1 tur.	2 6 0 9	Filets de Soles Frits, Sauce Piquante.
Veal Cutlets.	1019	1 dish	3 6	Côtelettes de Veau.
Chicken Croquettes.	1355	8	2 0	Croquettes de Volaille.
Sirloin.	924	1 joint	8 0	Aloyau.
Snipe.	1412	8 birds	12 0	Bécassines.
Anchovies.	2075	8	1 6	Anchois.
Sweet Omelette.	2021	1 dish	2 0	Omelette aux Confitures.
Lemon Cream.	2002	1 mld.	2 0	Crême au Citron.
Cheese Soufflé.	2046	1	2 0	Soufflé de Parmesan.
Vegetables with joint — Potatoes.	1602	3 lbs.	0 3	*Légumes* — Pommes de Terre.
Vegetables with joint — Brussels Sprouts.	1548	3 lbs.	0 9	*Légumes* — Choux de Bruxelles.
			2 3 5	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Flemish Soup.	305	3½ pts.	4 0	Soupe à la Flamande.
Brill, Lobster Sauce.	430 729	1 fish 2 turs.	3 6 3 0	Barbue, Sauce Homard.
Oyster Patties.	516	8 pats.	1 10	Petits Pâtés aux Huîtres.
Beef Collops.	945	8	2 6	Escalopes de Bœuf.
Leg of Mutton.	1097	1 joint	7 6	Gigot de Mouton.
Partridges.	1405	4 birds	8 0	Perdreaux.
Lemon Pudding.	1800	1	1 6	Pouding au Citron.
Charlotte Russe.	1965	1	2 6	Charlotte Russe.
Cheese Biscuits.	2606	1 dish	0 6	Biscuits de Fromage.
Vegetables with joint — Potatoes.	1613	3 lbs.	0 3	*Légumes* — Pommes de Terre.
Vegetables with joint — Mashed Turnips.		3 lbs.	0 9	*Légumes* — Navets.
			1 15 10	

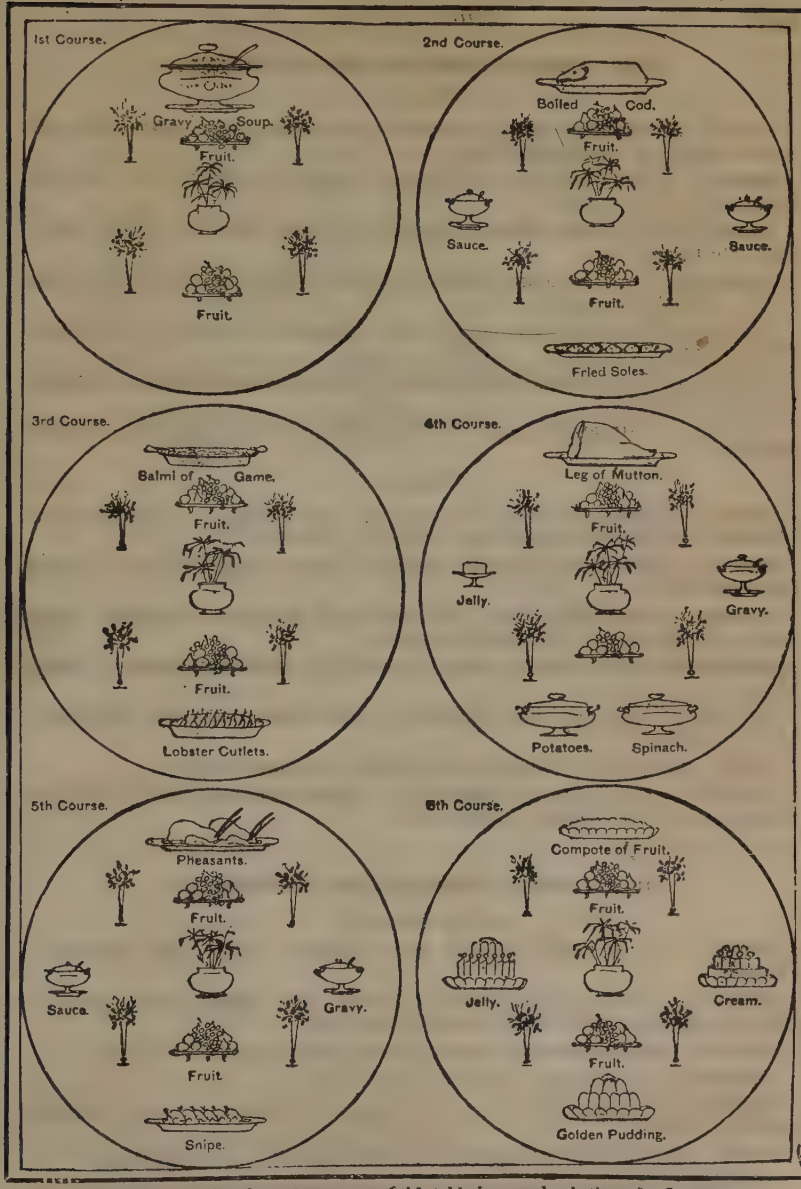
3177.—DINNERS FOR SIX PERSONS.—NOVEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Appétisans.		1 dish	1 5	Appétisans.
Cray-fish Soup.	392	2½ pts.	5 0	Potage d'Ecrevisses.
Fillets of Turbot with Cream Sauce.	576	2 lbs.	3 0	Filets de Turbot à la Crême.
Smelts.	552	1½ doz.	2 6	Eperlans.
Fricandeau of Veal.	1022	1	3 6	Noix de Veau Bardé.
Rissolettes of Hare.	1425	6	2 0	Rissolettes de Levraut.
Truffled Capon.	2968	1 bird	7 6	Chaponneau Piqué aux Truffles.
Farced Olives.	2087	18	0 9	Olives Farcies.
Snipe.	1412	6	12 0	Bécassines.
Foie Gras Salad.	1627	1	0 8	Salade au Foie Gras.
Iced Nesselrode Pudding.	1788	1	5 6	Pouding à la Nesselrode Glacée.
Angels on Horseback.	2078	12	2 0	Huîtres à la Diable.
Vegetables ... Potatoes.	1602	2 lbs.	0 2	*Légumes ... Pommes de Terre.*
			2 6 0	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Ox Tail Soup.	366	2½ pts.	4 6	Potage de Queues de Bœuf.
Cod,	435	3 lbs.	1 6	Cabillaud,
Oyster Sauce.	752	1 tur.	2 0	Sauce aux Huîtres.
Fricasseed Calf's Head.	1017	1 dish	2 0	Fricassée de Tête de Veau.
Mutton Cutlets and Spinach.	1128 / 1630	1 dish	2 6	Côtelettes de Mouton aux Epinards.
Chickens.	1304	2 birds	5 0	Poulets Rotis.
Ham.	1191	1	6 0	Jambon.
Sweet Omelette.	2021	2	2 0	Omelettes aux Confitures.
Blancmange.	1945	1 mld.	2 0	Blancmanger.
Stilton.	2590	½ lb.	0 9	Stilton.
Vegetables with Chickens — *Potatoes.*	1613	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
Brocoli.	1547	2 hds.	0 6	*Choufleur.*
			1 8 11	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Macaroni Soup.	310	2½ pts.	1 10	Potage au Macaroni.
Baked Haddocks.	480	2 fish	2 0	Merlus Roti.
Lobster Cutlets.	596	6	2 0	Cotelettes de Homard
Beef Rissoles.	947	6	1 0	Rissoles de Bœuf.
Leg of Mutton.	1097	1 joint	7 6	Gigot de Mouton.
Grouse.	1395	3 birds	6 0	Coqs de Bruyére.
Apple Fritters.	1929	1 dish	1 6	Beignets de Pommes.
Chocolate Cream.	1980	1 mld.	2 0	Crême au Chocolat.
Cheese Straws.	2593	1 dish	0 6	Pailles de Parmesan.
Vegetables with joint — *Potatoes.*	1613	2 lbs.	0 2	*Légumes* — *Pommes de Terre.*
Sprouts.	1549	2 lbs.	0 6	*Choux.*
			1 5 0	

3178.—DINNER FOR TWELVE PERSONS.—NOVEMBER.



Note.—The small palm in the centre of this table is a good substitute for flowers.

3179.—FAMILY DINNERS FOR NOVEMBER.

No. 1.

SUNDAY.—Mulligatawny soup.—Boiled leg of mutton, caper sauce; Brussels sprouts, potatoes.—Cabinet pudding.

MONDAY.—Roast fowls, ham, cold mutton, vegetables, salad.—Fruit tart made from bottled fruit, custard.

TUESDAY.—Brill, oyster sauce.—Rissoles of mutton, steak and kidney pie.—Charlotte Russe.

WEDNESDAY.—Ox-tail soup.—Curried chicken, roast loin of mutton, vegetables.—Cheese ramequins.

THURSDAY.—Soles souchée.—Cold mutton, pheasants, vegetables.—Macaroni and pine-apple.

FRIDAY.—Cod cutlets and Tartare sauce.—Salmi of pheasants, haricot mutton, vegetables.—Jam tart.

SATURDAY. — Macaroni soup. — Stewed fillet of beef, vegetables. — Sweet omelette.

No. 2.

SUNDAY.—Roast sirloin of beef, horseradish sauce, mashed turnips, potatoes.—Bullace tart, ground rice pudding.—Cheese.—Dessert.

MONDAY.—White soup.—Cold beef, beetroot, pickles, mashed potatoes.—Brown bread pudding.

TUESDAY.—Beef collops, made from cold beef, potatoes.—Partridges, bread sauce.—Stewed prunes and cornflour custard.

WEDNESDAY.—Boiled leg of mutton, caper sauce, parsnips, potatoes.—Orange fritters.

THURSDAY.—Pea soup, fried croûtons.—Cold mutton, beetroot, potatoes.—Lemon pudding.

FRIDAY.—Stewed eels.—Mutton pie, potatoes.—Sultana pudding.

SATURDAY.—Pork chops and onions fried.—Sultana pudding cut in slices and warmed with a little butter.—Cheese, salad.

3180.—LITTLE DINNERS FOR NOVEMBER.

(*Very economical.*)

SUNDAY.—Leg of mutton, roasted, savoy, potatoes.—Plain plum pudding.—Cheese.

MONDAY.—A few slices of the mutton broiled, cold mutton, fried potatoes.—Remains of plum pudding fried, baked rice pudding.

TUESDAY.—Soup made with bones.—Curried mutton, potatoes.—Cheese.

WEDNESDAY.—Rabbit pie, potatoes.—Apples and rice.

THURSDAY.—Small joint of roast beef, mashed turnips, potatoes, Yorkshire pudding.—Cheese.

FRIDAY.—Fresh herrings, baked.—Cold beef, beetroot, mashed potatoes.

SATURDAY.—Ragout of remains of cold beef, mashed potatoes.—Sago pudding.

3181.—KITCHEN DINNERS FOR NOVEMBER.

DINNER FOR TWELVE SERVANTS.

Roast pork, apple sauce, greens, potatoes.—Roly-poly jam pudding, sago pudding.

DINNER FOR EIGHT SERVANTS.

Roast round of beef, Yorkshire pudding, savoy, potatoes.—Cheese.

DINNER FOR SIX SERVANTS.

Soup made from bones of meat and game.—Fried steak and onions, potatoes.—Rice pudding.

DINNER FOR FOUR SERVANTS.

Hashed mutton, small meat pie, potatoes.—Boiled lemon pudding.

DINNER FOR TWO SERVANTS.

Joint from dining-room luncheon, vegetables.—Currant pudding.

3182.—VEGETARIAN DINNERS FOR NOVEMBER.

No. 1.	No. 2.
Lentil Soup.	Maize-meal Porridge.
Forcemeat Fritters. Potato Pie. Fried Cabbage.	Lentil Rissoles. Carrot Pudding. Macaroni and Tomatoes.
Apple Tart.	Jam Tart.
Tapioca and Milk.	Cheese Sandwiches.
Average cost of this dinner, 5*s.* 6*d.* for six persons.	Average cost of this dinner, 5*s* for six persons.

3183.—QUICKLY PREPARED DINNERS FOR NOVEMBER.

No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Mulligatawney Soup.		Mock Turtle Soup.	
Broiled Mutton Chops. Fried Potatoes.	1078 1608	Pork Cutlets, Mashed Potatoes.	1176
Wild Duck.	1392	Snipe.	1412
Compôte of Pine-apple.		Apple Fritters.	1929
Time for this dinner, ¾ hour.		Time for this dinner, ¾ hour.	

Note.—If no made soup is at hand for either of these dinners, tinned soup may be substituted, adding, if necessary, a little wine or sauce. The potatoes could be cold ones fried or mashed, the latter warmed in the oven afterwards. The compôte of pine apple is made from tinned fruit, with liqueur or wine.

3184.—DINNERS FOR EIGHTEEN PERSONS.—DECEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Caviare.	2079	3 dish.	2 0	Caviare.
Clear Game Soup.	367	7 pts.	10 6	Consommé de Gibier.
John Dory.	460	3 fish	9 0	Doret.
Filleted Soles,	558	5 fish	6 6	Filets de Soles Frits,
Tartare Sauce.	783	3 turs.	1 6	Sauce Tartare.
Salmi of Wild Duck.	1423	3 dish.	12 0	Salmis de Canards Sauvages.
Chicken Cream.	1338a	3 dish.	12 0	Crême de Volaille.
Prawns in Aspic.	662	2 dish.	5 6	Crevettes en Aspic.
Haunch of Mutton.	1096	1 joint	14 0	Hanche de Mouton.
Roast Ducks.	1291	2 birds	7 0	Canetons.
Snipe.	1412	18	27 0	Bécassines.
Farced Olives.	2087	4½ doz.	3 0	Olives Farcies.
Benedictine Soufflé.	2046	3	9 0	Soufflé de Benedictine.
Golden Jelly.	1956	2 mlds	4 0	Gelée Dorée.
Iced Nesselrode Pudding.	1788	2	11 0	Pouding à la Nesselrode Glacée.
Diablotins.		3 dish.	3 6	Diablotins.
Vegetables with joint { *Potatoes.*	1602	6 lbs.	0 6	*Légumes* { *Pommes de Terre.*
Brussels Sprouts.	1548	6 lbs.	1 6	*Choux de Bruxelles.*
			6 19 6	

Note.—The prawns in this Menu should be shelled and slightly seasoned with a squeeze of lemon and cayenne. They are then moulded, in the same way as fruit is moulded in jelly, in aspic. Small moulds should be used, and when turned out should be garnished with cress or parsley.

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Gravy Soup.	352	7 pts.	3 6	Bouillon.
Brill,	430	2 fish	7 0	Barbue,
Shrimp Sauce.	774	3 turs.	1 6	Sauce aux Crevettes.
Scalloped Oysters.	511	18	9 0	Huîtres à la Poulette.
Stewed Pigeons.	1320	9 birds	9 0	Pigeons en Compôte.
Leg of Mutton.	1097	1 joint	8 6	Gigot de Mouton.
Partridges.	1405	9 birds	18 0	Perdreaux.
Salad.	2094	2	2 0	Salade.
Plum Pudding.	1834	2	5 6	Pouding à la Valentia.
Maraschino Jelly.	2006	2 mlds	5 0	Gelée au Marasquin.
Stilton Cheese.	2590	1 lb.	1 6	Stilton.
Vegetables with joint { *Potatoes.*	1602	6 lbs.	0 6	*Légumes* { *Pommes de Terre.*
Mashed Turnips.	1643	6 lbs.	1 6	*Navets.*
			3 12 6	

Note.—A plain salad may take the place of the Russian one, if preferred, or one in which only anchovies are introduced. Ices would make a nice addition to this dinner.

3185.—DINNERS FOR TWELVE PERSONS.—DECEMBER.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Soup.				*Potage.*
	Mulligatawney.	362	5 pts.	4 5	Soupe de l'Inde.
	Julienne.	307	3½ pts.	3 2	Julienne.
	Fish.				*Poissons.*
	John Dory, Dutch Sauce.	460	3 fish	7 6	Filets de Doret, Sauce Hollandaise.
	Smelts.	552	3 doz.	4 6	Eperlans.
	Entrées.				*Entrées.*
	Chaudfroid of Chicken.	1339	2	9 0	Chaudfroid de Volaille.
	Rissolettes of Hare.	1425	2 dish.	5 0	Rissolettes de Lièvre.
	Roast.				*Rotis.*
	Sirloin.	924	1 joint	8 6	Aloyau.
	Pheasants.	1406	3 birds	9 0	Faisans.
	Sweets.				*Entremets.*
	Orange Fritters.	2027	2 dish.	3 0	Beignets d'Oranges.
	Benedictine Cream.	1024	2 mlds	5 0	Crême à la Benedictine.
	Ices.		12	3 0	Glaces.
	Vegetables with joint { *Potatoes.* / *Brussels Sprouts.*	1602 / 1548	4 lbs. / 4 lbs.	0 4 / 1 4	*Légumes* { *Pommes de Terre.* / *Choux de Bruxelles.*
				3 3 9	

Note.—The benedictine cream, coming last of the sweets in the Menu, might be iced and the ices omitted, if it were wished to shorten the dinner.

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
				s. d.	
	Clear Game Soup.	351	5 pts.	1 8	Consommé de Gibier.
	Stewed Eels.	462	4 lbs	5 0	Anguilles à la Crême.
	Rissolettes of Hare.	1425	12	4 0	Rissolettes de Levraut.
	Curried Veal.	1018	2 dish.	3 0	Veau au kari.
	Sirloin,	924	1 joint	9 0	Aloyau,
	Horseradish Sauce.	717	1½ pt.	1 0	Sauce Raifort.
	Wild Duck.	1392	3 birds	6 0	Canards Sauvages.
	Golden Pudding.	1780	2	3 6	Pouding d'Or.
	Mince Pies.	1821	12	2 6	Mince Pies.
	Blancmange.	1945	2 mlds	4 0	Blancmanger.
	Celery Salad.		2	2 0	Salade de Céleri.
	Vegetables with joint { *Potatoes.* / *Brocoli.*	1613 / 1547	4 lbs. / 4 hds.	0 4 / 1 0	*Légumes* { *Pommes de Terre* / *Choufleur.*
				2 3 0	

Note.—The celery salad in the above Menu is very nice made with equal quantities of celery, stilton cheese and rather sour apple, all chopped finely and dressed sparingly with a good mayonnaise sauce.

3186.—DINNERS FOR EIGHT PERSONS.—DECEMBER.

1.	**Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
				s. d.	
	Mock Turtle Soup.	359	3½ pts.	4 3	Potage de Tête de Veau.
	Turbot, Lobster Sauce.	572 729	1 fish 2 turs.	10 0 2 6	Turbot, Sauce Homard.
	Vol-au-vent of Oysters.	600	1 dish	6 6	Vol-au-vent aux Huîtres.
	Salmi of Larks.	1365	1 dish	4 6	Salmis d'Alouettes.
	Saddle of Mutton.	1107	1 joint	9 0	Selle de Mouton.
	Pheasants.	1406	2 birds	6 0	Faisans.
	Farced Olives.	2087	2 doz.	1 6	Olives Farcies.
	Curaçoa Soufflé.	2046	1	3 0	Soufflé au Curaçoa.
	Chocolate Cream.	1980	1 mld.	2 6	Crême au Chocolat.
	Diablotins.		2 dish.	2 0	Diablotins.
Vegetables with joint	*Potatoes.*	1613	3 lbs.	0 3	*Légumes* { *Pommes de Terre.*
	Brussels Sprouts.	1548	3 lbs.	0 9	*Choux de Bruxelles.*
				2 12 9	

2.	**Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
				s. d.	
	Caviare.	2079	2 dish.	1 6	Caviare.
	Purée of Wood Pigeons.	370	3½ pts.	4 8	Purée de Ramier.
	Boiled Filleted Soles, Cream Sauce	556	2 fish	3 0	Soles à la Crême.
	Smelts.	552	2 doz.	3 0	Eperlans.
	Minced Fowl.	1362	1 dish	4 0	Boudins à la Reine.
	Hashed Grouse.	1426	1 dish	4 6	Salmis de Coqs de Bruyère.
	Rumpsteak and Oyster Sauce.	877 752	3 lbs. 2 turs.	3 6 4 0	Rumpsteak, Sauce aux Huîtres.
	Partridges.	1405	4 birds	8 0	Perdreaux.
	Salad.	1627	1	1 0	Salade.
	Charlotte Russe.	1965	1	2 0	Charlotte Russe.
	Lemon Jelly.	2004	1 mld.	2 0	Gelée au Citron.
	Angels on Horseback.	2078	2 doz.	4 0	Anges en Chevaux.
Vegetables with Steak	*Potatoes.*	1602	3 lbs.	0 3	*Légumes* { *Pommes de Terre,*
	Fried.	1608	3 lbs.	0 5	*Frites.*
				2 5 10	

3.	**Menu.** (*English.*)	Recipe No.	Quantity.	Average Cost.	**Menu.** (*French.*)
				s. d.	
	Mulligatawney Soup.	362	3½ pts.	3 2	Soupe de l'Inde.
	Cod's Head and Shoulders, Oyster Sauce.	436 752	4 lbs. 2 turs.	2 0 3 0	Cabillaud, Sauce aux Huîtres.
	Sweetbreads en Caisse.	2904	1 dish	3 6	Ris de Veau en Caisse.
	Beef Rissoles.	947	8	2 0	Rissoles de Bœuf.
	Roast Turkey.	1333	1 bird	9 0	Dindonneau Roti.
	Ham.	1191	1	7 0	Jambon.
	Black Game.	1391	2 birds	6 0	Coqs de Bruyère.
	Lemon Pudding.	1800	1	1 6	Pouding au Citron.
	Banana Fritters.	1972	1 dish	2 0	Beignets de Bananes.
	Cheese Straws.	2593	1 dish	0 6	Pailles de Parmesan.
Vegetables with Turkey.	*Potatoes.*	1602	3 lbs.	0 3	*Légumes* { *Pommes de Terre.*
	Savoy.	1550	1	0 3	*Chou.*
				2 0 2	

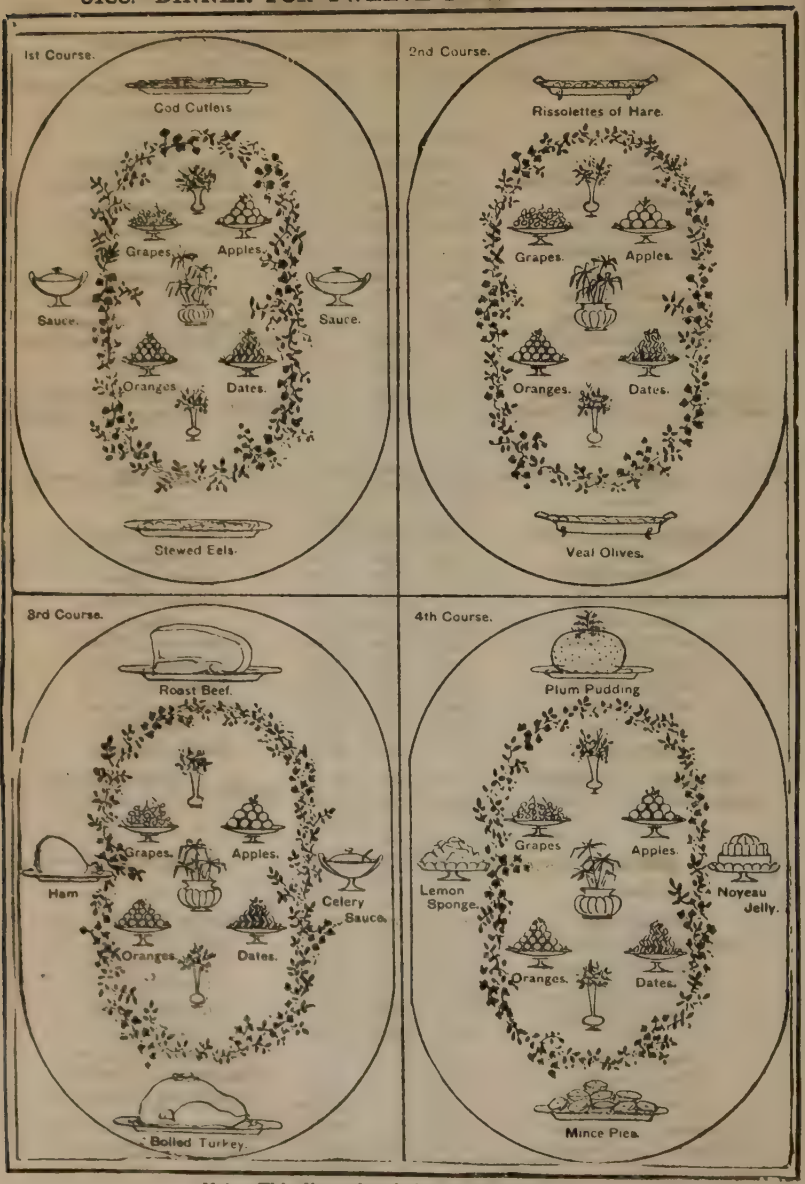
3187.—DINNERS FOR SIX PERSONS.—DECEMBER.

1. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Caviare.	2071	1 dish	1 0	Caviare.
Lobster Soup.	396	2½ pts.	4 5	Bisque de Homard.
Tench Stewed with Wine.	569	1 fish	3 0	Tanche au Vin Blanc.
Partridge Cream.	1338a	1 mld.	3 0	Crême de Perdreaux.
Pâté de Foie Gras.	2082	1 pâté	7 6	Pâté de Foie Gras.
Saddle of Mutton.	1107	1 joint	8 6	Selle de Mouton.
Snipe.	1412	2 birds	6 0	Bécassines.
Anchovy Salad.	2094	1 dish.	1 6	Salade aux Anchois.
Cabinet Pudding.	1739	1	2 6	Pouding à la Valentia.
Benedictine Iced Soufflé.	2046	1 mld.	3 6	Soufflé Glacé à la Benedictine.
Diablotins.		1 dish.	2 0	Diablotins.
Vegetables with joint { *Potatoes.* / *Brussels Sprouts.*	1605 / 1548	2 lbs. / 2 lbs.	0 2 / 0 6	*Légumes* { *Pommes de Terre.* / *Choux de Bruxelles.*
			2 3 7	

2. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Mulligatawney Soup.	362	2½ pts.	2 6	Soupe de l'Inde.
Brill,	430	1 fish	3 0	Barbue,
Lobster Sauce.	729	1 tur.	2 0	Sauce Homard.
Pheasant Cutlets.	1432	1 dish	3 6	Filets de Faisan.
Rumpsteak	877	1 dish	3 0	Bifteck,
and Oyster Sauce.	752	1 tur.	4 0	Sauce aux Huîtres.
Roast Turkey.	1333	1 bird	7 6	Dindonneau Roti.
Boiled Tongue.	938	1	3 6	Langue de Bœuf.
Noyeau Cream.	2010	1 mld.	2 6	Crême au Noyeau.
Mince Pies.	1821	6	1 0	Mince Pies.
Celery Salad.		1	0 8	Salade de Céleri.
Vegetables with Turkey. { *Potatoes.* / *Savoy.*	1605 / 1550	2 lbs. / 1	0 2 / 0 3	*Légumes* { *Pommes de Terre.* / *Chou.*
			1 13 7	

3. **Menu.** (*English.*)	Recipe No.	Quantity.	Aver'ge Cost.	**Menu.** (*French.*)
			s. d.	
Oxtail Soup.	366	2½ pts.	2 0	Soupe de Tête de Bœuf.
Soles with Cream Sauce.	556	2 fish	3 0	Soles à la Crême.
Stuffed Tomatoes.	1635	6	1 3	Tomates Farcies.
Beef Olives.	948	6	1 6	Olives de Bœuf.
Loin of Mutton.	1098	1 joint	4 0	Longe de Mouton.
Teal.	1415	3 birds	6 0	Sarcelles.
Orange Fritters.	2027	1 dish	2 0	Beignets d'Oranges.
Plum Pudding.	1835	1	2 6	Pouding à la Valentia.
Cheese Salad.		1	0 8	Salade au Fromage.
Vegetables with joint { *Potatoes.* / *Spinach.*	1602 / 1630	2 lbs. / 2 lbs.	0 2 / 0 6	*Légumes* { *Pommes de Terre.* / *Epinards.*
			1 3 7	

3188.—DINNER FOR TWELVE PERSONS.—DECEMBER.



Note.—This dinner is suitable for a Christmas one.

3189.—FAMILY DINNERS FOR DECEMBER.

No. 1.

SUNDAY.—Mock turtle soup.—Roast ribs of beef, boned and rolled, Brussels sprouts, potatoes.—Mince pies, jelly.

MONDAY.—Pea soup.—Cold beef, salad, mashed potatoes.—Pheasants.—Macaroni cheese.

TUESDAY.—Cod and oyster sauce.—Salmi of pheasants.—Stewed beef and vegetables, potatoes.—Fig pudding.

WEDNESDAY.—Ox-cheek soup.—Saddle of mutton, Brussels sprouts, potatoes.—Lemon pudding.

THURSDAY.—Oyster soup.—Cold mutton, beetroot, mashed potatoes.—Snipe.—Cheese.

FRIDAY.—Fried Soles.—Roast loin of pork, greens, potatoes.—Cabinet pudding.

SATURDAY.—Soup.—Mutton rissoles, cold pork, salad, mashed potatoes.—Cold pudding warmed, with wine sauce.

No. 2.

SUNDAY.—Roast turkey, sausages, greens, potatoes.—Plum pudding, mince pies.—Cheese,—Dessert.

MONDAY.—Oyster soup.—Beef olives.—Cold turkey, mashed potatoes.—Slices of cold plum pudding, baked in a custard.

TUESDAY.—Fried soles.—Boiled mutton, turnips, potatoes, caper sauce.—Apple charlotte.

WEDNESDAY.—Croquettes of turkey.—Cold mutton hashed, fried potatoes.—Marmalade pudding.

THURSDAY.—Roast beef, horseradish sauce, greens, potatoes.—Baked batter pudding, with apples.

FRIDAY.—Cod's head and shoulders, oyster sauce.—Cold beef, baked potatoes, beetroot.—Mince pies.

SATURDAY.—Mulligatawny soup.—Ragoût of cold beef, potatoes.—Mansfield pudding.

3190.—LITTLE DINNERS FOR DECEMBER.

(*Very economical.*)

SUNDAY.—Boiled beef, carrots, potatoes, suet dumplings.—Baked apple pudding.

MONDAY.—Pea soup.—Cold beef, pickles, potatoes.—Rice pudding.

TUESDAY.—Baked fresh herrings.—Bubble and squeak.—Roly poly treacle pudding.

WEDNESDAY.—Roast leg of pork, apple sauce, savoy, potatoes.—Cheese.

THURSDAY.—Vegetable soup.—Cold pork, pickles, baked potatoes.—Boiled bread pudding.

FRIDAY.—Curried pork, rice, mashed potatoes.—Boiled apple dumplings.

SATURDAY.—Irish stew, made from scrag of mutton.—Baked currant pudding.

3191.—KITCHEN DINNERS FOR DECEMBER

DINNER FOR TWELVE SERVANTS.

Roast goose, apple sauce, greens, potatoes.—Plain plum pudding, rice pudding.

DINNER FOR EIGHT SERVANTS.

Soup made from bones and trimmings, with small suet dumplings.—Roast leg of mutton, vegetables.—Cheese.

DINNER FOR SIX SERVANTS.

Fish pie made from cold fish.—Toad in the hole, cold meat, potatoes.—Boiled apple pudding.

DINNER FOR FOUR SERVANTS.

Beef-steak pudding, potatoes.—Cheese and celery.

DINNER FOR TWO SERVANTS.

Legs of turkeys hashed, potatoes.—Mince pies.

3192.—VEGETARIAN DINNERS FOR DECEMBER.

No. 1.	No. 2.
Vegetable Soup.	Pea Soup.
Croquettes of Hominy. Vegetable Goose. Potato Sanders.	Forcemeat Fritters. Bean Croquettes. Vegetable Pie.
Plum Pudding.	Savoury Rice.
Macaroni Cheese.	Mince Pies.
Average cost of this dinner, 5*s.* for six persons.	Average cost of this dinner, 5*s.* for six persons.

3193.—QUICKLY PREPARED DINNERS FOR DECEMBER.

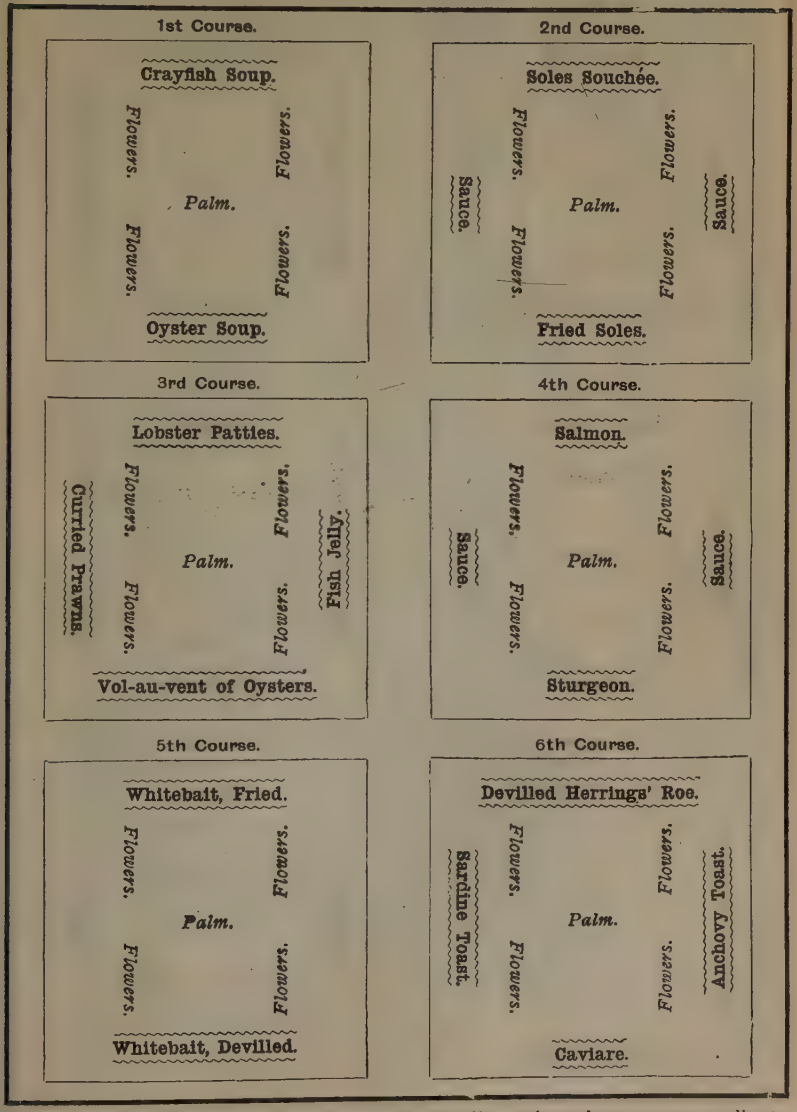
No. 1.	No. of Recipe.	No. 2.	No. of Recipe.
Ox-tail Soup.		Caviare.	2079
Baked Minced Mutton.	1069	Cod Cutlets.	
Mashed Potatoes.	1613	Poached Eggs and Cold Meat.	1083
Plovers.	1409	Teal.	1415
Celery Salad.		Foie Gras Salad.	
Compôte of Fruit.		Trifle.	1991
Time for this dinner, ¾ hour.		Time for this dinner, 40 mins.	

Note.—The ox-tail soup in No. 1 Menu is a tinned one, but given any stock at hand, one with compressed vegetables might be substituted. The compôte can be made from oranges, mixed in a little syrup and liqueur, with a few slices of tinned peaches or pine-apple. To save time in Menu No. 2, the caviare could be spread on small biscuits instead of the croûtons. Any cold fish would serve for the cutlets.

DINNER AND DESSERT CHINA.

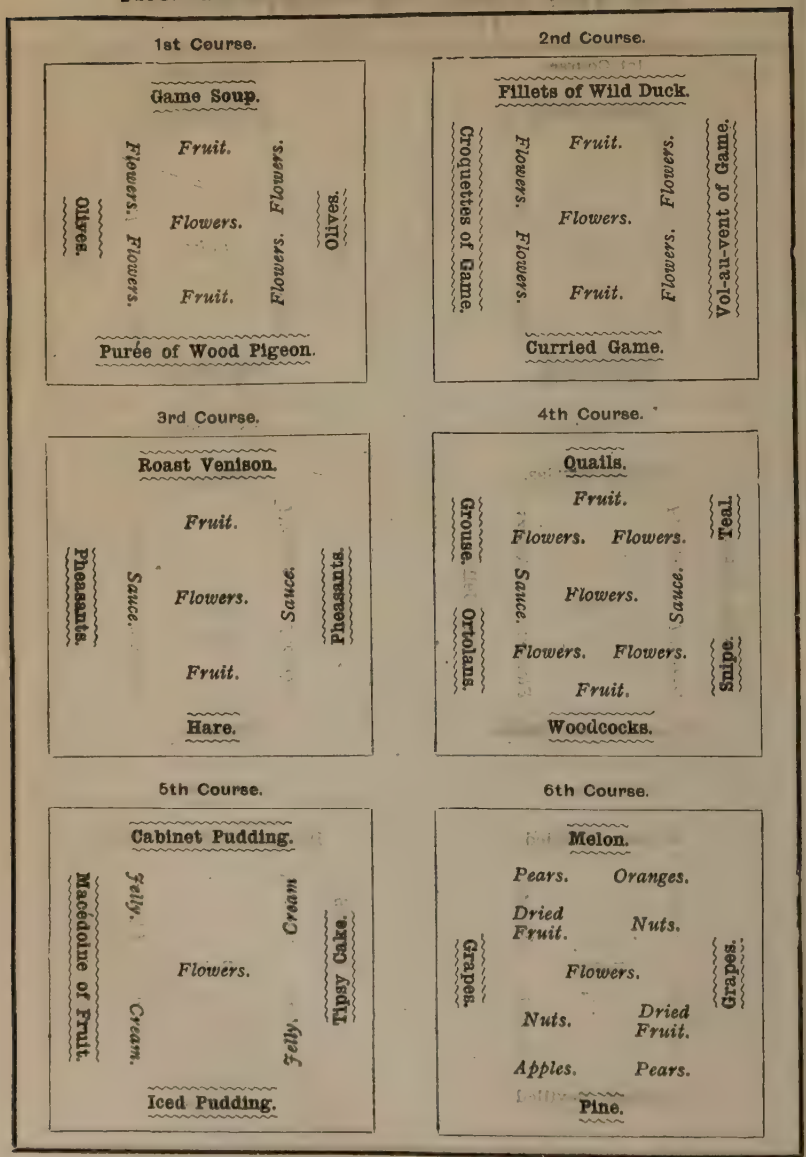
4. Dinner Plates.—4. Dessert Plates.—2. Vegetable Dishes.—1. Soup Tureen.—1. Jug.—1. Cheese Dish
1. Ice Pail.—2. Salts.—1. Strawberry Dish.—1. Fruit Dish.—1. Spoon Warmer.—

3194.—FISH DINNER FOR TWENTY PERSONS.
In Six Courses.



Note.—The above will be seen to be an entirely fish dinner, the various courses according to their character being all represented by fish.

3195.—GAME DINNER FOR THIRTY PERSONS.



Note.—This dinner is intended only for the height of the game season.

THE DINNER TABLE.

HIGH-TEA TABLE ARRANGED FOR TEN PERSONS.

AFTERNOON TEA.

CHAPTER LXV.

GENERAL OBSERVATIONS ON TEAS, WITH MENUS FOR WEDDING, AT HOME, HIGH TEA AND FAMILY TEAS.

3196. ***Under the head of "Teas,"*** how many different meals are served? We say "meals," perhaps, incorrectly, for the afternoon cup of tea (in many fashionable houses the only tea served) can scarcely come under this head; but independent of this, we have wedding teas, high teas, "at home" teas, ordinary family teas, and in some old-fashioned places, whose inhabitants have not moved with the times, still a quiet tea where people are invited to partake of such nice things as hot buttered toast, tea cakes, new laid eggs, and home-made preserves and cake. A pleasant meal, that is only the precursor of a good supper, of which we shall speak later on.

3197. ***Wedding teas*** are very much the same thing as "at home" teas, but are as a rule more crowded and less satisfactory than the latter. They are more crowded for two reasons, one that people ask so many more to tea than they would have thought of inviting to the now old-fashioned wedding breakfast, the other that they must all come much at the same time, as the bride has, as a rule, but a very short time to stay. She cuts the cake, or rather makes the first incision, as at a wedding breakfast, but there are no speeches and but little ceremony. We give an illustration showing the way to lay a wedding tea and two menus upon page 1442.

3198. ***"At Home" teas*** are the teas served at the large afternoon gatherings now so generally established which hostesses with many calls upon their time and large circles of acquaintances find such a useful form of entertainment, as by the giving up of one afternoon they can receive so many guests. These differ both as regards the afternoon arrangement and the tea itself from the weekly "at homes," which have become institutions in so many families both in town and country. Some entertainment is generally provided, usually music, professional singers and pianists being sometimes engaged. When this is the case, the lady of the house does not often ask her amateur friends to give their services; but sometimes these friends contribute the music, and it is well to make a little plan or programme beforehand, arranging who should be asked to perform and

apprising them of the fact so that they may come prepared. The hostess, even if she be herself musical, has her time taken up very fully with receiving and looking after her guests, and unless she sings the first song or plays the first piece (which few amateurs like to do), should leave herself free to devote herself to her guests. The instrumental pieces chosen on these occasions should not be long ones, and a good break should be made between each song, solo or recitation for conversation, people going more to these entertainments to meet their friends and have a chat than for the sake of the music. Introductions are not the rule at "at homes," but they can be made when there is any necessity. The tea is not served in the drawing-room as at smaller "at homes," but at a buffet in the dining-room, where people go during the afternoon, or sometimes as they leave, to partake of the light refreshments provided.

BAMBOO TEA-TABLE.

Women-servants, or sometimes hired attendants, do all the work of pouring out tea or wine or handing sandwiches, &c., unless gentlemen bring refreshments for ladies to where they are seated. At the buffet, people may help themselves or be helped by gentlemen friends if there be not a sufficient number of attendants.

3199. ***A weekly "At Home" tea*** is a very simple affair. It is served upon small tables, the servant before bringing it in seeing that one is placed conveniently near his mistress, it being generally dispensed by her. No plates are given for a tea of this kind, and the servant or servants after seeing that all is in readiness, leave the room, the gentlemen of the party doing all the waiting that is necessary.

AFTERNOON TEA-TABLE.

The tea equipage is usually placed upon a silver salver, the hot water is in a small silver or china kettle on a stand, and the cups are small. Thin bread and butter, cake, and sometimes fresh fruit are all the eatables given.

3200. ***High tea*** may be either a substantial meal with several courses, that is in all but a name (like a first-rate luncheon) a dinner, or it may be with one or two little dishes of fish, poultry, game or meat, either cold or *rechauffé*, more like a light and early supper.

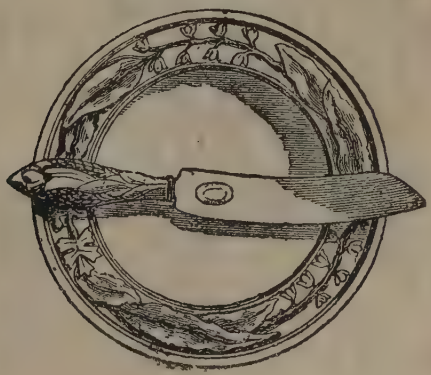
In some houses it is a permanent institution, quite taking the place of late dinner, and to many it is a most enjoyable meal, young people preferring it to dinner, it being a movable feast that can be partaken of at hours which will not interfere with tennis, boating or other amusements, and but little formality is

needed At the usual high tea there are probably to be found one or two small hot dishes, cold chickens, or game, tongue or ham, salad, cakes of various kinds, sometimes cold fruit tarts, with cream or custard, and fresh fruit. Any supper dish, however, can be introduced, and much more elaborate meals be served, while the tea and coffee are relegated to the sideboard and wine only, in the way of drink put upon the table. In summer it is not unusual to have everything cold at a high tea.

We are indebted to Messrs. Oetzman and Co., London, for the illustrations of the tea-tables on page 1440. These are now so generally in use that they scarcely need comment, but it may be remarked that the bamboo ones with the five trays in addition to the table itself, such as those we illustrate, are most convenient, as there is so much room for cups and saucers. They not only serve for the afternoon tea, but are most useful at a high tea, where the tea equipage is so often absent from the table. One of these pretty little tables placed at the right hand of the lady of the house, would enable her to dispense the tea without leaving her place at the head of the table. The patent ewers illustrated upon pages 1480 and 1481 are also specialties of Messrs. Oetzman.

3201. ***Family teas*** most often consist of cake, preserve, sardines, potted meats, buttered toast, tea cakes and fruit, in addition to the tea, coffee, and bread and butter. Watercress and radishes are nice accompaniments in summer, and these eminently feminine meals may be very pleasant ones, from which the young folks are never excluded by reason of age, as they would be at a late dinner.

The hours for family teas may vary in many households, but are generally governed by the time of the dinner that has preceded them, and the kind of supper partaken of afterwards. Where this is of a very light character, such as a glass of wine and a slice of cake, or the more homely glass of beer and bread and cheese, a 6 to 7 o'clock tea would not be late, and a few little savouries or eggs would be needed in addition to the bread and butter and cake so generally found; but where a substantial supper is to follow the tea the latter would be of a very light description and might be served as early as 5 to 6 o'clock.



BUFFET TEA FOR SIXTY GUESTS AT AFTERNOON WEDDING.

Menus for Wedding Teas.

No. 1.—SUMMER.

Salmon Sandwiches.
Cucumber Sandwiches.
Chicken and Ham Sandwiches.
Salad Sandwiches.

—

Wedding Cake.
Small Rout Cakes.
Fancy Cakes. Ratafias.

Strawberries.
Grapes. Cherries.

—

Ices of two kinds.
Various Wines.
Claret Cup.
Champagne Cup.
Tea. Coffee.

No. 2.—WINTER.

Foie-gras Sandwiches.
Game Sandwiches.
Caviare Sandwiches.
Turkey & Tongue Sandwiches.

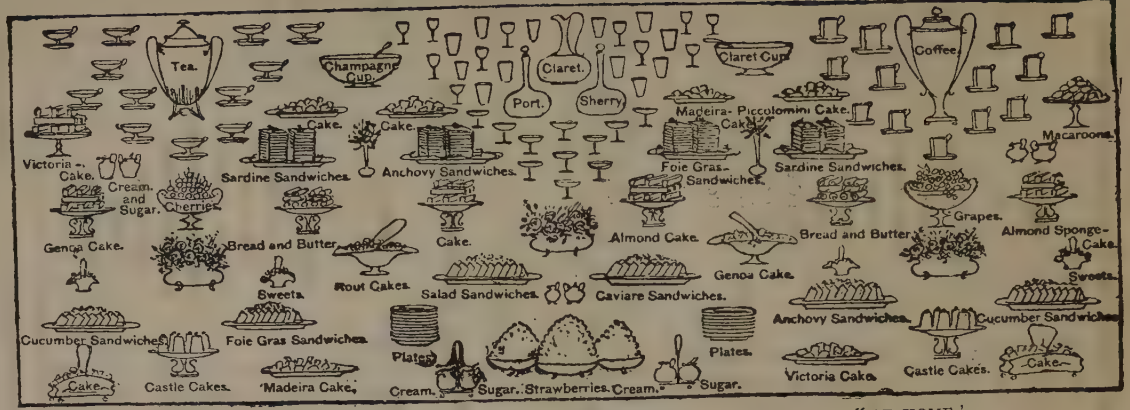
—

Wedding Cake.
Pastry Sandwiches.
Madeira Cake.

Macaroons.
Rout Cakes.
Grapes.

—

Port. Sherry.
Champagne.
Liqueur.
Tea. Coffee.



BUFFET TEA-TABLE ARRANGED FOR FROM FORTY GUESTS AT AFTERNOON "AT HOME.'

Menu for Buffet Tea.

Sandwiches.

Sardine.
Cucumber.
Foie Gras.
Caviare. Anchovy.
Salad.

Bread and Butter.

Cakes.

Madeira.
Piccolimini.
Almond.
Almond Sponge Cake.
Victoria.
Genoa
Castle Cake.

Fruit.

Strawberries.
Cherries.
Grapes.

Tea.
Coffee.
Champagne Cup

Claret Cup.
Port.
Sherry.
Claret.

Sweets.

Chocolates.
Caramels, &c. &c.

3204.—HIGH TEAS FOR TWELVE PERSONS—SUMMER.

1. Menu.	Average Cost.	2. Menu.	Average Cost.
	s. d.		s. d.
Mayonnaise of Salmon.	4 6	Lobster Salad.	4 6
Fish Jelly.	3 0	Pigeon Pie.	4 0
Cold Chickens.	5 0	Cold Fowls.	6 0
Tongue.	4 6	Ham.	5 0
Galantine of Veal.	4 0	Cucumber.	0 6
Salad.	1 0	Salad.	0 6
Pastry Sandwiches.	1 0	Pound Cake.	2 0
Jelly.	2 6	Iced Cake.	2 6
Strawberries and Cream.	2 6	Raspberries and Cream.	2 6
Tea, Coffee.	2 0	Tea, Coffee.	2 0
	1 10 0		1 9 6

Note.—Light wine, such as claret or hock, should be served at either of the above teas; sometimes these wines are made into cups, such as champagne-cup, claret-cup or cider-cup, and are preferred by many to the wine itself. They should be iced according to the season, while ice should find a place upon the table. Fruit tarts, cold, with cream or custard, might be added.

HIGH TEAS FOR TWELVE PERSONS—WINTER.

3. Menu.	Average Cost.	4. Menu.	Average Cost.
	s. d.		s. d.
Fish Rissoles.	1 6	Scalloped Oysters.	4 0
Hashed Game.	2 6	Mutton Cutlets.	2 6
Cold Turkey.	5 0	Cold Game.	3 0
Veal Pie.	4 0	Hashed Turkey.	2 0
Salad.	1 0	Sponge-cake Pudding.	2 0
Lemon Cream.	3 0	Pastry Sandwiches.	1 0
Pound Cake.	2 0	Rice Cake.	1 6
Fruit.	1 6	Fruit.	1 6
Tea, Coffee.	2 0	Tea, Coffee.	2 6
	1 2 6		1 0 0

Note.—Fresh fruit is always rather scarce and dear in winter. An excellent substitute for it will be found in tinned pine-apple.

3205.—FAMILY TEAS.

MONDAY.—Slices of bread and butter, and slices of thinly-cut bread on separate but corresponding dishes; the latter are for marmalade or jam, or honey spreading. There are many persons who, whilst they are very fond of these sweet things, consider them quite nauseous with the addition of butter; where there are children, it is a wasteful, expensive method of feeding to allow buttered bread to be spread with jam, &c. A standard family cake, one of the "come and cut me" kind, nice enough for the grown-ups, and suitable for the children. A rack of dry, crisp toast, and little glass dishes filled with preserves (these are a great ornament to a tea-table), potted meat. Coffee and tea, or one only of these beverages.

TUESDAY.—The same dishes, respecting bread and bread and butter; the family cake, which will still be presentable, perhaps; two dishes of different kinds of home-made small cakes; two dishes of whatever fruit is in season and reasonable in price; a box of sardines. Coffee or tea, or both.

WEDNESDAY.—Bread, and bread and butter, muffins and crumpets, if in season; a dish of stewed prunes or stewed pippins; cake of some sort; shell-fish, if in season; marmalade. Tea and coffee, &c.

THURSDAY.—Bread and bread and butter, buttered toast in rounds, kept crisp and hot; a scalded haddock; seed cake, jam. Tea and coffee.

FRIDAY.—Bread and bread and butter, a dish each of plain and sweet buns, potted meat or potted lobster, dry toast, honey. Tea, coffee, &c.

SATURDAY.—Bread and bread and butter, cake, fresh or dried fruit (two dishes), milk scones, hot biscuits or cakes, preserve. Tea, coffee, &c.

SUNDAY.—Bread and bread and butter, dry toast, cake or cakes, potted meats, shrimps, sardines, jam, marmalade, or honey, or all three. Coffee and tea, &c.

Note.—It should be remembered in respect of the "family tea," no less than in that of the family meal of a more substantial kind, that *variation* of the dishes should be studied. I remember very well indeed a poor little well-fed child saying once, in answer to a query as to what he liked for breakfast and dinner best, "Is there anything besides bed an' milk an' yice in the world, because *they* is hozzible?" Just so is it with the grown-up: the frequent, everlasting one or two dishes forming the chief presentments are very likely, even to them, no less than "hozzible." Endeavour to provide to-day something a little different from yesterday, and the result will be a keen appreciation of your attention to them on the part of the persons, whoever they may be, who habitually sit at your table.

3206.—LITTLE TEAS FOR THE FAMILY.

MONDAY.—Tea, bread and butter, toast, potted beef.

TUESDAY.—Tea, bread and butter, tea-cakes, watercress.

WEDNESDAY.—Tea, brown bread and butter, toast, cake.

THURSDAY.—Tea, bread and butter, dry toast, sardines.

FRIDAY.—Tea, bread and butter, cake, preserve.

SATURDAY.—Tea, brown bread and butter, potted meat, radishes

SUNDAY.—Tea, bread and butter, cake, marmalade.

A FAMILY SUPPER.

CHAPTER LXVI.

GENERAL OBSERVATIONS ON SUPPERS, WITH MENUS FOR BALL, GUEST AND FAMILY SUPPERS.

3207. ***Supper as a meal*** is one of the most abused. People with weak digestion cannot eat suppers, those who have late dinners or teas can neither need nor enjoy them; so as indigestion is not an uncommon complaint, and late dinners are the general rule, supper is going out of fashion, if we may not say it has not actually become a thing of the past. That very late dinners are more healthful than suppers it is not our place to determine, but the latter being only a modified edition of the former, we can see no reason why they should be (if late dinners are not) unwholesome, that is, if they be partaken of sufficiently early. A meal eaten just before bed-time is not likely to do one any good, for the reason that we have no time to digest it before our night's rest; but a meal, call it what you will, dinner or supper, taken some hours before bed-time is one of the most enjoyable meals of the day, being one that comes after the daily work is over.

3208. ***Ball Suppers.***—A ball supper is, of necessity, a late one, but, being followed by several hours of active exercise, on the old principle of "after supper walk a mile," it need not be injurious when the proverbial mile is danced instead of walked. As a rule, ball suppers—with the exception of the soup, which should be white or clear—are cold ones, consisting of mayonnaises, game, poultry, pies, pasties, galantines, salads, creams, jellies and other sweets, with plenty of fresh fruit according to the season of the year. They may be served at a buffet or at a table, or tables, where everyone can sit down, but the viands are the same, and it is an essential thing that a ball supper should be prettily and daintily laid. The dishes, being all put upon the table, require more garnishing than they would if served at dinner, and a great deal of taste may be displayed in the arrangement of a supper. Colours should be prettily contrasted; all savoury dishes should be made to look as tasteful as possible with their various glazings, aspic jelly, decorated skewers, &c., and plenty of green should give relief to the colour. It is a good plan to have only ferns or palms for table decoration at ball suppers, as fruit gives colour as well as sweet dishes.

3209. ***Guest Suppers.***—When these were *en régle* it was no unwonted thing to see dishes which we consider now only to belong to dinner put upon the table, nor was it unprecedented to find the meal entirely a hot one. *Nous avons changé tout cela* it is true, still suppers, as we have said before, *do* exist, to which guests are still bidden, but these are as a rule cold ones, only varied by an occasional dish of cutlets, scalloped oysters, or fried fish. Fish being food of a light character, is one very suitable for light suppers (we have seen those who inveigh bitterly against the meal eat some few dozens of oysters at supper time without protest), but heavy foods are better avoided. In summer, mayonnaises of fish, rissoles of chicken, cold poultry, salads, and a few sweets may form the basis of a guest supper, and in winter, soups, cutlets, small birds and salmis of various kinds will be found acceptable and not difficult of digestion.

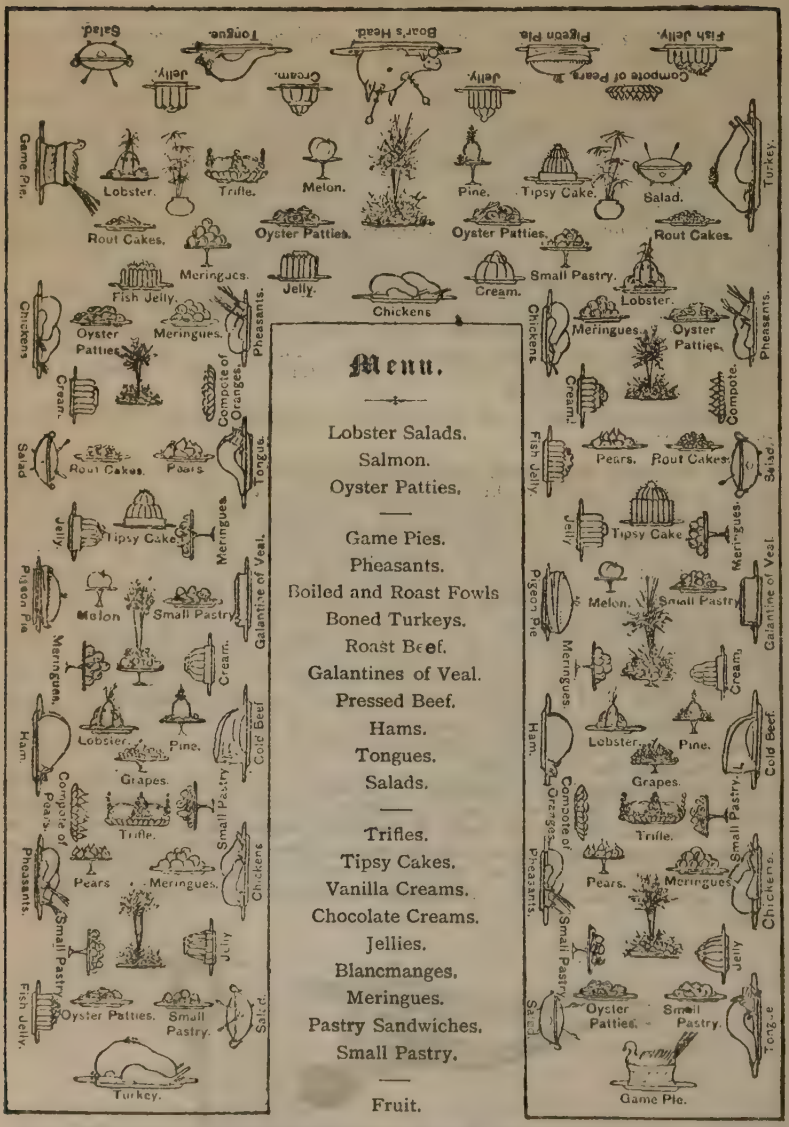
On page 1451 we give a set-out supper for guests in summer time, where it will be seen that the menu consists of cold salmon (with which should be served a good mayonnaise sauce), chickens, tongue, roast sirloin of beef, pigeon pie and salad trifle, fancy pastry, jelly, cream and fruit. This table is made to look very pretty with floral decorations which are also extended to the serviettes, a little bouquet being placed in each.

Strawberries and cream might be served instead of any one of the fruits, or in addition to them.

3210. ***Family Suppers.***—At these, particularly, if of everyday occurrence, should be served food of a light description, and to make these enjoyable meals the dishes should be as varied as possible. Fish re-dressed in the form of mayonnaises, croquettes, or pies, can easily be made into a good supper dish; the remains of poultry or game hashed make a tempting and savoury one where hot dishes are liked, and all kinds of odds and ends can, with a little ingenuity, be utilised to form more appetising food at supper time than perpetual cold meat. Salad or cucumber should not be wanting at the family meal in summer, when such things are plentiful and cheap, while in winter a few cold potatoes fried make a nice addition, or a well-made potato salad. As with breakfast dishes, those for supper are more a question of trouble and time than cost; but food that we can enjoy versus food for which we have no relish has such a material difference of effect upon our system, that we may conclude our observations on the last meal of the day by a word of advice to the housewife, to have it, as far as lays in her power, suited to the tastes of all.

There is a prejudice against suppers for children, and we fear that many little ones go hungry to bed, particularly in summer, when they may have been running in a garden since their early tea. A very light supper *should* be given to those children who have a long interval between tea time and bed time, and will not be found in any way injurious; this simple meal consisting of cake, bread and butter, or bread and cheese, with milk or lemonade, according to taste and season.

3211.—BALL SUPPER FOR SIXTY PERSONS.—WINTER.



Menu.

Lobster Salads.
Salmon.
Oyster Patties.

—

Game Pies.
Pheasants.
Boiled and Roast Fowls
Boned Turkeys.
Roast Beef.
Galantines of Veal.
Pressed Beef.
Hams.
Tongues.
Salads.

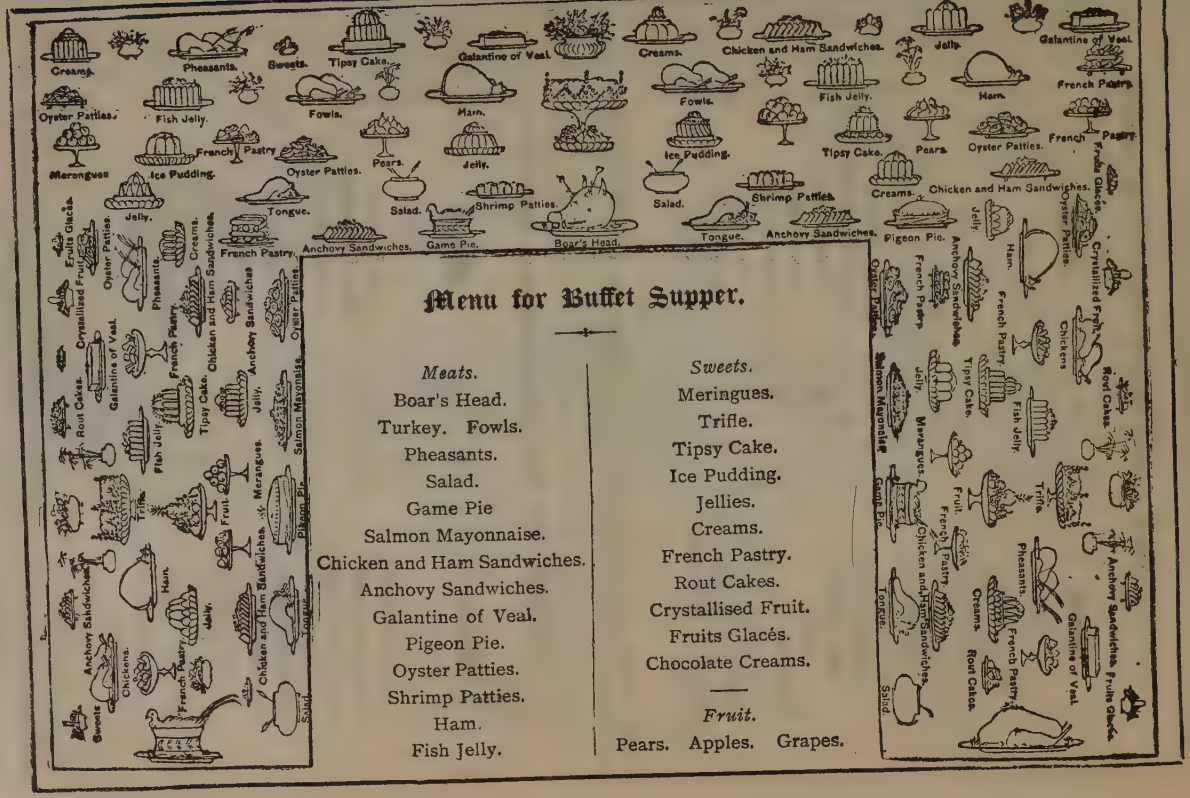
—

Trifles.
Tipsy Cakes.
Vanilla Creams.
Chocolate Creams.
Jellies.
Blancmanges.
Meringues.
Pastry Sandwiches.
Small Pastry.

—

Fruit.

Note.—This menu, with a little variation, might serve for other seasons. In summer, lobster might be used for the patties; pigeon and veal pies might replace the game ones, and chaudfroids of chicken the pheasants: while amongst the sweets, compôtes of fresh fruit should find a place.


Menu for Buffet Supper.
Meats.
Boar's Head.
Turkey. Fowls.
Pheasants.
Salad.
Game Pie
Salmon Mayonnaise.
Chicken and Ham Sandwiches.
Anchovy Sandwiches.
Galantine of Veal.
Pigeon Pie.
Oyster Patties.
Shrimp Patties.
Ham.
Fish Jelly.
Sweets.
Meringues.
Trifle.
Tipsy Cake.
Ice Pudding.
Jellies.
Creams.
French Pastry.
Rout Cakes.
Crystallised Fruit.
Fruits Glacés.
Chocolate Creams.
Fruit.
Pears. Apples. Grapes.

3213.—SUPPER FOR TWELVE PERSONS—SUMMER.

1. Menu.	Average Cost.	2. Menu.	Average Cost.
	s. d.		s. d.
Cold Salmon.	4 6	Fish Jelly.	3 0
Cucumber.	0 9	Lobster.	4 0
Tartare Sauce.	0 9	Galantine of Veal.	4 0
Cold Chickens.	5 0	Mayonnaise of Chicken.	4 6
Ham.	3 0	Cold Tongue.	4 0
Cold Lamb.	4 0	Raspberry Cream.	2 6
Mint Sauce.	0 4	Puff-paste Rings.	1 0
Salad.	1 0	Rice Shape.	0 9
Fruit Tart, Custard.	2 3	Stilton Cheese.	1 0
Tipsy Cake.	2 6	Cherries.	1 0
Cheese Biscuits.	0 6	Strawberries.	1 6
Strawberries, Raspberries.	3 0	Biscuits.	0 6
	1 9 7		1 7 9

Note.—Sherry, claret and ale might be served with either or both of the above menus; and champagne would also be an appropriate wine.

SUPPER FOR TWELVE PERSONS—WINTER.

3. Menu.	Average Cost.	4. Menu.	Average Cost.
	s. d.		s. d.
Fillets of Turbot.	4 0	Fish Rissoles.	1 6
Hollandaise Sauce.	1 0	Salmi of Pheasant.	3 6
Cold Pressed Beef.	3 6	Cold Turkey.	5 0
Veal Pie.	4 0	Ham.	5 0
Roast Partridges.	8 0	Salad.	1 0
Stewed Fruit.	1 0	Stewed Fruit.	1 3
Blancmange.	1 6	Mince Pies.	1 6
Jelly.	2 6	Cream.	2 6
Macaroni Cheese.	1 0	Cheese Fondue.	2 0
Apples.	0 6	Grapes.	3 0
Pears.	1 0	Oranges.	0 9
	1 8 0		1 7 0

Note.—The wines for these suppers may be sherry, claret and champagne; and ale might be served if liked, as it often is by gentlemen, at supper.

3214.—GUEST SUPPERS.

Note.—The above is a supper suitable for from ten to twelve persons.

3215.—FAMILY SUPPERS.

SUNDAY.—Cold meat, salad.—Cold fruit tart, custard.—Cheese, butter, &c.—Wine or beer.

MONDAY.—Croquettes of cold meat, cold tongue, cucumber or beetroot.—Jam puffs, stewed fruit, cake.—Cheese, butter, &c.—Wine or beer.

TUESDAY.—Fish pie made from cold fish and potato.—Cold Meat, salad.—Cold sweets from dinner.—Fruit.—Cheese, butter, &c.—Wine or beer.

WEDNESDAY.—Fried sausages and mashed potatoes, cold tongue, potted meat.—Corn flour blanc mange, cake.—Cheese, butter, &c.

THURSDAY.—Potato pie made with cold meat, brawn, cucumber or beetroot.—Macaroni stewed in any stock, with cheese.—Cheese, butter, &c.

FRIDAY.—Scalloped oysters (tinned).—Cold meat, salad.—Savoury eggs, custard pudding.—Cheese, butter, &c.

SATURDAY.—Kidney toast, cold meat pie, cucumber.—Baked apples, cake.—Cheese, butter, &c.

3216.—LITTLE SUPPERS FOR THE FAMILY.

No. 1.

SUNDAY.—Cold meat, beetroot.—Plain cake.—Cheese, butter, &c.

MONDAY.—Poato pie.—Cold rice shape.—Biscuits, bread, cheese, &c.

TUESDAY.—Fish rissoles.—Potted meat, lettuces.—Bread, cheese, &c.

WEDNESDAY.—Pressed beef, cucumber.—Rice pudding.—Bread, cheese, &c.

THURSDAY.—Sausages and fried potatoes.—Stewed fruit.—Bread, cheese, butter, &c.

FRIDAY.—Macaroni stewed in stock, or with bones of meat or poultry.—Cheese, bread, preserves, &c.

SATURDAY.—Minced beef and potatoes.—Fruit turnovers.—Biscuits, bread, cheese, &c.

No. 2.

SUNDAY.—Cold veal pie, salad.—Cheese, butter, &c.

MONDAY.—Brawn, pickles.—Biscuits, cheese, butter, &c.

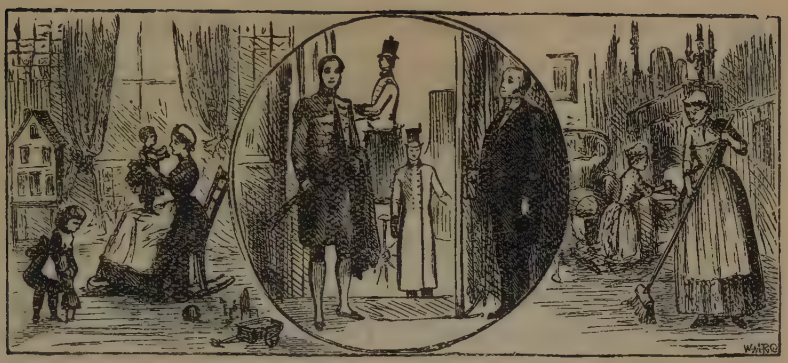
TUESDAY.—Fish salad, made from cold fish.—Cold fruit tart.—Cheese, butter, &c.

WEDNESDAY.—Hashed meat and cold potatoes fried.—Cheese, butter, &c.

THURSDAY.—Pickled mackerel.—Plain cake.—Cheese, butter, &c.

FRIDAY.—Cold meat, salad.—Cheese, butter, &c.

SATURDAY.—Grilled meat, potato rissoles.—Cheese, butter, &c.



DOMESTIC SERVANTS.

CHAPTER LXVII.

GENERAL OBSERVATIONS ON DOMESTIC SERVANTS.

3217. ***The Custom of "Society"*** is to abuse its servants: a *façon de parler* such as leads their lords and masters to talk of the weather, and, when ruefully inclined, of the crops, leads matronly ladies, and ladies just entering on their probation in that honoured and honourable state, to talk of servants, and, as we are told, wax eloquent over the greatest plague in life while taking a quiet cup of tea. Young men at their clubs, also, we are told, like to abuse their "fellows," perhaps not without a certain pride and pleasure at the opportunity of intimating that they enjoy such appendages to their state. It is a conviction of "Society" that the race of good servants has died out, at least in England, although they do order these things better in France; that there is neither honesty, conscientiousness, nor the careful and industrious habits which distinguished the servants of our grandmothers and great-grandmothers; that domestics no longer know their place; that the introduction of cheap silks and cottons, and, still more recently, those ambiguous "materials" and tweeds, have removed the landmarks between the mistress and her maid, between the master and his man.

3218. ***Choice of Servants.***—When the distinction really depends on things so insignificant as dress, when the lady of fashion chooses her footman without any other consideration than his height, shape, and *tournure* of calf, it is not surprising that she should find a domestic who has no attachment for the family, who considers the figure he cuts behind her carriage, and the late hours he is compelled to keep, a full compensation for the wages he exacts, for the food he wastes, and for the perquisites he can lay his hands on. Nor should the fast young man, who chooses his groom for his knowingness in the ways of the turf and in the tricks of low horse-dealers, be surprised if he is sometimes the victim

of these learned ways. But these are the exceptional cases, which prove the existence of a better state of things. The great masses of society among us are not thus deserted: there are few families of respectability, from the shopkeeper in the next street to the nobleman whose mansion dignifies the next square, which do not contain among their dependents attached and useful servants; and where these are absent altogether, there are good reasons for it.

3219. ***Masters and Mistresses.***—It has been said that good masters and mistresses make good servants, and this to a great extent is true. There are certainly some men and women in the wide field of servitude whom it would be impossible to train into good servants, but the conduct of both master and mistress is seldom without its effect upon these dependents. They are not mere machines, and no one has a right to consider them in that light. The sensible master and the kind mistress know, that if servants depend on them for their means of living, in their turn they are dependent on their servants for very many of the comforts of life; and that, using a proper amount of care in choosing servants, treating them like reasonable beings, and making slight excuses for the shortcomings of human nature, they will, save in some exceptional cases, be tolerably well served, and, in most instances, surround themselves with attached domestics.

This remark, which is applicable to all domestics, is especially so to men-servants. Families accustomed to such attendants have always about them humble dependents, whose children have no other prospect than domestic service to look forward to; to them it presents no degradation, but the reverse, to be so employed; they are initiated step by step into the mysteries of the household, with the prospect of rising in the service, if it is a house admitting of promotion, to the respectable position of butler or house-steward. In families of humbler pretensions, where they must look for promotion elsewhere, they know that can only be attained by acquiring the goodwill of their employers. Can there be any stronger security for their good conduct—any doubt that, in the mass of domestic servants, good conduct is the rule, the reverse the exception?

3220. ***Women Servants*** are specially likely to be influenced by their mistress's treatment of them, and yet we venture to assert that good mistresses are rarer than good masters, so many of the former lacking consideration for their servants.

In many cases they do not give them the help which it is their duty to afford. A timely hint or even a few words of quiet reproof may be lacking when needed, and still more so the kind words and the deserved praise for work well and carefully done. It is a fact that we must take some *trouble* with our servants. The wheels of domestic machinery will not run well without constant care. There is no necessity for a mistress to be continually fussing round and superintending her servants' work, but she must first make sure that they do it thoroughly and well. Also she must take time and pains to show her domestics *how* she likes the work done.

A strict mistress is not necessarily a harsh one, and for the sake of others as well as herself she should insist upon the daily duties of each servant being faithfully and punctually performed. Every mistress should know for herself how long it takes for each household task, and it is then easy to see whether or no time has been wasted. It would be a good plan for both mistresses and servants to reckon up the work to be done on each day (allowing a little margin for interruptions and incidental tasks) and put it against the time at their disposal for the performance of the same, and it would be at once seen whether they might consider that there was too much or too little work to be done during the day. Should the result prove that there was a deficiency of time for the work to be done

thoroughly and well, a wise mistress will make some different arrangement by which the labour may be lightened.

Work hurried is pretty nearly sure to be work ill done; and it is a fact that cannot be too firmly impressed upon all, that time must be proportionate to labour, and that a fair amount of rest should be regular and certain.

In large households with a full staff of servants it is comparatively easy to have order, regularity and comfort; but where there are but few, or it may be only one woman servant, then the mistress has much to think of and to do.

We have known some people who, keeping only a general servant, yet expect her to cook like a cook, do housework like a housemaid, and dress and wait at table like a parlour-maid. This *rara avis* does exist, but where we see one we may feel pretty sure that she is helped considerably.

There are not only so many ways in which we may assist our servants, there are twice as many in which we can save them labour, and in which we can show them how to save themselves.

They for their own part having chosen their own way of earning their livelihood should be only too ready and willing to learn to rise in an honourable calling such as service is, and where their comfort and welfare is made the care of their mistress, it should surely be their pleasure as well as their duty to serve her and do her will to the best of their ability.

3221. ***The number of men-servants in a family*** varies according to the wealth and position of the master, from the owner of the ducal mansion, with a retinue of attendants, at the head of which is the chamberlain and house-steward, to the occupier of the humbler house, where a single footman, or even the odd man-of-all-work, is the only male retainer. The majority of gentlemen's establishments probably comprise a servant out of livery, or butler, a footman and coachman, or coachman and groom, where the horses exceed two or three.

To a certain extent the number of men-servants kept is regulated by the number of women servants, this statement, of course, not applying to such out-door servants as coachman, groom, or gardener.

Occasionally a parlour-maid is kept instead of a second footman, or a kitchen or scullery-maid does the work in the way of boot-cleaning, etc., that would fall to a third footman or page. A man cook is now more rarely to be found in private service than formerly, women having found it expedient to bring their knowledge of the culinary art more to the level of the *chef*; while in many cases those who have a talent for cooking have risen superior to him both in the way they flavour and serve the various dishes that call for skill and taste.

CHAPTER LXVIII.

MEN SERVANTS' DUTIES.

THE BUTLER.

3222. ***The butler is the head of the male house-servants,*** and his duties are the most responsible, not the least amongst them being the superintending of the men under him if there be several. It is he who must see that their duties are properly performed, that they do not rob their master of either time or service. To him is confided the charge of all the most valuable articles in daily use, and under his sole charge is the cellar. It is needless to say, therefore, that he should be a man whose conduct is above suspicion as his influence for good or bad will materially affect the other male domestics.

THE BUTLER.

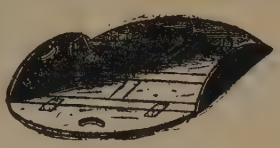
3223. ***The domestic duties of the butler*** are to bring in the eatables at breakfast, and wait upon the family at that meal, assisted by the footman, and see to the cleanliness of everything at table. On taking away, he removes the tray with the china and plate, for which he is responsible. At luncheon, he arranges the meal, and waits unassisted, the footman being now engaged in other duties. At dinner, he places the silver and plated articles on the table, sees that everything is in its place, and rectifies what is wrong. Where the dishes are carved on the dinner-table he carries in the first dish, and announces in the drawing-room that dinner is on the table, and respectfully stands by the door until the company are seated, when he takes his place behind his master's chair on the left, to remove the covers, handing them to the other attendants to carry out. After the first course of plates is supplied, his place is at the sideboard, to serve the wines, but only when called on. The first course ended, he rings the cook's bell, and hands the dishes from the table to the other servants to carry away, receiving from them the second course, which he places on the table, removing the covers as before, and again taking his place at the sideboard.

LUNCH TRAY.

3224. ***Carving at dinner*** is now generally done by the butler, for even the every-day family dinner is not put upon the table, the chief man-servant carving each dish at a side table. After serving the soups the butler has time to pour out the Sherry or Madeira taken after that course, then he returns to his post at the side table. Where there is much to be carved a helper is sometimes needed, but entrées

have now so superseded the old-fashioned joints, that a skilful carver can easily manage to do all that is necessary even at a large dinner.

3225. ***After dinner*** the butler receives the dessert from the other servants, and arranges it on the table, with plates and glasses, and then takes his place behind his master's chair to hand the wines and ices, while the footman stands behind his mistress for the same purpose, the other attendants leaving the room. Where the old-fashioned practice of having the dessert on the polished table, without any cloth, is still adhered to, the butler should rub off any marks made by the hot dishes before arranging the dessert.



SANDWICH TRAY.

3226. ***Before dinner*** he has satisfied himself that the lamps, candles, or gas-burners are in perfect order, if not lighted, which will usually be the case. Having served everyone with their share of the dessert, put the fires in order (when these are used), and seen the lights are all right, at a signal from his master, he and the footman leave the room.

He now proceeds to the drawing-room, arranges the fireplace, and sees to the lights; he then returns to his pantry, prepared to answer the bell, and attend to the company, while the footman is clearing away and cleaning the plate and glasses.

CHAMPAGNE OPENER.

At tea he again attends. At bedtime he appears with the candles; he locks up the plate, secures doors and windows, and sees that all the fires are safe.

3227. ***In addition to these duties,*** the butler, where only one footman is kept, will be required to perform some of the duties of the valet, to pay bills, and superintend the other servants. But the real duties of the butler are in the wine-cellar; there he should be competent to advise his master as to the price and quality of the wine to be laid in; "fine," bottle, cork, and seal it, and place it in the bins. Brewing, racking, and bottling malt liquors, belong to his office, as well as their distribution. These and other drinkables are brought from the cellar every day by his own hands, except where an under-butler is kept; and a careful entry of every bottle used, entered in the cellar-book; so that the book should always show the contents of the cellar.

The butler should make it his business to understand the proper treatment of the different wines under his charge, which he can easily do from the wine-merchant; and faithfully attend to it; his own reputation will soon compensate for the absence of bribes from unprincipled wine-merchants, if he serves a generous and hospitable master. Nothing spreads more rapidly in society than the reputation of a good wine-cellar, and all that is required is wines well chosen and well cared for; and this a little knowledge, carefully applied, will soon supply.

3228. ***Having charge of the contents of the cellars,*** it is the butler's duty to keep them in a proper condition, to fine down wine in wood, bottle it off, and store it away in places suited to the sorts. Where wine comes into the cellar ready bottled, it is usual to return the same number of empty bottles; the butler has not, in this case, the same inducements to keep the bottles

of the different sorts separated; but where the wine is bottled in the house, he will find the advantage not only of keeping them separate, but of rinsing them well, and even washing them with clean water as soon as they are empty.

THE FOOTMAN.

3229. ***The Head Footman.***—In large households where there are several footmen under the butler, the head footman has a comparatively easy time. He does not go out with the carriage, but remains at home to answer the front door to visitors in the afternoon. It is his duty to help the butler in bringing in afternoon tea, and he either superintends the laying of the cloth for dinner or assists in laying it himself under the supervision of the butler. It is not his duty to clean the plate or glass, in fact to do any washing or cleaning, but he is responsible for all work falling to the other footmen being properly and thoroughly done, and to him the butler will look to see that everything is in order. In a household where several footmen are kept there is as a rule a valet, but the head footman is required very often to wait upon gentleman visitors. Under the butler, he takes the first place in waiting at table at all meals where attendance is required.

THE FOOTMAN.

Where a valet is not kept, a portion of his duties falls to the footman — brushing the clothes among others. When the hat is silk, it requires brushing every day with a soft brush: after rain, it requires wiping the way of the nap before drying, and, when nearly dry, brushing with the soft brush and with the hat-stick in it. If the footman is required to perform any part of a valet's duties, he will have to see that the housemaid lights a fire in the dressing-room in due time; that the room is dusted and cleaned; that the washhand-ewer is filled with soft water; and that the bath, whether hot or cold, is ready when required; that towels are at hand; that hair-brushes and combs are properly cleansed, and in their places; that hot water is ready at the hour ordered; the dressing-gown and slippers in their place, the clean linen aired, and the clothes to be worn for the day in their proper places. After the master has dressed, it will be the footman's duty to restore everything to its place properly cleansed and dry, and the whole restored to order.

3230. ***The second footman*** generally goes out with the carriage, answers the drawing or dining-room bells, and attends the ladies of the house; his head not leaving his post in the hall during visiting hours. It falls to his lot to clean the plate, and wash the china and glass, or rather the choicer part of the latter, used in the dining-room. When there is an "at home" given by the ladies of the house, the second footman is sometimes required also to wait in the hall. In fact, the second footman's duties may be briefly understood as having generally to assist the head.

COAL VASE.

3231. ***The third footman*** has to do all the rougher work where a boy is not kept, such as cleaning knives, boots and windows, bringing in and carrying up

water, filling coal-scuttles, &c. He has virtually the heaviest work to do and the most, but the best footmen have generally started as under ones in good families, thus qualifying themselves by practical experience to undertake the superintendence of others.

3232. ***The single footman*** has to do the work of all the above with some little assistance from the butler if one is kept; but in many cases a parlour-maid lends him help in laying the cloth and waiting at table. His duties we give in detail, these being in effect those of the three already mentioned, and it will not be difficult to determine which belongs to each.

3233. ***Footman's Morning Duties.***—He is expected to rise early in order to get through his dirty work before the family are stirring. Boots and shoes, knives and forks, should be cleaned, coal scuttles filled, lamps in use trimmed, then any gentleman's clothes that require it brushed, hot water taken up and baths prepared before he tidies himself, has his own breakfast, and lays that for the family. At breakfast the footman carries up the urn and places the chief dishes upon the table. If any waiting is required, he does it assisted by parlour-maid or house-maid, but where only one man-servant is kept, when everything necessary for breakfast has been brought into the room, very little attendance is, as a rule, demanded. During the morning his time will be occupied in cleaning plate, windows, &c., according to the rules of the house in which he is engaged, and he will have to answer the front door and look after the sitting-room fires. After these duties will come laying the table for luncheon.

BISCUIT BOWL.

3234. ***Afternoon Duties.***—As at breakfast, where only one man-servant is kept, but little waiting is required at luncheon after the soup or hot dishes have been served. These taken away, the footman (if he has not had it before), will have his own dinner. When the family have left the dining-room, the footman clears away, washes the glass used, and cleans the plate. He then prepares himself either to go out with the carriage or to answer the door to visitors, as the case may be. When required to go out with the carriage, it is the footman's duty to see that the inside is free from dust, and he should be ready to open and close the door after his mistress. In receiving messages at the carriage door he should turn his ear to the speaker, so as to comprehend what is said, in order that he may give his directions to the coachman clearly. When the house he is to call at is reached, he should knock and return to the carriage for orders. In closing the door upon the family, he should see that the handle is securely turned, and that no part of the ladies' dress is shut in.

SALVER.

3235. ***It is the footman's duty*** to carry messages or letters for his master or mistress to their friends, to the post, or to the tradespeople; and nothing is more important than despatch and exactness in doing so, although writing even the simplest message is now the ordinary and very proper practice

Dean Swift, among his other quaint directions, all of which are to be read by contraries, recommends a perusal of all such epistles, in order that you may be the more able to fulfil your duty to your master. An old lady of Forfarshire had one of those odd old Caleb Balderston sort of servants, who construed the Dean of St. Patrick more literally. On one occasion, when despatch was of some importance, knowing his inquiring nature, she called her Scotch Paul Pry to her, opened the note, and read it to him herself, saying, "Now, Andrew, you ken a' about it, and needna' stay to open and read it, but just take it at once." Probably most of the notes you are expected to carry might, with equal harmlessness be communicated to you; but it will be better not to take so lively an interest in your mistress's affairs.

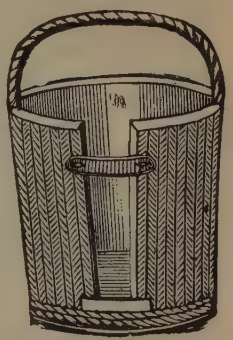
3236. ***Politeness and civility*** to visitors is one of the things masters and mistresses have a right to expect, and should exact rigorously. When visitors present themselves, the servant charged with the duty of opening the door will open it promptly, and answer, without hesitation, if the family are "not at home," or "engaged;" which generally means the same thing, and might be oftener used with advantage to morals. On the contrary, if he has no such orders, he will answer affirmatively, open the door wide to admit them, and precede them to open the door of the drawing-room. If the family are not there, he will place chairs for them, open the blinds (if the room is too dark), and intimate civilly that he goes to inform his mistress. If the lady is in her drawing-room, he announces the name of the visitors, having previously acquainted himself with it. In this part of his duty it is necessary to be very careful to repeat the names correctly; mispronouncing names is very apt to give offence, and leads sometimes to other disagreeables. The writer was once initiated into some of the secrets on the "other side" of a legal affair in which he took an interest, before he could correct a mistake made by the servant in announcing him. When the visitor is departing, the servant should be at hand, ready, when rung for, to open the door; he should open it with a respectful manner, and close it gently when the visitors are fairly beyond the threshold. When several visitors arrive together, he should take care not to mix up the different names together, where they belong to the same family, as Mr., Mrs. and Miss; if they are strangers, he should announce each as distinctly as possible.

Afternoon tea is brought in by the single footman. In many houses a small table is first brought in by him for this purpose (the butler would follow with the tray where the former is kept), then after seeing that there are sufficient cups and hot water ready at hand for his mistress, quits the room, holding himself in readiness to answer the drawing-room bell for change of cups or anything that may be required.

3237. ***Evening duties.***—For dinner, the footman lays the cloth, taking care that the table is not too near the fire, if there is one, and that passage room is left. A table-cloth should be laid without a wrinkle; and this requires two persons: over this the slips are laid, which are usually removed preparatory to placing dessert on the table. He arranges knives, forks, and glasses, &c. (see laying the cloth), according to what is to be served, for each person. This done, he places chairs enough for the party, distributing them equally on each side of the table.

About half an hour before dinner, he rings the dinner-bell, where that is the practice, and occupies himself with carrying up everything he is likely to require. At the expiration of the time, having communicated with the cook, he rings the dinner-bell, and proceeds to take it up, with such assistance as he can obtain. Having ascertained that all is in order, that his own dress is clean and present-

able, and his gloves are without a stain, he announces in the drawing-room that dinner is served, and stands respectfully by the door until the company are seated: he places himself on the left, behind his master, who is to distribute the soup; where soup and fish are served together, his place will be at his mistress's left hand; but he must be on the alert to see that whoever is assisting him, whether male or female, are at their posts. If any of the guests has brought his own servant with him, his place is behind his master's chair, rendering such assistance to others as he can, while attending to his master's wants throughout the dinner, so that every guest has what he requires. This necessitates both activity and intelligence, and should be done without bustle, without asking any questions, except where it is the custom of the house to hand round dishes or wine, when it will be necessary to mention, in a quiet or unobtrusive manner, the dish or wine presented.



WICKER PLATE-CARRIER.

While attentive to all, the footman should be obtrusive to none; he should give nothing but on a waiter, and always hand it with the left hand and on the left side of the person he serves, and hold it so that the guest may take it with ease. In lifting dishes from the table, he should use both hands, and remove them with care, so that nothing is spilt on the table-cloth or on the dresses of the guests.

In opening wine, let it be done quietly, and without shaking the bottle; if crusted, let it be inclined to the crusted side, and decanted while in that position. In opening champagne, it is not necessary to discharge it with a pop; properly cooled, the cork is easily extracted without any explosion; when the cork is out, the mouth of the bottle should be wiped with a napkin.

At the end of the first course, notice is conveyed to the cook, who is waiting to send up the second, which is introduced in the same way as before; the attendants who remove the fragments carrying the dishes from the kitchen, and handing them to the footmen or butler, whose duty it is to arrange them on the table. After dinner, the dessert-glasses and wines are placed on the table by the footman, who places himself behind his master's chair, to supply wine and hand round the ices and other refreshments, all other servants leaving the room.

As soon as the drawing-room bell rings for tea, the footman enters with the tray, which has been previously prepared; hands the tray round to the company, with cream and sugar, the tea and coffee being generally poured out, while another attendant hands cakes, toast, or biscuits. If it is an ordinary family party, where this social meal is prepared by the mistress, he carries the urn or kettle, as the case may be; hands round the toast, or such other eatable as may be required, removing the whole in the same manner when tea is over.

CRUMB SCOOP.

3238. ***Receptions and Evening Parties.***—The drawing-rooms being prepared, the card-tables laid out with cards and counters, and such other arrangements as are necessary made for the reception of the company, the rooms should be lighted up as the hour appointed approaches. Attendants in the drawing-room, even more than in the dining-room, should move about actively but noiselessly; no creaking of shoes, which is an abomination; watching the lights from time to time, so as to keep up their brilliancy. But

even if the attendant likes a game of cribbage or whist himself, he must not interfere in his master or mistress's game, nor even seem to take an interest in it. We once knew a lady who had a footman, and both were fond of a game of cribbage—John in the kitchen the lady in her drawing-room. The lady was a giver of evening parties, where she frequently enjoyed her favourite amusement. While handing about the tea and toast, John could not always suppress his disgust at her mistakes. "There is more in that hand, ma'am," he has been known to say; or, "Ma'am, you forgot to count his nob;" in fact, he identified himself with his mistress's game, and would have lost twenty places rather than witness a miscount. It is not necessary to adopt his example on this point, although John had many qualities a good servant might copy with advantage.

3239. ***Footman's Livery.***—It is usual to allow each man two suits per year, also to find them in silk stockings, and fur capes, if they are worn.

A single man-servant does not wear livery. He is dressed in plain clothes as a butler.

THE SINGLE MAN-SERVANT OR PAGE.

3240. ***Duties of Single Man-servant.***—According to the household in which either of these is employed so will his duties be, but in all or any they partake of the various ones of the servants before mentioned. In many places the single man-servant devotes most of his time to the garden, the remainder being spent in cleaning windows, boots, knives, &c., bringing in water and coal, carrying messages and such work as would fall to the under footman in larger establishments. When this is the case, the man so employed is seldom required to wear livery or wait at table. In other establishments where a gardener is kept and no out-door work demanded of the one in-door servant, his duties are all that he can contrive to do of those of the butler and footman. He waits at table, assisted by the parlour-maid, cleans the plate, and, if required, attends to the cellar work. Also he could be required to answer the door to visitors during the afternoon, his rougher work being got over in the morning, although this in such establishments is often relegated to a boy who does not appear above stairs.

ODD MAN.

THE PAGE.

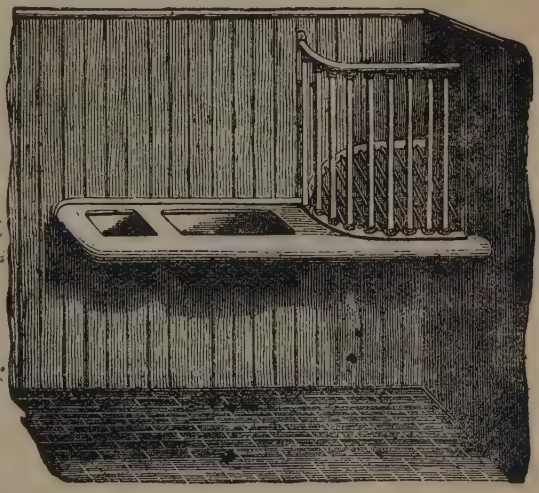
3241. ***Duties of the Page.***—A page is supposed as a rule (that is where no man-servant is kept) to do duty, to a certain extent, for all. In many cases he is kept more for appearance' sake than anything else, some people preferring to see a boy answer the door or wait at table to women servants doing these duties. With the latter the page is seldom a favourite. Boys are proverbially tiresome; they will not always be in trim for answering doors, while if sent on messages, they waste time and patience very often. A neat parlour-maid is an excellent substitute for a page, and one whom most good housewives prefer. Still, a handy, willing, intelligent boy is a useful creature in a household, and if he really does his duty, as he gets older he can easily climb the ladder of domestic servitude having had the advantage of early training.

BLACKING-BRUSH BOX.

THE COACHMAN, GROOM AND STABLE BOY.

3242. ***The Head of the Stables.***—The establishment we have in view will consist of coachman, groom and stable-boy, who are capable of keeping in perfect order four horses, and perhaps the pony. Of this establishment the coachman is chief. Besides skill in driving, he should possess a good general knowledge of horses; he has usually to purchase provender, to see that the horses are regularly fed and properly groomed, watch over their condition, apply simple remedies to trifling ailments in the animals under his charge, and report where he observes symptoms of more serious ones which he does not understand. He has either to clean the carriage himself, or see that the stable-boy does it properly.

3243. ***The groom's first duties*** are to keep his horses in condition; but he is sometimes expected to perform the duties of a valet, to ride out with his master, on occasions, to wait at table, and otherwise assist in the house; in these cases, he should have the means of dressing himself, and keeping his clothes entirely away from the stables. In the morning, about six o'clock, or rather before, the stables should be opened and cleaned out, and the horses fed, first by cleaning the rack and throwing in fresh hay, putting it lightly in the rack, that the horses may get it out easily; a short time afterwards their usual morning feed of oats should be put into the manger. While this is going on, the stable-boy has been removing the stable-dung, and sweeping and washing out the stables, both of which should be done every day, and every corner carefully swept, in order to keep the stable sweet and clean. The real duties of the groom follow: where the horses are not taken out for early exercise, the work of grooming immediately commences. The curry-comb ought not to be necessary if a horse is in good condition, but a good strapping with a damp wisp is the principal thing requisite; the horse should be strapped so that every hair is touched and cleaned to the root. The best wisp is made from a hay-band, untwisted, and again doubled up after being moistened with water; this is applied to every part of the body, as the brushing has been, by changing the hands, taking care in all these operations to carry the hand in the direction of the coat. Stains in the hair are removed by sponging, or, when the coat is very dirty, by the water-brush; the whole being finished off by a linen or flannel cloth. The horsecloth should be put on by taking the cloth in both hands, with the outside next you, and with your right hand to the off side, throw it over his back, placing it no farther back than



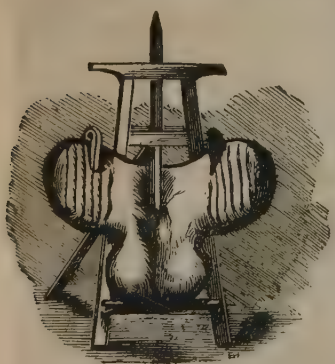
MANGER.

will leave it straight and level, which will be a foot from the tail. Put the roller round, and the pad-piece under it, about six or eight inches from the fore-legs. The horse's head is now loosened; he is turned about in his stall to have his head and ears rubbed and brushed over every part, including throat, with the dusting-cloth, finishing by "pulling his ears," which all horses seem to enjoy very much. This done, the mane and foretop should be combed out, passing a wet sponge over them, sponging the mane on both sides, by throwing it back to the midriff, to make it lie smooth. The horse is now turned to his head-stall, his tail combed out, cleaning it of stains with a wet brush or sponge, trimming both tail and mane, and forelock when necessary, smoothing them down with a brush on which a little oil has been dropped.

3244. ***Watering*** usually follows dressing; but some horses refuse their food until they have drunk: the groom should not, therefore, lay down exclusive rules on this subject, but study the temper and habits of his horse. The water given to a horse merits some attention; it should not be too cold; hard water is not to be recommended; stagnant or muddy water is positively injurious; soft water is the best for all purposes; and anything is preferable to spring water, which should be exposed to the sun in summer for an hour or two, and stirred up before using it: a handful of oatmeal thrown into the pail will much improve its quality.

3245. ***Exercise.***—All horses not in work require at least two hours' exercise daily, and in exercising them a good groom will put them through the paces to which they have been trained. In the case of saddle horses, he will walk, trot, canter and gallop them, in order to keep them up to their work. With draught horses they ought to be kept up to a smart walk and trot.

3246. ***Feeding*** must depend on their work, but they require feeding three times a day, with more of less corn each time, according to their work. In the fast coaching days it was a saying among proprietors, that "his belly was the measure of his food;" but the horse's appetite is not to be taken as a criterion of the quantity of food under any circumstances. Horses have been known to consume 40 lbs. of hay in twenty-four hours, whereas 16 lbs. to 18 lbs. is the utmost which should have been given. Mr. Croall, an extensive coach proprietor in Scotland, limited his horses to 4½ lbs. of cut straw, 8 lbs. of bruised oats, and 24 lbs. of bruised beans, in the morning and noon, giving them at night 25 lbs. of the following; viz., 560 lbs. of steamed potatoes, 36 lbs. of barley dust, 40 lbs. of cut straw, and 6 lbs. of salt, mixed up together; under this the horses did their work well. Ten to 12 lbs. of hay a day are ample for carriage or saddle hacks; 8 lbs. with five feeds of corn a day for hunters in strong work. *Time for Feeding, &c.*—An experienced horseman gives the following rules:—Between 5 and 6 a.m. feed and water (about a quart); between 6 and 7 a.m. exercise for an hour, unsaddle him; and between 8 and 8.30 a.m. dress him (an hour's work), clean up stable fair; feed again, and water (more than before); if not going out, let him lie down if he will; between 3 and 4 p.m. feed, and half bucket of water; between 7 and 8 p.m. bed up, clean up stall, water (pint), and feed. You cannot take up a paper without having the question put, "Do you bruise your oats?" Well, that depends on

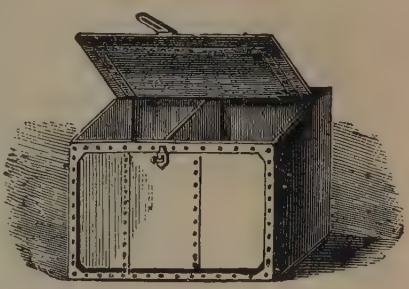


SADDLE RACK.

circumstances: a fresh young horse can bruise its own oats when it can get them; but aged horses, after a time, lose the power of masticating and bruising them, and bolt them whole: thus much impeding the work of digestion. For an old horse, then, bruise the oats; for a young one it does no harm and little good. Oats should be bright and dry, and not too new. Where they are new, sprinkle them with salt and water; otherwise, they overload the horse's stomach. Chopped straw mixed with oats, in the proportion of a third of straw or hay, is a good food for horses in full work; and carrots, of which horses are remarkably fond, have a perceptible effect in a short time on the gloss of the coat.

3247. ***Shoeing.***—A horse should not be sent on a journey or any other hard work immediately after new shoeing; the stiffness incidental to new shoes is not unlikely to bring him down. A day's rest, with reasonable exercise, will not be thrown away after this operation. Have the feet stopped at night after being shod; it will keep the feet moist, and allow the nails to get better hold. On reaching home very hot, the groom should walk him about for a few minutes; this done, he should take off the moisture with the scraper, and afterwards wisp him over with a handful of straw and a flannel cloth; if the cloth is dipped in some spirit all the better. He should wash, pick, and wipe dry the legs and feet, take off the bridle and crupper, and fasten it to the rack, then the girths, and put a wisp of straw under the saddle. When sufficiently cool, the horse should have some hay given him, and then a feed of oats: if he refuse the latter, offer him a little wet bran, or a handful of oatmeal in tepid water. When he has been fed, he should be thoroughly cleaned, and his body-clothes put on, and, if very much harassed with fatigue, a little good ale or wine will be well-bestowed on a valuable horse, adding plenty of fresh litter under the belly.

3248. ***Harness.***—Every time a horse is unbridled, the bit should be carefully washed and dried, and the leather wiped, to keep them sweet, as well as the girths and saddle, the latter being carefully dried and beaten with a switch before it is again put on. In washing a horse's feet after a day's work, the master should insist upon the legs and feet being washed thoroughly with a sponge until the water flows over them, and then rubbed with a brush till quite dry. Harness, if not carefully preserved, very soon gets a shabby, tarnished appearance. Where the coachman has a proper harness-room and sufficient assistance, this is inexcusable and easily prevented. The harness-room should have a wooden lining all round, and be perfectly dry and well ventilated. Around the walls, hooks and pegs should be placed for the several pieces of harness, at such a height as to prevent their touching the ground; and every part of the harness should have its peg or hook—one for the halters, another for the reins, and others for snaffles and other bits and metal-work; and either a wooden horse or saddle-tree for saddles and pads. All these parts should be dry, clean and shining. This is only to be done by careful cleaning and polishing, and the use of several requisite pastes. The metallic parts, when white, should be cleaned by a soft brush and plate-powder; the copper and brass parts burnished with rottenstone powder and oil—steel with emery powder; both made into a paste with a little oil.



THE CORN-BOX.

3249. ***Carriages*** are chosen according to taste and family use, but although a closed one, there is nothing more popular than a brougham. Ladies usually prefer Victorias to any other kind of open carriage, but some like the old-fashioned large open carriages, which are capable of holding more occupants. For gentlemen's use, mail and other phaetons are those generally chosen, and for the country, dog carts and waggonettes.

Carriages being valuable and costly have to be most carefully dealt with. They should be carefully cleaned before putting away, and the coach-house should be perfectly dry and well ventilated, for the wood-work swells with moisture; it shrinks with heat, unless the timber has undergone a long course of seasoning; it should also have a dry floor, a boarded one being recommended. It must be removed from the ammoniacal influence of the stables, from open drains and cesspools, and other gaseous influences likely to affect the paint and varnish. When the carriage returns home, it should be carefully washed and dried, and that, if possible, before the mud has time to dry on it. This is done by first well slushing it with clean water, so as to wash away all particles of sand, having first closed the sashes to avoid wetting the linings. The body is then gone carefully over with a soft mop, using plenty of clean water. and penetrating every corner of the carved work, so that not an atom of dirt remains; the body of the carriage is then raised by placing the jack under the axletree, and raising it so that the wheel turns freely; this is now thoroughly washed with the mop until the dirt is removed, using a wash-brush for corners where the mop does not penetrate. Every particle of mud and sand removed by the mop, and afterwards with a wet sponge, the carriage is wiped dry, and, as soon after as possible, the varnish is carefully polished with soft leather, using a little sweet oil for the leather parts, and even for the panels, so as to check any tendency of the varnish to crack. Stains are removed by rubbing them with the leather and sweet oil; if that fails, a little Tripoli powder mixed with the oil will be more successful.

3250. ***In preparing the carriage for use,*** the whole body should be rubbed over with a clean leather and carefully polished, the iron-work and joints oiled, the plated and brass-work occasionally cleaned—the one with plate-powder, or with well-washed whiting mixed with sweet oil, and leather kept for the purpose—the other with rottenstone mixed with a little oil, and applied without too much rubbing, until the paste is removed; but, if rubbed every day with the leather, little more will be required to keep it untarnished. The linings require careful brushing every day, the cushions being taken out and beaten, and the glass sashes should always be bright and clean. The wheel-tires and axletree are carefully seen to, and greased when required, the bolts and nuts tightened, and all the parts likely to get out of order overhauled. These duties, however, are only incidental to the coachman's office, which is to drive; and much of the enjoyment of those in the carriage depends on his proficiency in his art—much also of the wear of the carriage and horses. He should have sufficient knowledge of the construction of the carriage to know when it is out of order—to know, also, the pace at which he can go over the road he has under him without risking the springs, and without shaking those he is driving too much.

3251. ***Driving.***—Having, with or without the help of the groom or stable-boy, put his horses to the carriage, and satisfied himself, by walking round them, that everything is properly arranged, the coachman proceeds to the off-side of the carriage, takes the reins from the back of the horses, where they were thrown, buckles them together, and, placing his foot on the step, ascends to his box, having his horses now entirely under control. In ordinary circumstances, he is not expected to descend, for where no footman accompanies the carriage, the

doors are usually so arranged that even a lady may let herself out, if she wishes to, from the inside. The coachman's duties are to avoid everything approaching an accident, and all his attention is required to guide his horses. The pace at which he drives will depend upon his orders—in all probability a moderate pace of seven or eight miles an hour; less speed is injurious to the horses, getting them into lazy and sluggish habits; for it is wonderful how soon these are acquired by some horses. The writer was once employed to purchase a horse, for a country friend, and he picked a very handsome gelding out of Collins's stables, which seemed to answer to his friend's wants. It was duly committed to the coachman who was to drive it, after some very successful trials in harness and out of it, and seemed likely to give great satisfaction. After a time, the friend got tired of his carriage, and gave it up; as the easiest mode of getting rid of the horse, it was sent up to the writer's stables—a present. Only twelve months had elapsed; the horse was as handsome as ever, with plenty of flesh, and a sleek glossy coat, and he was thankfully enough received; but, on trial, it was found that a stupid coachman, who was imbued with one of their old maxims, that "it's the pace that kills," had driven the horse, capable of doing his nine miles an hour with ease, at a jog-trot of four miles, or four-and-a-half; and now, no persuasion of the whip could get more out of him. After many unsuccessful efforts to bring him back to his pace, in one of which a breakdown occurred, under the hands of a professional trainer, he was sent to the hammer, and sold for a sum that did not pay for the attempt to break him in. This maxim, therefore, that "it's the pace that kills," is altogether fallacious in the moderate sense in which we are viewing it. In the old coaching days, indeed, when the Shrewsbury "Wonder" drove into the inn-yard while the clock was striking, week after week and month after month, with unerring regularity, twenty-seven hours to a hundred and sixty-two miles; when the "Quicksilver" mail was timed to eleven miles an hour between London and Plymouth, with a fine of £5 to the driver if behind time; when the Brighton "Age," "tool'd" and horsed by the late Mr. Stevenson, used to dash round the square as the fifth hour was striking, having stopped at the half-way house while his servant handed a sandwich and a glass of sherry to his passengers—then the pace was indeed "killing." But the truth is, horses that are driven at a jog-trot pace lose that *élan* with which a good driver can inspire them, and they are left to do their work by mere weight and muscle; therefore unless he has contrary orders, a good driver will choose a smart pace, but not enough to make his horses sweat; on level roads this should never be seen. The true coachman's hands are so delicate and gentle, that the mere weight of the reins is felt on the bit, and the directions are indicated by a turn of the wrist rather than by a pull; the horses are guided and encouraged, and only pulled up when they exceed their intended pace, or in the event of a stumble; for there is a strong though gentle hand on the reins.

THE COACHMAN.

3252. ***In choosing his horses*** every master will see that they are properly paired—that their paces are about equal. When their habits differ it is the coachman's duty to discover how he can, with least annoyance to the horses, get that pace out of them. Some horses have been accustomed to be driven on the check, and the curb irritates them; others, with harder mouths, cannot be controlled with the slight leverage this affords; he must, therefore, accommodate the horses as he best can. The reins should always be held so that the horses are

"in hand;" but he is a very bad driver who always drives with a tight rein; the pain to the horse is intolerable, and causes him to rear and plunge, and finally break away, if he can. He is also a bad driver when the reins are always slack; the horse then feels abandoned to himself; he is neither directed nor supported, and if no accident occurs, it is great good luck.

3253. ***The whip,*** in the hands of a good driver, and with well-bred cattle, is there more as a precaution than a "tool" for frequent use; if he uses it, it is to encourage, by stroking the flanks; except, indeed, he has to punish some waywardness of temper, and then he does it effectually, taking care, however, that it is done on the flank, where there is no very tender part, never on the crupper. In driving, the coachman should never give way to temper. How often do we see horses stumble from being conducted, or at least "allowed," to go over bad ground by some careless driver, who immediately wreaks that vengeance on the poor horse which might, with much more justice, be applied to his own brutal shoulders. The whip is of course useful, and even necessary, but should be rarely used, except to encourage and excite the horses.

THE VALET.

3254. ***Attendants on the Person.***—"No man is a hero to his valet," saith the proverb; and the corollary may run, "No lady is a heroine to her maid." The infirmities of humanity are, perhaps, too numerous and too equally distributed to stand the severe microscopic tests which attendants on the person have opportunities of applying. The valet and waiting-maid are placed near the persons of the master and mistress, receiving orders only from them, dressing them, accompanying them in all their journeys, the confidants and agents of their most unguarded moments, of their most secret habits, and of course subject to their commands—even to their caprices; they themselves being subject to erring judgment, aggravated by an imperfect education. All that can be expected from such servants is polite manners, modest demeanour, and a respectful reserve, which are indispensable. To these, good sense, good temper, some self-denial, and consideration for the feelings of others, whether above or below them in the social scale, will be useful qualifications. Their duty leads them to wait on those who are, from sheer wealth, station and education, more polished, and consequently more susceptible of annoyance; and any vulgar familiarity of manner is opposed to all their notions of self-respect. Quiet, unobtrusive manners, therefore, and a delicate reserve in speaking of their employers, either in praise or blame, is as essential in their absence, as good manners and respectful conduct in their presence.

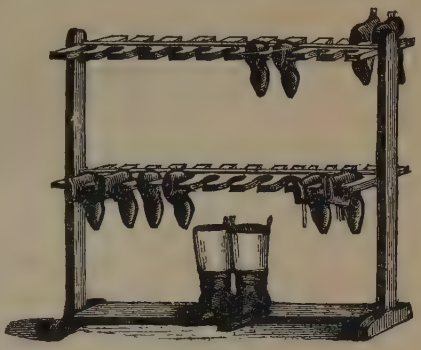
THE VALET.

3255. ***Some of the duties of the valet*** we have hinted at in treating of the duties of a footman in a small family. His day commences by seeing that his master's dressing-room is in order; that the housemaid has swept and dusted it properly; that the fire is lighted and burns cheerfully; and some time before his master is expected, he will do well to throw up the sash to admit fresh air, closing it, however, in time to recover the temperature which he knows his master prefers. It is now his duty to place the body linen on the horse before the fire, to be aired properly; to lay the trousers intended to be worn, carefully brushed and cleaned, on the back of his master's chair; while the coat and waistcoat, carefully brushed and folded, and the collar cleaned, are laid in their place ready to put on when required. All the articles of the toilet should

be in their places, the razors properly set and stropped, and hot water ready for use.

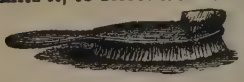
A valet often accompanies his master when shooting, when he would carry the extra gun and load for him. This would be almost certain to be part of his duties if his master happened to be old or at all infirm, as so many of those gentlemen who keep valets often are. Many valets also wait upon their master at dinner, standing behind his chair and devoting their attention to him alone.

3256. ***Shaving.***—Gentlemen generally prefer performing the operation of shaving themselves, but a valet should be prepared to do it if required; and he should besides, be a good hairdresser. Shaving over, he has to brush the hair, beard and moustache, where that appendage is encouraged, arranging the whole simply and gracefully, according to the age and style of countenance. Every fortnight, or three weeks at the utmost, the hair should be cut, and the points of the whiskers trimmed as often as required. A good valet will now present the various articles of the toilet as they are wanted; afterwards the body-linen, neck-tie, which he will put on, if required, and afterwards, waistcoat, coat and boots, in suitable order, and carefully brushed and polished. Having thus seen his master dressed, if he is about to go out, the valet will hand him his cane, gloves and hat, the latter well brushed on the outside with a soft brush, and wiped inside with a clean handkerchief, respectfully attend him to the door, open it for him, and receive his last orders for the day. He now proceeds to put everything in order in the dressingroom, cleans the combs and brushes, and brushes and folds up any clothes that may be left about the room, and puts them away in the drawers.



BOOT-STAND.

3257. ***The Wardrobe.***—Gentlemen are sometimes indifferent as to their clothes and appearance; it is the valet's duty, in this case, where his master permits it, to select from the wardrobe such things as are suitable for the occasion, so that he may appear with scrupulous neatness and cleanliness; that his linen and neck-tie, where that is white or coloured, are unsoiled; and where he is not accustomed to change them every day, that the cravat is turned, and even ironed, to remove the crease of the previous fold. The coat collar—which, where the hair is worn long, is occasionally greasy—should also be examined; a careful valet will correct this by removing the spots day by day as they appear, first by moistening the grease-spots with a little rectified spirits of wine or spirits of hartshorn, which has a renovating effect, and the smell of which soon disappears. The grease is dissolved and removed by gentle scraping. The grease removed, add a little more of the spirit, and rub with a piece of clean cloth; finish by adding a few drops more; rub it with the palm of the hand, in the direction of the grain of the cloth, and it will be clean and glossy as the rest of the garment. It is the valet's duty to see that his master's ward-



CLOTHES BRUSH.

HAT IRON.

robe is in thorough repair, and to make him acquainted with the fact if he sees that any additions to it are required.

A valet not having suits provided and never wearing livery, has, as a rule, all his master's discarded clothes.

His attire should, in its way, be as irreproachable as his master's on all occasions, and there being no hard or heavy work for a valet to perform, this is not difficult to manage.

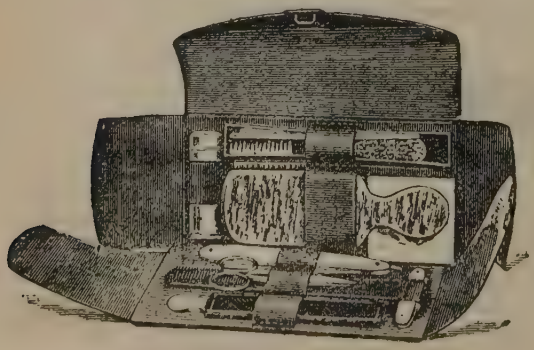
The valet has his meals served in the housekeeper's or steward's room, he and the lady's-maid taking, after the two here mentioned, precedence of the other servants.

3258. ***Attendance.***—It is, perhaps, unnecessary to add that, having discharged all the commissions entrusted to him by his master, such as conveying notes or messages to friends, or the tradesmen, all of which he should punctually and promptly attend to, it is his duty to be in waiting when his master returns home to dress for dinner, or for any other occasion, and to have all things prepared for his second dressing. Previous to this, he brings under his notice the cards of visitors who may have called, delivers the messages he may have received for him, and otherwise acquits himself of the morning's commissions, and receives his orders for the remainder of the day. The routine of his evening duty is to have the dressing-room and study, where there is a separate one, arranged comfortably for his master, the fires lighted, candles prepared, dressing-gown and slippers in their place, and aired, and everything in order that is required for his master's comfort.

A valet should have a good knowledge of packing, and the more experience of travelling he possesses the better, as so much of the comfort or discomfort experienced by gentlemen when taking a journey depends upon the valet, to whom devolves the tasks of getting tickets, looking out routes, securing seats, carriages and berths, as the case may be; while he is also responsible for the luggage and should take his master's travelling-bag or dressing-case into his own care.

When travelling by rail, unless he occupies the same carriage as his master, he should, when the train stops for any length of time, be in attendance in case anything should be required.

A knowledge of foreign languages is a most useful qualification in a valet.



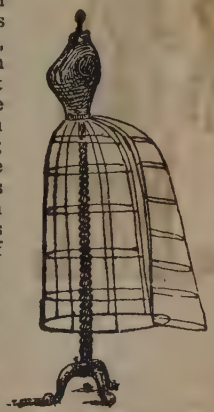
CHAPTER LXIX.

WOMEN SERVANTS' DUTIES.

THE LADY'S MAID.

3259. ***The qualifications*** a lady's maid should possess are a thorough knowledge of hair dressing, dressmaking and repairing and restoring clothes. She should be able to pack well, and her taste, being often called into requisition in matters of dress, should be good. It is also essential that she be well spoken, quiet in manner and quick; that she should be clean and honest goes without saying. A lady's maid having so much more intercourse with her mistress than any other servant should not only possess, but learn, discretion from day to day. To know when to speak and when to be silent, and to be willing to bear with patience any little caprices of taste and temper with which she may have to contend.

3260. ***Morning Duties of the Lady's Maid.***—Her first duty in the morning, after having performed her own toilet, is to prepare the bath and everything for dressing for her mistress, taking her an early cup of tea if she requires one. She then examines the clothes put off by her mistress the evening before, either to put them away, or to see that they are all in order to put on again. During the winter and in wet weather, the dresses should be carefully examined, and the mud removed. Dresses of tweed, and other woollen materials may be laid out on a table and brushed all over; but in general, even in woollen fabrics, the lightness of the tissues renders brushing unsuitable to dresses, and it is better to remove the dust from the folds by beating them lightly with a handkerchief or thin cloth. Silk dresses should never be brushed, but rubbed with a piece of merino, or other soft material, of a similar colour, kept for the purpose. Summer dresses of barège, muslin, mohair, and other light materials, simply require shaking; but if the muslin be tumbled, it must be ironed afterwards. If the dresses require slight repair, it should be done at once: "a stitch in time saves nine."


DRESS STAND.

The bonnet should be dusted with a light feather plume in order to remove every particle of dust; but this has probably been done, as it ought to have been, the night before. Velvet bonnets and other velvet articles of dress should be cleaned with a soft brush. If the flowers with which the bonnet is decorated have been crushed or misplaced, or the leaves tumbled, they should be raised and readjusted by means of flower pliers. If feathers have suffered from damp, they should be held near the fire for a few minutes, and restored to their natural state

by the hand or a soft brush, or re-curled with a blunt knife, dipped in very hot water. The Chausserie, or foot-gear of a lady, is one of the few things left to mark her station, and requires special care. Satin boots or shoes should be dusted with a soft brush, or wiped with a cloth. Kid or varnished leather should have the mud wiped off with a sponge charged with milk, which preserves its softness and polish. Furs, feathers and woollens require the constant care of the waiting-maid. Furs and feathers not in constant use should be wrapped up in linen washed in lye. From May to September they are subject to being made the depositary of the moth-eggs. They should be looked to and shaken and beaten, from time to time, in case some of the eggs should have been lodged in them, in spite of every precaution; laying them up again, or rather folding them up as before, wrapping them in brown paper, which is itself a preservative. Shawls and cloaks, which would be damaged by such close folds, must be looked to and aired and beaten, putting them away dry before the evening. Riding habits should, if much splashed, have the skirt end put into a pail of water; it should be hung up to dry, and then carefully brushed. These various preliminary offices performed, the lady's-maid has her breakfast and is in readiness to dress her mistress when rung for. The details of dressing we need not touch upon—every lady has her own mode of doing so; but the maid should move about quietly, perform any offices about her mistress's person, as lacing stays, gently, and adjust them smoothly. Hairdressing is one of the most important parts of the lady's-maid's office.

3261. ***Lessons in hairdressing*** may be obtained, and at not an unreasonable charge. If a lady's-maid can afford it, we would advise her to initiate herself in the mysteries of hairdressing before entering on her duties. If a mistress finds her maid handy, and willing to learn, she will not mind the expense of a few lessons, which are almost necessary, as the fashion and mode of dressing the hair is continually changing. Brushes and combs should be kept scrupulously clean, by washing them about twice a week; to do this oftener spoils the brushes, as very frequent washing makes them so very soft.

THE LADY'S-MAID.

3262. ***Daily Duties.***—Having dressed her mistress for breakfast, the further duties of the lady's-maid will depend altogether upon the habits of the family, in which hardly two will probably agree. Where the duties are entirely confined to attendance on her mistress, it is probable that the bedroom and dressing-room will be committed to her care; that the housemaid will rarely enter, except for the weekly or other periodical cleaning; she will, therefore, have to make her mistress's bed, and keep it in order; and as her duties are light and easy, there can be no allowance made for the slightest approach to uncleanliness or want of order. Every morning, immediately after her mistress has left it, and while breakfast is on, she should throw the bed open, by taking off the clothes; open the windows (except in rainy weather), and leave the room to air for half an hour. After breakfast, except her attendance on her mistress prevents it, if the rooms are carpeted, she should sweep them carefully, having previously strewed the room with moist tea-leaves, dusting every table and chair, taking care to penetrate to every corner, and moving every article of furniture that is portable. This done satisfactorily, and having cleaned the dressing-glass, polished up the furniture and the ornaments, and made the glass jug and basin clean and bright, emptied

all slops, emptied the water-jugs and filled them with fresh water, and arranged the rooms, the dressing-room is ready for the mistress when she thinks proper to appear. The dressing-room thoroughly in order, the same thing is to be done in the bedroom, in which she will probably be assisted by the housemaid to make the bed and empty the slops. In making the bed, she will study her lady's wishes, whether it is to be hard or soft, sloping or straight, and see that it is done accordingly.

Having swept the bedroom with equal care, dusted the tables and chairs, chimney-ornaments, and put away all articles of dress left from yesterday, and cleaned and put away any articles of jewellery, her next care is to prepare and put out in readiness all the garments her mistress may require in walking, riding, or driving during the day; next to see, before her mistress goes out, what requires replacing in her department, and furnish her with a list of them, that she may use her discretion about ordering them. All this done, she may settle herself down to any work on which she is engaged. This will consist chiefly in mending, which is first to be seen to; everything, except stockings, being mended before washing. Plain work will probably be one of the lady's-maid's chief employments. She assists her mistress to dress during the day, puts away her walking and riding costumes, and lays out her evening dress with its accompaniments some time before dinner. She is in attendance at night when her mistress retires, and having assisted her to undress, removes all slops and attends to the fire before leaving the room. These are the usual duties of a lady's-maid, but in every household they vary. In some she may have to give some slight attendance upon lady guests, occasionally to answer the door if there be only one man-servant, or to dust the ornaments and small things in her lady's boudoir or drawing-room. A waiting-maid who wishes to make herself useful will study the fashion-books with attention, so as to be able to aid her mistress's judgment in dressing, according to the prevailing fashion, with such modifications as her style and figure require. She will also, if she has her mistress's interests at heart, employ her spare time in repairing and making up dresses which have served one purpose, to serve another also; or turning many things, unfitted for her mistress, to use for the younger branches of the family. The lady's-maid may thus render herself invaluable to her mistress, and increase her own happiness in so doing. The exigencies of fashion and luxury are such, that all ladies, except those of the very highest rank, will consider themselves fortunate in having about them a thoughtful person, capable of diverting their finery to a useful purpose.

CURLING IRONS.

3263. ***Care of Linen.***—Before sending linen to wash, the lady's-maid should see that everything under her charge is properly mended; for her own sake she should take care that it is sent out in an orderly manner, each class of garments by themselves, with a proper list, of which she retains a copy. On its return, it is still more necessary to examine every piece separately, so that all missing buttons be supplied, and only the articles properly washed and in perfect repair passed into the wardrobe.

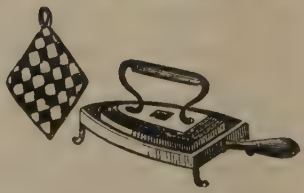
3264. ***Visiting.***—Ladies who keep a waiting-maid for their own persons are in the habit of paying visits to their friends, in which it is not unusual for the maid to accompany them; at all events, it is her duty to pack the trunks; and this requires not only knowledge but some practice, although the improved trunks and portmanteaux now made, in which there is a place for nearly everything, render this more simple than formerly. Before packing, let the trunks be thoroughly well cleaned, and, if necessary, lined with paper, and everything

intended for packing laid out on the bed or chairs, so that it may be seen what is to be stowed away; the nicer articles of dress neatly folded in clean calico wrappers. Having satisfied herself that everything wanted is laid out, and that it is in perfect order, the packing is commenced by disposing of the most bulky articles, skirts and other articles requiring room, leaving the smaller articles to fill up; finally, having satisfied herself that all is included, she should lock and cover up the trunk in its canvas case, and then pack her own box, if she is to accompany her mistress. On reaching the house, the lady's-maid will be shown her lady's apartment; and her duties here are what they were at home; she will arrange her mistress's things, and learn which is her bell, in order to go to her when she rings. Her meals will be taken in the housekeeper's room; and here she must be discreet and guarded in her talk to anyone of her mistress or her concerns. Her only occupation here, besides attendance upon her mistress will be keeping her things in order, and making her rooms comfortable for her.

3265. ***Washing and ironing,*** that of some few fine articles and laces, is a part of the duties of a lady's-maid, and she should be able to do it in the most perfect manner when it becomes necessary. Ironing is often badly done from inattention to a few very simple requirements. Cleanliness is the first essential: the ironing-board, the fire, the iron, and the ironing-blanket should all be perfectly clean. It will not be necessary here to enter into details on ironing, as full directions are given in the "Duties of the Laundry-maid." A lady's-maid will have a great deal of "ironing-out" to do; such as light evening dresses, muslin dresses, &c., which are not dirty enough to be washed, but merely require smoothing out to remove the creases. In summer, particularly, an iron will be constantly required, as also a skirt-board, which should be covered with a nice clean piece of flannel. To keep muslin dresses in order, they almost require smoothing out every time they are worn, particularly if made with much trimming.

GAUFFERING IRONS.

3266. ***General Observations.***—The valet and lady's-maid, from their supposed influence with their master and mistress, are exposed to some temptations to which other servants are less subjected. They are probably in communication with the tradespeople who supply articles for the toilet; such as hatters, tailors, dressmakers, and perfumers. The conduct of waiting-maid and valet to these people should be civil but independent, making reasonable allowance for want of exact punctuality, if any such can be made; they should represent any inconvenience respectfully, and if an excuse seems unreasonable, put the matter fairly to master or mistress, leaving it to them to notice it further, if they think it necessary. No expectations of a personal character should influence them one way or the other. It would be acting unreasonably to any domestic to make them refuse such presents as tradespeople choose to give them; the utmost that can be expected is that they should not influence their judgment in the articles supplied—that they should represent them truly to master or mistress, without fear and without favour. Civility to all, servility to none, is a good maxim for everyone. Deference to a master and mistress, and to their friends and visitors, is one of the implied terms of their engagement; and this deference must apply even to what may be considered their whims. A servant is not to be seated or wear a hat in the



IRON, STAND AND HOLDER.

house, in his master or mistress's presence; nor offer any opinion unless asked for it; nor even to say "good night," or "good morning," except in reply to that salutation.

THE PARLOUR-MAID.

3267. ***A parlour-maid*** is kept in many households in place of a single footman, and in these cases her duties (indoor duties we should say) are practically the same as his, with attendance on her mistress in place of that given by him to his master. In some households a single man-servant and parlour-maid are both kept, but where there is more than one man-servant she is not needed, as they do all the work of answering the door, waiting at table, &c.

THE PARLOUR-MAID.

In many families of good income a parlour-maid is preferred to a man-servant, as giving less trouble, doing more work, and where no lady's-maid is kept, being available for some small services for her mistress and waiting upon her when required. In households of three servants (the other two, cook and housemaid, with, perhaps, a kitchen-maid beside) she is most often found, and in such a household it will be best to detail her work. We are of course not reckoning the nursery and its attendants in speaking of the servants, as the former are, or should be, a thing apart, and the cook would be the only one to whom the existence of a nursery, properly arranged, would give any extra work.

3268. ***The duties of the parlour-maid*** are, as we have before said, very much the same as those of the single man-servant. She opens the door to visitors, shows them into the drawing-room, brings up afternoon tea, and clears it away, lays the table for luncheon and dinner, and waits during the latter meal, with or without the assistance of the housemaid; she keeps the linen in repair, waits upon her mistress, assisting her to dress when required, also upon any lady visitor. She has often to help in bed making, and is generally required to dust the drawing-room, often to arrange the flowers for that and the dining-room, to put up fresh curtains, look after the drawing-room fire, and answer the sitting-room bell. She washes up the breakfast, tea and coffee things, and the glass and plate from dinner, and the plate is under her charge to be kept clean and in order. She does, in fact, all the lighter and less menial work of a housemaid, combining with these many little tasks that a mistress who kept only two servants would in all probability do for herself.

HEARTH BRUSH.

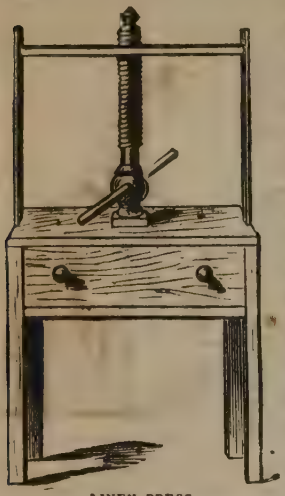
3269. ***Everyday Dress.***—A parlour-maid is always required to dress nicely; no heavy or dirty work falls to her share, therefore she should be always neat and clean.

As a housemaid, her morning attire should be a print gown and simple white cap, but she will not need the rough apron worn by the former, and can wear a white one, so that she is always ready to answer bells.

In the afternoon her dress should be a simply-made black one, relieved by white collar, cuffs and cap, and a pretty lace-trimmed bib apron. We know

no prettier costume than that of a well and correctly dressed servant of the present day.

3270. ***Late Dinner.***—We need not repeat the long instructions already given for laying the dinner-table. At the family dinner, even where no footman waits, the routine will be the same. In most families the cloth is laid with the slips on each side, with napkins, knives, forks, spoons, and wine and finger glasses on all occasions. The parlour-maid should ascertain that her plate is in order, glasses free from smears, water-bottles and decanters the same, and everything ready on her tray, that she may be able to lay her cloth properly. Few things add more to the neat and comfortable appearance of a dinner-table than well-polished plate; indeed, the state of the plate is a certain indication of a well-managed or ill-managed household. Nothing is easier than to keep plate in good order, and yet many servants, from stupidity and ignorance, make it the greatest trouble of all things under their care. It should be remembered that it is utterly impossible to make greasy silver take a polish; and that as spoons and forks in daily use are continually in contact with grease, they must require good washing in soap-and-water to remove it. Silver should be washed with a soapy flannel in one water, rinsed in another, and then wiped dry with a dry cloth. The plate so washed may be polished with the plate-rags, as in the directions given:—Once a week all the plate should receive a thorough cleaning with the hartshorn powder, as directed in the recipes for cleaning plate; and where the housemaid can find time, rubbed every day with the plate-rags. Hartshorn, we may observe, is one of the best possible ingredients for plate-powder in daily use. It leaves on the silver a deep, dark polish, and, at the same time, does less injury than anything else. It has also the advantage of being very cheap; almost all the ordinary powders sold in boxes containing more or less of quicksilver, in some form or another; and this, in process of time, is sure to make the plate brittle. If anyone wishes to be convinced of the effect of quicksilver on plate, he has only to rub a little of it on one place for some time—on the handle of a silver tea-spoon for instance—and he will find it break in that spot with very little pressure.



LINEN PRESS.

KNIFE TRAY.

PLATE BASKET.

3271. ***Waiting at Table.***—The parlour-maid should move about the room as noiselessly as possible, anticipating people's wants by handing them things without being asked for them, and altogether be as quiet as possible. It will be needless here to repeat what we have already said respecting waiting at table

in the duties of the butler and footman: rules that are good to be observed by them, are equally good for the parlour-maid. If there be a man-servant in attendance, he takes the butler's place and she the footman's, as already detailed; if the housemaid assists, then the parlour-maid takes the first place.

3272. ***Evening Work.***—Dinner over, the parlour-maid removes the plates and dishes on the tray, places the dirty knives and forks in the basket prepared for them, folds up the napkins in the rings, which indicate by which member of the family they have been used, brushes off the crumbs on the hand-tray kept for the purpose, folds up the table cloth in the folds already made, and places it in the linen-press to be smoothed out. After every meal the table should be rubbed, all marks from hot plates removed, and the table-cover thrown over, and the room restored to its usual order. If the family retire to the drawing-room, or any other room, it is a good practice to throw up the sash to admit fresh air and ventilate the room.

CRUMB-BRUSH.

She will now have to wash up the plate and glass used, restoring everything to its place; next prepare the tea and take it up, bringing the tea-things down when finished with, and lastly, give any attendance required in the bedrooms.

DRIED PLATE PAIL.

3273. ***A still-room maid*** is kept in some large establishments where there is a full staff of men, and she does some few of the duties of the parlour-maid of smaller households. She washes and puts away the china, for example, from breakfast and tea, prepares the tea-trays for the drawing-room, arranges the dining-room dessert, and sometimes the flowers, and generally waits on and assists the housekeeper.

We can more easily define her duties, however, by calling her what she practically is, the housekeeper's assistant.

THE HOUSEMAID.

3274. ***Upper Housemaids.***—In large establishments there are several housemaids, and according to the number kept the actual work of the head housemaid may be determined—being practically little if there be many, while her responsibilities are in inverse ratio. She has not so much to *do* the work as to see that it is done, reserving the lighter and more important tasks for her own share.

The best upper housemaids are those that have risen to the post, having thus had a good sound training and possessing a practical knowledge of how every household task should be performed.

3275. ***The upper housemaid's duties*** would include, besides a general superintendence, the care of the household linen, the covering of furniture, the dusting, if not the sweeping, of the drawing-room, the helping to make the chief beds and other tasks, always making it her duty to go the round of the bedrooms,

both morning and evening, to see that toilet tables, wash-hand stands, fires, &c., are in order.

THE HOUSEMAID.

The number of housemaids depends not only upon the number of the family but also on the style in which the establishment is kept up. In wealthy families it is not unusual for every grown-up daughter to have her waiting-maid, whose duty it is to keep her mistress's apartments in order, thus abridging the housemaid s duties. In others, perhaps, one waiting-maid attends on two or three, when the housemaid's assistance will be more requisite. Where there is a housekeeper, the head housemaid, in the absence of a still-room maid, is her assistant. Every establishment has some customs peculiar to itself, on which we need not dwell; the general duties are the *same in all*, perfect cleanliness and order being the chief object.

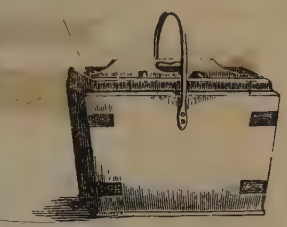
3276. ***Duties of the Housemaid.***—"Cleanliness is next to godliness," saith the proverb, and "order" is the next degree; the housemaid, then, may be said to be the handmaiden to two of the most prominent virtues. Her duties are very numerous, and many of the comforts of the family depend on their performance; but they are simple and easy to a person naturally clean and orderly, and desirous of giving satisfaction. In all families, whatever the habits of the master and mistress, servants will find it advantageous to rise early; their daily work will thus become easy to them. If they rise late, there is a struggle to overtake it, which throws an air of haste and hurry over the whole establishment. Where the master's time is regulated by early business or professional engagements, this will, of course, regulate the hours of the servants; but even where this is not the case, servants will find great personal convenience in rising early and getting through their work in an orderly and methodical manner. The housemaid who studies her own ease will certainly be at her work by six o'clock in the summer, and, probably, half-past six or seven in the winter months, having spent a reasonable time in her own chamber in dressing. Earlier than this would probably be an unnecessary waste of coals and candle in winter.

CARPET BROOMS.

3277. ***The first duty of the housemaid*** in winter is to open the shutters of all the lower rooms in the house, and take up the hearthrugs in those rooms which she is going to "do" before breakfast. In some families, where there are only a cook and housemaid kept, and where the drawing-rooms are large, the cook has the care of the dining-room, and the housemaid that of the breakfast-room, library and drawing-rooms. After the shutters are all opened, she sweeps the breakfast-room, sweeping the dust towards the fireplace, of course previously removing the fender. She should then lay a cloth (generally made of coarse wrappering) over the carpet in front of the stove, and on this should place her housemaid's box, containing black-lead brushes, leathers, emery-paper, cloth, black-lead, and all utensils necessary for cleaning a grate, with the cinder-pail on the other side. She now sweeps up the ashes, and deposits them in her cinder-pail, which is a japanned

STOVE-BRUSHES.

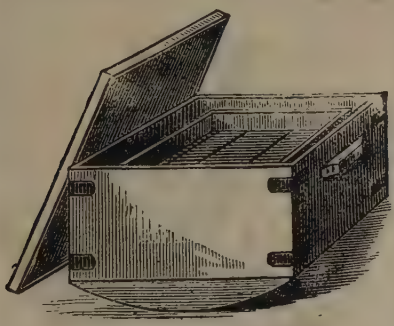
tin pail, with a wire sifter inside, and a closely-fitting top. In this pail the cinders are sifted, and reserved for use in the kitchen or under the copper, the ashes only being thrown away. The cinders disposed of, she proceeds to black-lead the grate, producing the black lead, the soft brush for laying it on, her blacking and polishing brushes, from the box which contains her tools. The housemaid's box should be kept well stocked. Having blackened, brushed and polished every part, and made all clean and bright, she now proceeds to lay the fire. Sometimes it is very difficult to get a proper polish to black grates, particularly if they have been neglected and allowed to rust at all. But later on we give recipes for treating them that will be found useful.



HOUSEMAID'S BOX.

Bright grates require unceasing attention to keep them in perfect order. A day should never pass without the housemaid rubbing with a dry leather the polished parts of a grate, as also the fender and fire-irons. A careful and attentive housemaid should have no occasion ever to use emery-paper for any part but the bars, which, of course, become blacked by the fire. (Some mistresses, to save labour, have a double set of bars, one set bright for the summer, and another black set to use when fires are in requisition.)

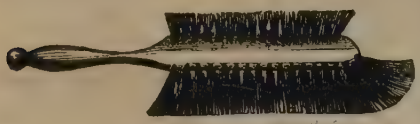
The several fires lighted, the housemaid proceeds with her dusting, and polishing the several pieces of furniture in the breakfast-parlour, leaving no corner unvisited. Before sweeping the carpet, it is a good practice to sprinkle it all over with tea-leaves, which not only lay all dust, but give a slightly fragrant smell to the room. It is now in order for the reception of the family, and where there is neither footman or parlour-maid, she now proceeds to the dressing-room, and lights her mistress's fire, if she is in the habit of having one to dress by. Her mistress is called, hot water placed in the dressing-room for her use, her clothes—as far as they are under the housemaid's charge—put before the fire, hanging a fire-guard on the bars where there is one, while she proceeds to prepare the breakfast.



CINDER ROCKER, WITH LOOSE TRAY.

3278. ***The housemaid's work in summer*** is considerably abridged: she throws open the windows in the several rooms not occupied as bedrooms, that they may receive the fresh morning air before they are occupied; she prepares the breakfast-room by sweeping the carpet, rubbing tables and chairs, dusting mantel-shelf and picture-frames with a light brush, dusting the furniture and sweeping the rug; she cleans the grate when necessary, and re-arranges the ornaments with which it is filled when unnecessary, leaving everything clean and tidy for breakfast. It is not enough, however, in cleaning furniture, just to pass lightly over the surface; the rims and legs of tables, and the backs and legs of chairs and sofas, should be rubbed vigorously daily; if there is a bookcase, every corner of every pane and ledge requires to be carefully wiped, so that not a speck of dust can be found in the room.

3279. ***Morning Work.***—After the breakfast-room is finished, the housemaid should proceed to sweep down the stairs, commencing at the top, whilst the cook has the charge of the hall, door-step and passages. After this she should go into the drawing-room, cover up every article of furniture that is likely to spoil, with large dusting-sheets, and put the chairs together, by turning them seat to seat, and, in fact, make as much room as possible, by placing all the loose furniture in the middle of the room, whilst she sweeps the corners and sides. When this is accomplished, the furniture can then be put back in its place, and the middle of the room swept, sweeping the dirt, as before said, towards the fireplace. The same rules should be observed in cleaning the drawing-room grates as we have just stated, putting down the cloth, before commencing, to prevent the carpet from getting soiled. In the country, a room would not require sweeping thoroughly like this more than twice a week; but the housemaid should go over it every morning with a dust-pan and broom, taking up every crumb and piece she may see. After the sweeping she should leave the room, shut the door, and proceed to lay the breakfast. Where there is neither footman nor parlour-maid kept, the duty of laying the breakfast cloth rests on the housemaid.



BANISTER BRUSH.

3280. ***Laying the Cloth for Breakfast.***—The heater of the tea-urn is to be first placed in the hottest part of the kitchen fire; or, where the kettle is used, boiled on the kitchen fire, and then removed to the parlour, where it is kept hot. Having washed herself free from the dust arising from the morning's work, the housemaid collects the breakfast things on her tray, takes the breakfast-cloth from the napkin-press, and carries them all on the tray into the parlour; arranges them on the table, placing a sufficiency of knives, forks and salt-cellars for the family, taking care that the salt is plentiful, and soft and dry, and takes the tray back to the pantry; gets a supply of milk, cream and bread; fills the butter-dish, and sees that hot plates and egg-cups are ready where warm meat or eggs are served, and that the butter-knife and bread-knife are in their places. And now she should give the signal for breakfast, holding herself ready to fill the urn with hot water, or hand the kettle, and take in the rolls, toast and other eatables, with which the cook supplies her, when the breakfast-room bell rings; bearing in mind that she is never to enter the parlour with dirty hands or with a dirty apron, and that everything is to be handed on a tray; that she is to hand everything she may be required to supply on the left hand of the person she is serving, and that all is done quietly and without bustle or hurry. In some families, where there is a large number to attend on, the cook waits at breakfast whilst the housemaid is busy upstairs in the bedrooms, or sweeping, dusting and putting the drawing-room in order.

PATENT DOUBLE-HANDLED EWER.

3281. ***Bedroom Work.***—Breakfast served, the housemaid proceeds to the bed-chambers, throws up the sashes, if not already done, pulls up the blinds, throwing back the curtains at the same time, and opens the beds, by removing the clothes, placing them over a horse, or failing that, over the backs of chairs. She now proceeds to empty the slops. In doing this, everything is emptied into the slop-pail, leaving a little scalding-hot water for a minute in vessels that require it; adding a drop of turpentine to the water, when that is not sufficient to cleanse them. The basin is emptied, well rinsed with clean water, and carefully wiped; the ewers emptied and washed; finally, the water-jugs themselves emptied out and rinsed, and wiped dry. As soon as this is done, she should remove and empty the pails, taking care that they also are well washed, scalded and wiped as soon as they are empty.

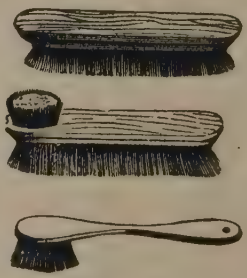
BEDROOM EWER AND BASIN.

Next follows bed-making, at which one of the other servants usually assists; but, before beginning, velvet chairs, or other things injured by dust, should be removed to another room. In bed-making, the fancy of its occupant should be consulted: some like beds sloping from the top towards the feet, swelling slightly in the middle; others, perfectly flat; a good housemaid will accommodate each bed to the taste of the sleeper, taking care to shake, beat and turn it well in the process. Some persons prefer sleeping on the mattress; in which case a feather bed is usually beneath, resting on a second mattress, and a straw palliasse at the bottom. In this case, the mattresses should change places daily; the feather bed placed on the mattress shaken, beaten, taken up and opened several times, so as thoroughly to separate the feathers; if too large to be thus handled, the maid should shake and beat one end first, and then the other, smoothing it afterwards equally all over into the required shape, and place the mattress gently over it. Any feathers which escape in this process a tidy servant will put back through the seam of the tick; she will also be careful to sew up any stitch that gives way the moment it is discovered. The bed-clothes are laid on, beginning with an under blanket and sheet, which are tucked under the mattress at the bottom. The bolster is then beaten and shaken, and put on, the top of the sheet rolled round it, and the sheet tucked in all round. The pillows and other bed-clothes follow, and the counterpane over all, which should fall in graceful folds, and at equal distance from the ground all round. The curtains are drawn to the head and folded neatly across the bed, and the whole finished in a smooth and graceful manner. Where spring mattresses are used, care should be taken that the over one is turned every day. The housemaid should now take up in a dustpan any pieces that may be on the carpet: she should dust the room, shut the door, and proceed to another room. When all the bedrooms are finished, she should dust the stairs and polish the hand-rail of the banisters, and see that all ledges, window-sills, &c., are quite free from dust. It will be necessary for the housemaid to divide her work, so that she may not have too much to do on certain days, and not sufficient to fill up her time on other days. In the country, bedrooms should be swept and thoroughly cleaned once a week; and to be methodical and regular in her work, the housemaid should have certain days for doing certain rooms thoroughly. For instance, two bedrooms on Monday, two on Tuesday, the drawing-room on Wednesday, and so

on, reserving a day for thoroughly cleaning the plate, bedroom candlesticks, &c. &c., which she will have to do where there is no parlour-maid or footman kept. By this means the work will be divided, and there will be no unnecessary bustling and hurrying, as is the case where the work is done at any time, without rule or regulation.

3282. ***Weekly Work.***—Once a week, when a bedroom is to be thoroughly cleaned, the housemaid should commence by brushing the mattresses of the bed before it is made; she should then make it, shake the curtains, lay them smoothly on the bed, and pin or tuck up the bottom valance, so that she may be able to sweep under the bed. She should then unloop the window-curtains, shake them, and pin them high up out of the way. After clearing the dressing-table, and the room altogether of little articles of china, &c. &c., she should shake the toilet-covers, fold them up, and lay them on the bed, over which a large dusting-sheet should be drawn. She should then sweep the room; first of all sprinkling the carpet with well-squeezed tea-leaves, or a little freshly-pulled grass, when this is obtainable. After the carpet is swept, and the grate cleaned, she should wash with soap and water, with a little soda in it, the washing-table apparatus, removing all marks or fur round the jugs caused by the water. The water-bottles and tumblers must also have her attention, as well as the top of the washing-stand, which should be cleaned with soap and flannel if it be marble; if of polished mahogany, no soap must be used. When these are all clean and arranged in their places, the housemaid should scrub the floor where it is not covered with carpet, under the bed, and round the wainscot. She should use as little soap and soda as possible, as too free a use of these articles is liable to give the boards a black appearance. In the country, cold soft water, a clean scrubbing-brush, and a willing arm are all that are required to make bedroom floors look white. In winter it is not advisable to scrub rooms too often, as it is difficult to dry them thoroughly at that season of the year, and nothing is more dangerous than to allow persons to sleep in a damp room. The housemaid should now dust the furniture, blinds, ornaments, &c.; polish the looking-glass; arrange the toilet-cover and muslin; remove the cover from the bed, and straighten and arrange the curtains and counterpane. A bedroom should be cleaned like this every week. It is not a common thing now to have a bedroom carpet covering the room and the slips or square can easily be taken up and shaken, but when the carpet does cover the room, there are times, however, when it is necessary to have it taken up; this should be done once a year in the country, and twice a year in large cities. The best time for these arrangements is spring and autumn, when the bed-furniture requires changing to suit the seasons of the year. After arranging the furniture, it should all be well rubbed and polished; and for this purpose the housemaid should provide herself with an old silk pocket-handkerchief, to finish the polishing. As modern furniture is now nearly always French-polished, it should often be rubbed with an old silk rubber, or a fine cloth or duster, to keep it free from smears. Three or four times a year any of the polishes, for which we give recipes, may be applied with very great success, as any of them make French-

LONG HAIR-BRUSH.



SCRUBBING BRUSHES.

polished furniture look very well. One precaution must be taken—not to put too much of the polish on at one time, and to *rub, not smear* it over the articles.

3283. ***Lamp Cleaning.***—The chamber candlesticks should be brought down and cleaned, and the parlour lamps trimmed—and here the housemaid's utmost care is required. In cleaning candlesticks, as in every other cleaning, she should have cloths and brushes kept for that purpose alone; the knife used to scrape them should be applied to no other purpose; the tallow-grease should be thrown into a box kept for the purpose; the same with everything connected with the lamp-trimming; the best mode of doing which she may learn from directions given with different lamps, always bearing in mind, however, that without perfect cleanliness, which involves occasional scalding, no lamp can be kept in order. After scalding a lamp, it should be rinsed out with a little spirits; this will prevent the oil sputtering on first being lighted after the scalding.

CARPET BRUSH.

3284. ***The drawing and dining-room,*** inasmuch as everything there is more costly and valuable, require even more care. When the carpets are of the kind known as velvet-pile, they require to be swept firmly by a hard whisk brush, made of cocoanut-fibre. The furniture must be carefully gone over in every corner with a soft cloth, that it may be left perfectly free from dust; or where that is beyond reach, with a brush made of long feathers, or a goose's wing. The sofas are swept in the same manner, slightly beaten, the cushions shaken and smoothed, the picture-frames swept, and everything arranged in its proper place. This, of course, applies to dining as well as drawing-room and morning-room. And now the housemaid may dress herself for the day, and prepare for the family dinner, at which she must attend, should there be no parlour-maid, or should she be required to assist the latter.

3285. ***Evening Duties.***—In summer-time the windows of all the bed-rooms, which have been closed during the heat of the day, should be thrown open for an hour or so after sunset, in order to air them. Before dark they should be closed, the bed-clothes turned down, and the night-clothes laid in order for use when required. During winter, where fires are required in the dressing-rooms, they should be lighted an hour before the usual time of retiring, placing a fire-guard before each fire. At the same time, the night-things on the horse should be placed before it to be aired, with a tin can of hot water, if the mistress is in the habit of washing before going to bed. We may add that there is no greater preservative of beauty than washing the face every night in hot water. The upper housemaid may be required to assist her mistress to undress and put her dress in order for the morrow; in which case her duties are very much those of the lady's-maid. And now the fire is made up for the night, the fireguard replaced, and everything in the room in order for the night, the housemaid taking care to leave the night-candle and matches together in a convenient place, should they be required. It is usual in summer to remove all highly fragrant flowers from sleeping-rooms, the impression being that their scent is injurious in a close chamber. On leisure days the housemaid should be able to do some needlework for her mistress — such as turning and mending sheets and darning the house-linen, or assist her in anything she may think fit to give her to do. For this reason it is

CHAMBER PAIL.

almost essential that a housemaid, in a small family, should be an expert needlewoman; as, if she be a good manager and an active girl, she will have time on her hands to get through plenty of work.

HOUSE-PAIL.

3286. ***Periodical Cleanings.*** — Besides the daily routine which we have described, there are portions of every house which can only he thoroughly cleansed occasionally; at which time the whole house usually undergoes a more thorough cleaning than is permitted in the general way. On these occasions it is usual to begin at the top of the house and clean downwards; moving everything out of the rooms; washing the wainscoting or paint with soft soap and water; pulling down the beds and thoroughly cleansing all the joints; "scrubbing" the floor; beating feather beds, mattress, and palliasse, and thoroughly purifying every article of furniture before it is put back in its place.

3287. ***Spring Cleaning.***—This general cleaning usually takes place in the spring or early summer, when the warm curtains of winter are replaced by the light and cheerful muslin ones. Carpets are at the same time taken up and beaten, except where the mistress of the house has been worried into an experiment by the often-reiterated question, "Why beat your carpets?" In this case she will probably have made up her mind to try the cleaning process, and arranged with the company to send for them on the morning when cleaning commenced. It is hardly necessary to repeat that on this occasion every article is to be gone over, and the French-polished furniture well rubbed and polished. The same thorough system of cleaning should be done throughout the house; the walls cleaned where painted, and swept down with a soft broom or feather brush where papered; the window and bed curtains, which have been replaced with muslin ones, carefully brushed, or, if they require it, cleaned; lamps not likely to be required washed out with hot water, dried and cleaned. The several grates should be furnished with their summer ornaments.

DUSTING-BRUSH.

HOUSEMAID'S BRUSHES.

As winter approaches, this house-cleaning will have to be repeated, and the warm bed and window curtains replaced. The process of scouring and cleaning is again necessary, and must be gone through, beginning at the top, and going through the house, down to the kitchens.

3288. ***Occasional Work.***—Independently of these daily and periodical cleanings, other occupations will present themselves from time to time which the housemaid will have to perform. When spots show on polished furniture, they can generally be restored by soap-and-water and a sponge, the polish being brought out by using a little polish, and then well rubbing it. Again, drawers which draw out stiffly may be made to move more easily if the spot where they press is rubbed over with a little soap.

Chips broken off any of the furniture should be collected and replaced, by means of a little glue applied to them. Liquid glue, which is sold prepared in bottles, is very useful to have in the house, as it requires no melting; and anything broken can be with it quickly repaired.

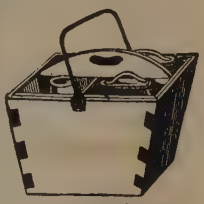
Breaking glass and china is about the most disagreeable thing that can happen

in a family, and it is, probably, a greater annoyance to a right-minded servant than to the mistress. A neat-handed housemaid may sometimes repair these breakages, where they are not broken in very conspicuous places, by joining the pieces very neatly together with a cement for which we give a recipe.

These are the duties of the housemaid or housemaids, and according to the number kept so will the work be divided between them, every household having different rules and management.

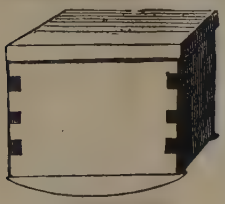
THE GENERAL SERVANT.

3289. ***The general servant*** is, perhaps, the only one of her class deserving of commiseration: her life is a solitary one, and, in some places, her work is never done. She is also subject to rougher treatment than either the house or kitchen-maid, especially in her earlier career; she starts in life, probably, a girl of thirteen, with some small tradesman's wife as her mistress, just a step above her in the social scale; and, although the class contains many excellent, kind-hearted women, it also contains some very rough specimens of the feminine gender; and to some of these it occasionally falls to give our maid-of-all-work her first lessons in her multifarious occupations: the mistress's commands are the measure of the maid-of-all-work's duties. By the time she has become a tolerable servant, she is probably engaged in some respectable tradesman's house, where she has to rise with the lark, for she has to do in her own person all the work which in larger establishments is performed by cook, kitchen-maid, and housemaid, and occasionally the part of a footman's duty which consists in carrying messages. A general servant, however, in what may be termed a good situation has not too much work to do. There are many mistresses who perfectly realise the fact that it is not possible for one servant to do the duties of two or three, and these ladies would be ready to give assistance themselves, or provide it occasionally if it were needed.



HOUSEMAID'S BOX.

3290. ***The general servant's duties*** commence by opening the shutters (and windows, if the weather permits) of all the lower apartments in the house; she should then brush up her kitchen-range, light the fire, clear away the ashes, clean the hearth, and polish with a leather the bright parts of the range, doing all as rapidly and as vigorously as possible, that no more time be wasted than is necessary. After putting on the kettle, she should then proceed to the dining-room, or parlour, to get it in order for breakfast. She should first roll up the rug, take up the fender, shake and fold up the table-cloth, then sweep the room, carrying the dirt towards the fireplace; a coarse cloth should then be laid down over the carpet, and she should proceed to clean the grate, having all her utensils close to her. When the grate is finished, the ashes cleared away, the hearth cleaned, and the fender put back in its place, she must dust the furniture, not omitting the legs of the tables and chairs; and if there are any ornaments or things on the sideboard, she must not dust round them, but lift them up on to another place, dust well where they have been standing, and then replace the things. Nothing annoys a particular mistress so much as to find, when she comes downstairs, different articles of furniture looking as if they had never been dusted. If the servant is at all methodical, and gets into the habit of *doing* a room in a certain way, she will scarcely ever leave her duties neglected. After the rug is put down, the table-



CINDER-SIFTER.

cloth arranged, and everything in order, she should lay the cloth for breakfast, and then shut the dining-room door.

3291. ***Morning Work.***—The hall must now be swept, the mats shaken, the door-step cleaned, and any brass knockers or handles polished up with the leather. If the family breakfast very early, the tidying of the hall must then be deferred till after that meal. After cleaning the boots that are absolutely required, the servant should now wash her hands and face, put on a clean white apron, and be ready for her mistress when she comes downstairs. In families where there is much work to do before breakfast, the master of the house frequently has two pairs of boots in wear, so that they may be properly cleaned, when the servant has more time to do them, in the daytime. This arrangement is, perhaps, scarcely necessary in the summer-time, when there are no grates to clean every morning; but in the dark days of winter it is only kind and thoughtful to lighten a general servant's duties as much as possible. She will now carry the urn into the dining-room, where her mistress will make the tea or coffee, and sometimes will boil the eggs, to ensure them being done to her liking. In the meantime the servant cooks, if required, the bacon, kidneys, fish, &c.; if cold meat is to be served, she must always send it to table on a clean dish, and nicely garnished with tufts of parsley, if this is obtainable. After she has had her own breakfast, and whilst the family are finishing theirs, she should go upstairs into the bedrooms, open all the windows, strip the clothes off the beds, and leave them to air whilst she is clearing away the breakfast things. She should then take up the crumbs in a dustpan from under the table, put the chairs in their places, and sweep up the hearth.

BRUSH FOR BARE BOARDS.

3292. ***Daily Work.***—The breakfast things washed up, the kitchen should be tidied, so that it may be neat when her mistress comes in to give the orders for the day; after receiving these orders, the servant should go upstairs again, with a jug of boiling water, the slop-pail, and two cloths. After emptying the slops, and scalding the vessels with the boiling water, and wiping them thoroughly dry, she should wipe the top of the wash-hand stands and arrange all in order. She then proceeds to make the beds, in which occupation she is generally assisted by the mistress, or, if she has any daughters, by one of them. Before commencing to make the bed, the servant should put on a large bed-apron, kept for this purpose only, which should be made very wide, to button round the waist and meet behind, while it should be made as long as the dress. By adopting this plan, the blacks and dirt on servants' dresses (which at all times it is impossible to help) will not rub off on to the bed-clothes, mattresses, and bed-furniture. When the beds are made, the rooms should be dusted, the stairs lightly swept down, hall furniture, closets, &c., dusted. The lady of the house, when there is but one servant kept, frequently takes charge of the drawing-room herself, that is to say, dusting it: the servant sweeping, cleaning windows, looking-glasses, grates, and rough work of that sort. If there are many ornaments and knick-knacks about the room, it is certainly better for the mistress to dust these herself, as a maid-of-all-work's hands are not

GENERAL SERVANT.

always in a condition to handle delicate ornaments. Now she has gone the rounds of the house and seen that all is in order, the servant goes to her kitchen to see about the cooking of the dinner, in which very often her mistress will assist her. She should put on a coarse apron with a bib to do her dirty work in, which may be easily replaced by a white one if required.

3293. ***The Family Dinner.***—Half an hour before dinner is ready, she should lay the cloth, that everything may be in readiness when she is dishing up the dinner, and take all into the dining-room that is likely to be required, in the way of knives, forks, spoons, bread, salt, water, &c. &c. By exercising a little forethought, much confusion and trouble may be saved both to the mistress and the servant, by getting everything ready for the dinner in good time. After taking in the dinner, when everyone is seated, she removes the covers, hands the plates round, and pours out the beer; and should be careful to hand everything on the left side of the person she is waiting on. We need scarcely say that a general servant cannot stay in the dining-room during the whole of the dinner-time, as she must dish up her pudding, or whatever is served after the first course. When she sees everyone helped, she should leave the room to make her preparations for the next course; and anything that is required, such as bread, &c., people may assist themselves to in the absence of the servant.

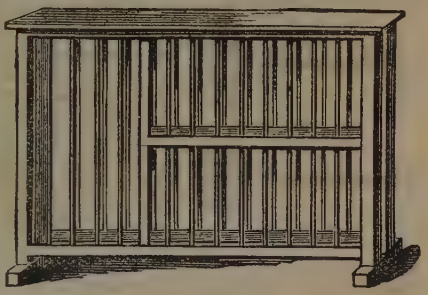
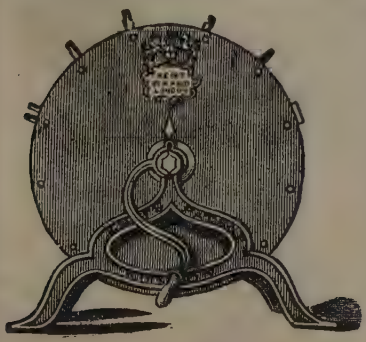


PLATE RACK.

When the dinner things are cleared away, the servant should sweep up the crumbs in the dining-room, sweep the hearth, if there be a fire, then sit down to her own dinner. In some households the servant dines at the same time as the family.

3294. ***Afternoon Work.*** After this, she washes up and puts away the dinner things, sweeps the kitchen, dusts and tidies it, and puts on the kettle for tea. She should now, before dressing herself for the afternoon, clean her knives, boots and shoes, and do any other dirty work in the scullery that may be necessary. Knife-cleaning machines are rapidly taking the place, in most households, of the old knife-board. The saving of labour by the knife-cleaner is very great, and its performance of the work is very satisfactory. Small and large machines are manufactured, some cleaning only four knives, whilst others clean as many as twelve at once. Nothing can be more simple than the process of machine knife-cleaning; and although, in a very limited household, the substitution of the machine for the board may not be necessary, yet we should advise all housekeepers to whom the outlay is not a difficulty to avail themselves of the services of a machine. It is very necessary that the knives when put in should be free from grease. When the



KNIFE MACHINE.

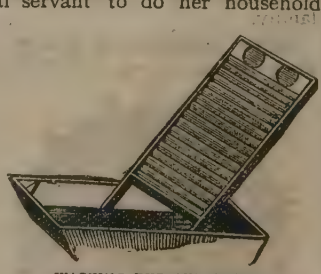
servant is dressed, she takes in the tea, if it be served then, and after tea turns down the beds, sees that the water-jugs and bottles are full, closes the windows, and draws down the blinds. If the weather is very warm, these are usually left open until the last thing at night, to cool the rooms.

3295. ***The routine of a general servant's duties*** depends upon the kind of situation she occupies; but a systematic servant should so contrive to divide her work, that every day in the week may have its proper share. By this means she is able to keep the house clean with less fatigue to herself than if she left all the cleaning to do at the end of the week. Supposing there are five bedrooms in the house, two sitting-rooms, kitchen, scullery, and the usual domestic offices:—on Monday she might thoroughly clean two of the bedrooms; on Tuesday, two more bedrooms; on Wednesday, the other bedroom and stairs; on Thursday, the drawing-room; on Friday morning she should sweep the dining-room very thoroughly, clean the hall, and in the afternoon her kitchen tins and bright utensils. By arranging her work in this manner, no undue proportion will fall to Saturday's share, and she will then have this day for cleaning plate, cleaning her kitchen, and arranging everything in nice order. The regular work must, of course, be performed in the usual manner, as we have endeavoured to describe. Before retiring to bed, she will do well to clean up plate, glasses, &c., which have been used for the evening meal, and prepare for her morning's work by placing her wood near the fire on the hob to dry, taking care there is no danger of it igniting, before she leaves the kitchen for the night. Before retiring, she will have to lock and bolt the doors, unless the master undertakes this office himself.

HEARTH BRUSH.

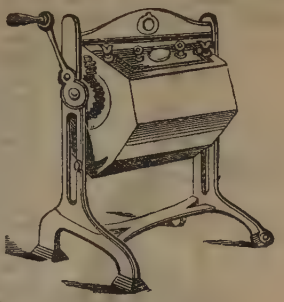
DUST BRUSH.

3296. ***Home Washing.***—If the washing, or even a portion of it, is done at home, it will be impossible for the general servant to do her household duties thoroughly during the time it is about, unless she have some assistance. Usually, if all the washing is done at home, the mistress hires someone to assist at the wash-tub, and sees to little matters herself, in the way of dusting, clearing away breakfast things, folding, starching and ironing the fine things. With a little management much can be accomplished, provided the mistress be industrious, energetic, and willing to lend a helping hand. Let washing-day or week be not the excuse for having everything in a muddle; and although "things" cannot be cleaned so thoroughly, and so much time spent upon them, as ordinarily, yet the house may be kept tidy and clear from litter without a great deal of exertion, either on the part of the mistress or servant. We will conclude our remarks with an extract from an admirably-written book, called "Home Truths for Home Peace." The authoress says, with respect to the great wash—"Amongst all the occasions in which it is most difficult and glorious to keep muddle out of a family, the 'great wash' stands pre-eminent; and as very little money is now saved by having *everything* done at home, many ladies, with the option of taking another servant or putting out the chief part of the washing, have thankfully adopted the latter course." She goes on to say—"When a



WASHING TUB AND BOARD.

gentleman who dines at home can't bear washing in the house, but gladly pays for its being done elsewhere, the lady should gratefully submit to his wishes, and put out anything in her whole establishment rather than put out a good and generous husband."



WASHING-MACHINE.

3297. ***General Observations.***—A bustling and active girl will always find time to do a little needlework for herself, if she lives with consistent and reasonable people. In the summer evenings she should manage to sit down for two or three hours, and for a short time in the afternoon on leisure days. A general servant's duties are so multifarious that unless she be quick and active she will not be able to accomplish this. To discharge these various duties properly is a difficult task, and sometimes a thankless office; but it must be remembered that a good general servant will make a good servant in any capacity, and may be safely taken, not only without fear of failure, but with every probability of giving satisfaction to her employer. Although, as we have said, a general servant's duties are multifarious, it all depends upon the number of the family in which she is employed whether her work be in reality harder than that of some housemaids and many kitchen-maids. A general servant, for example, in a house where there are but two or three to wait upon will have less to do, in all probability, than a housemaid in a large family.

THE DAIRY-MAID.

3298. ***The duties of the dairy-maid*** differ considerably in different districts. In Scotland, Wales, and some of the northern counties women milk the cows. On some of the large dairy-farms in other parts of England, she takes her share in the milking, but in private families the milking is generally performed by the cowkeeper, and the dairy-maid only receives the milk-pails from him morning and night, and empties and cleans them preparatory to the next milking; her duty being to supply the family with milk, cream and butter, and other luxuries depending on the "milky mothers" of the herd.

MILKING.

3299. ***The Dairy.***—The object for which gentlemen keep cows is to procure milk unadulterated, and sweet butter, for themselves and families: in order to obtain this, however, great cleanliness is required, and as visitors, as well as the mistress of the house, sometimes visit the dairy, some efforts are usually made to render it ornamental and picturesque. The locality is usually fixed near to the house; it should neither be exposed to the fierce heat of the summer's sun nor to the equally unfavourable frosts of winter—it must be both sheltered and shaded. If it is a building apart from the house and other offices, the walls

should be tolerably thick, and if hollow, the temperature will be more equable. This should range from 60° to 65° F., never exceeding the latter. The walls inside are usually covered with Dutch glazed tiles; the flooring also of glazed tiles set in asphalte, to resist water; or of Portland cement. The floor should slope very gently to one side or corner, where there should be an outlet for the water to escape when the floor is flushed; and the ceiling, lath and plaster, or closely-jointed woodwork, painted. Its architecture will be a matter of fancy; it should have a northern aspect, and a thatched roof is considered most suitable, from the shade and shelter it affords; and it should contain at least two apartments, besides a cool place for storing away butter. One of the apartments, in which the milk is placed to deposit cream, or to ripen for churning, is usually surrounded by shelves of marble or slate (perforated ones keep the milk freshest), on which the milk-dishes rest; but it will be found a better plan to have a large square or round table of stone in the centre, with a water-tight ledge all round it, in which water may remain in hot weather, or, if some attempt at the picturesque is desired, a small fountain might occupy the centre, which would keep the apartment cool and fresh. Round this table the milk-dishes should be ranged; one shelf, or dresser, of slate or marble, being kept for the various occupations of the dairy-maid; it will be found a better plan than putting them on shelves and corners against the wall. There should be a funnel or ventilator in the ceiling, communicating with the open air, made to open and shut as required. Double windows are recommended, but of the lattice kind, so that they may open, and with wire-gauze blinds fitted into the opening, and calico blinds, which may be wetted when additional coolness is required. The other apartment will be used for churning, washing and scrubbing—in fact, the scullery of the dairy, with a boiler for hot water, and a sink with cold water laid on, which should be plentiful and good. In some dairies a third apartment, or, at least, a cool airy pantry, is required for storing away butter, with shelves of marble or slate, to hold the cream-jars while it is ripening, and where cheeses are made, a fourth becomes necessary. Such is the temple in which the dairy-maid presides: it should be removed both from stable and cowhouse, and larder; no animal smells should come near it, and the drainage should be perfect.

THE DAIRY-MAID.

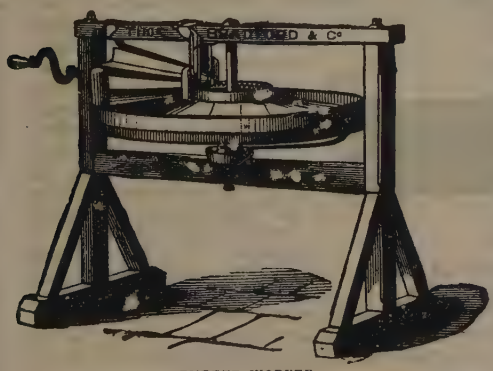
MILK-PAIL.

3300. ***The dairy utensils*** are not numerous—churns, milk-pails for each cow; hair-sieves, slices of tin, milk-pans, marble dishes for cream for family use, scales and weights, a portable rack for drying the utensils, wooden bowls, butter-moulds and butter patters, and wooden tubs for washing the utensils, comprising pretty nearly everything. Pails are made of maple-wood or elm, and hooped, or of tin, more or less ornamented. One is required for each cow. The hair-sieve is made of closely-twisted horse-hair, with a rim, through which the milk is strained to remove any hairs which may have dropped from the cow in milking. Milk dishes are shallow basins of glass, of glazed earthenware, or tin, about 16 inches in diameter at top, and 12 at the bottom, and 5 or 6 inches deep, holding about 8 to 10 quarts each when full. Churns are all sorts and sizes, from that

which churns 70 or 80 gallons by means of a strap from the engine, to the square box in which a pound of butter is made. The churn used for families is a square box, 18 inches by 12 or 13, and 17 deep, bevelled below to the plane of the *dashers*, with a loose lid or cover. The dasher consists of an axis of wood, to which the four beaters or fanners are attached; these fans are simply four pieces of elm strongly dovetailed together, forming an oblong square, with a space left open, two of the openings being left broader than the others; attached to an axle, they form an axis with four projecting blades; the axle fits into supports at the centre of the box; a handle is fitted to it, and the act of churning is done by turning the handle.

3301. ***Supply of Milk.***—The dairy-maid receives the milk from the cow-keeper, each pail being strained through the hair-sieve into one of the milk-basins. This is left in the basins from twenty-four to thirty-six hours in the summer, according to the weather; after which it is skimmed off by means of the slicer, and poured into glazed earthenware to "turn" for churning. Some persons prefer making up a separate churning for the milk of each cow, in which there is some advantage. In this case the basins of each cow, for two days, would either be kept together or labelled. As soon as emptied, the pails should be scalded and every particle of milk washed out, and placed away in a dry place till next required; and all milk spilt on the floor, or on the table or dresser cleaned up with a cloth and hot water. Where very great attention is paid to the dairy, the milk-coolers are used larger in winter, when it is desirable to retard the cooling down and increase the creamy deposit, and smaller in summer to hasten it; the temperature required being from 55° to 50°. In summer it is sometimes expedient, in very sultry weather, to keep the dairy fresh and cool by suspending clothes dipped in chloride of lime across the room.

BUTTER WORKER.



BUTTER WORKER.

3302. ***Times for Churning.***—In some dairies it is usual to churn twice, and in others three times a week; the former produces the best butter, the other the greatest quantity. With three cows, the produce should be 27 to 30 quarts a day. The dairy-maid should churn every day when very hot, if they are in full milk, and every second day in more temperate weather; besides supplying the milk and cream required for a large establishment. The churning should always be done in the morning; the dairy-maid will find it advantageous in being at work on churning

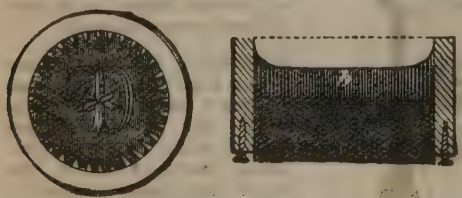
mornings by five o'clock. The operation occupies from twenty minutes to half an hour in summer, and considerably longer in winter. A steady, uniform motion is necessary to produce sweet butter; neither too quick nor too slow. Rapid motion causes the cream to heave and swell, from too much air being forced into it; the result is a tedious churning, and soft, bad-coloured butter.

3303. ***Colouring.***—In spring and summer, when the cow has her natural food, no artificial colour is required; but in winter, under stall-feeding, the colour is white and tallowy, and some persons prefer a high colour. This is communicated by mixing a little finely-powdered arnatto with the cream before putting it into the churn; a still more natural and delicate colour is communicated by scraping a red carrot into a clean piece of linen cloth, dipping it into water, and squeezing it into the cream.

3304. ***Washing the Butter.***—As soon as the butter comes, the milk is poured off, and the butter put into a shallow wooden tub or bowl, full of pure spring water, in which it is washed and kneaded, pouring off the water, and renewing it until it comes away perfectly free from milk. Imperfect washing is the frequent cause of bad butter, and in nothing is the skill of the dairy-maid tested more than in this process; moreover, it is one in which cleanliness of habits and person are most necessary. In this operation we want the aid of Phyllis's neat, soft, and perfectly clean hand; but with the new Atmospheric Churn, this operation presents no difficulty.

3305. ***Butter Milk.***—The operations of churning and butter-making over, the butter-milk is disposed of: usually, in England, it goes to the pigs; but it is a very wholesome beverage when fresh, and some persons like it; the disposal, therefore, will rest with the mistress: the dairy-maid's duty is to get rid of it. She must then scald with boiling water and scrub out every utensil she has used; brush out the churn, clean out the cream jars, which will probably require the use of a little common soda to purify; wipe all dry, and place them in a position where the sun can reach them for a short time, to sweeten them.

3306. ***Devonshire Cream.***—In Devonshire, celebrated for its dairy system, the milk is always scalded. The milk-pans, which are of tin, and contain from 10 to 12 quarts, after standing 10 or 12 hours, are placed on a hot plate of iron, over a stove, until the cream has formed on the surface, which is indicated by the air-bubbles rising through the milk, and producing blisters on the surface-coating of cream. This indicates its approach to the boiling-point; and the vessel is now removed to cool. When sufficiently, that is, quite cool, the cream is skimmed off with the slice: it is now the clouted cream for which Devonshire is so famous. It is now placed in the churn, and churned until the butter comes, which it generally does in a much shorter time than by the other process. The butter so made contains more *caseine* than butter made in the usual way, but does not keep so long.



BUTTER MOULDS.

3307. ***Cost of Dairy.***—It is a question frequently discussed, how far it is economical for families to keep cows and make their own butter. It is calculated

that a good cow costs, from May 1 to October 1, when well but economically kept, £5 16*s.* 6*d.*; and from October 1 to April 30, £10 2*s.* 6*d.* During that time she should produce 227 lbs. of butter, besides the skimmed milk. Of course, if new milk and cream are required, that will diminish the quantity of butter.

Besides churning and keeping her dairy in order, the dairy-maid has charge of the whole produce, handing it over to the cook, butler, or housemaid as required; and she will do well to keep an exact account both of what she receives, and how and when she disposes of it.

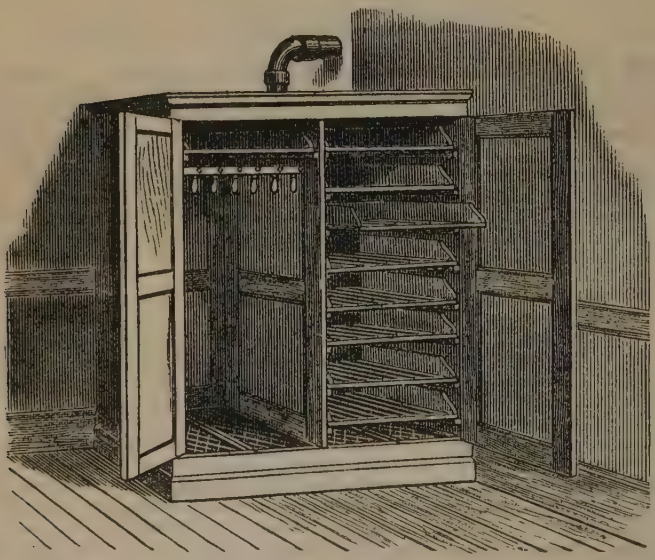
THE LAUNDRY-MAID.

3308. ***The Laundry-maid*** is charged with the duty of washing and getting-up the family linen—a situation of great importance where the washing is all done at home; but in large towns, where there is little convenience for bleaching and drying, it is chiefly done by professional laundresses and companies, who apply mechanical and chemical processes to the purpose. These processes, however, are supposed to injure the fabric of the linen; and in many families the fine linen, cottons, and muslins are washed and got-up at home, even where the bulk of the washing is given out. In country and suburban houses, where greater conveniences exist, washing at home is more common—in country places universal.

3309. ***A good laundry establishment*** for a large household consists of a washing-house, an ironing and drying-room, and sometimes a drying-closet heated by furnaces. The washing-house will probably be attached to the kitchen; but it is better that it should be completely detached from it, and of one storey, with a funnel or shaft to carry off the steam. It will be of a size proportioned to the extent of the washing to be done. A range of tubs, either round or oblong, opposite to, and sloping towards, the light, narrower at the bottom than the top, for convenience in stooping over, and fixed at a height suited to the convenience of the women using them; each tub having a tap for hot and cold water, and another in the bottom, communicating with the drains, for drawing off foul water. A boiler and furnace, proportioned in size to the wants of the family, should also be fixed. The flooring should be York stone, laid on brick piers, with good drainage, or asphalte, sloping gently towards a gutter connected with the drain. Adjoining the bleaching-house, a second room, about the same size, is required for ironing, drying, and mangling. The contents of this room should comprise an ironing-board, opposite to the light; a strong white deal table, about twelve or fourteen feet long, and about three and a half feet broad, with drawers for ironing-blankets; a mangle in one corner, and clothes-horses for drying and airing; cupboards for holding the various irons, starch, and other articles used in ironing; a hot-plate built in the chimney, with furnace beneath it for heating the irons; sometimes arranged with a flue for carrying the hot air round the room for drying. Where this is the case, however, there should be a funnel in the ceiling for ventilation and carrying off steam; but a better arrangement is to have a hot-air closet adjoining, heated by hot-air pipes, and lined with iron, with proper arrangements for carrying off steam, and clothes-horses on casters running in grooves, to run into it for drying purposes. This leaves the laundry free from unwholesome vapour.

3310. ***Sorting of Linen.***—The laundry-maid should commence her labours on Monday morning by a careful examination of the articles committed to her care, and enter them in the washing-book; separating the white linen and

collars, sheets and body-linen into one heap, fine muslins into another, coloured cotton and linen fabrics into a third, woollens into a fourth, and the coarser kitchen and other greasy cloths into a fifth. Every article should be examined for ink or grease spots, or for fruit or wine-stains. Ink-spots are removed by dipping the part into hot water, and then spreading it smoothly on the hand or on the back of a spoon, pouring a few drops of oxalic acid or salts of sorrel over the ink-spot, rubbing and rinsing it in cold water till removed; grease spots, by rubbing over with yellow soap, and rinsing in hot water; fruit and



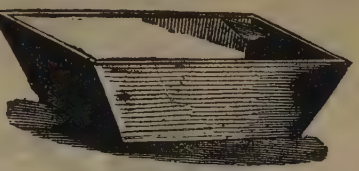
DRYING CLOSET.

wine spots, by dipping in a solution of sal ammonia or spirits of wine, and rinsing.

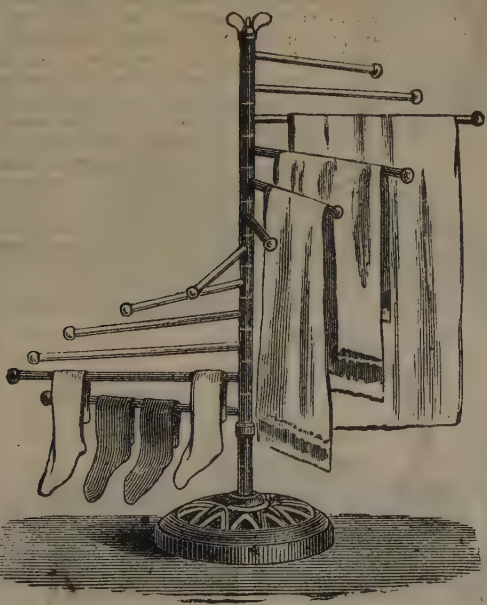
3311. ***Soaking.***—Every article having been examined and assorted, the sheets and fine linen should be placed in one of the tubs and just covered with lukewarm water, in which a little soda has been dissolved and mixed, and left there to soak till the morning. The greasy cloths and dirtier things should be laid to soak in another tub, in a liquor composed of ½ lb. of unslaked lime to every 6 quarts of water which has been boiled for two hours, then left to settle, and strained off when clear. Each article should be rinsed in this liquor to wet it thoroughly, and left to soak till the morning, just covered by it when the things are pressed together. Coppers and boilers should now be filled, and the fires laid ready to light.

3312. ***Washing.***—Early on the following morning the fires should be lighted and, as soon as hot water can be procured, washing commenced; the

sheets and body-linen, being wanted to whiten in the morning, should be taken first; each article being removed in succession from the lye in which it has been soaking, rinsed, rubbed, and wrung, and laid aside until the tub is empty, when the foul water is drawn off. The tub should be again filled with lukewarm water; about 80°, in which the articles should again be plunged, and each gone over carefully with soap, and rubbed. Novices in the art sometimes rub the linen against the skin; more experienced washerwomen rub one linen surface against the other, which saves their hands, and enables them to continue their labour much longer, besides economising time, two parts being thus cleaned at once. After the first washing, the linen should be put into a second water, as hot as the hand can bear it, and again rubbed over in every part, examining every part for spots not yet removed, which require to be again soaped over and rubbed till thoroughly clean; then rinsed and wrung, the larger and stronger articles by two of the women; the smaller and more delicate articles requiring gentler treatment.



WASHING TUB.

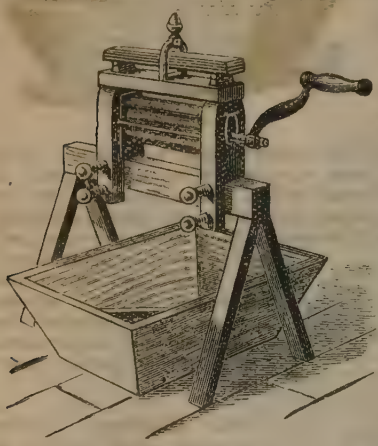


CLOTHES DRIER.

3313. ***Boiling.***—In order to remove every particle of soap, and produce a good colour, they should now be placed, and boiled for about an hour and half, in the copper, in which soda, in the proportion of a teaspoonful to every two gallons of water, has been dissolved. Some very careful laundresses put the linen into a canvas bag to protect it from the scum and sides of the copper. When taken out it should again be rinsed, first in clean hot water, and then in abundance of cold water, slightly tinged with blue, and again wrung dry. It should now be removed from the washing-house and hung up to dry or spread out to bleach, if there are conveniences for it; and the earlier in the day this is done, the clearer and whiter will be the linen.

3314. ***Coloured muslins, cottons, and linens*** require a milder treatment; any application of soda will discharge the colour, and soaking all night even in pure water, deteriorates the more delicate tints. When ready for washing, if not too dirty, they should be put into cold water and washed very speedily,

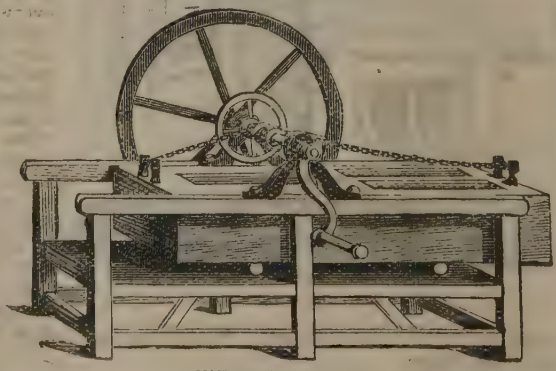
using the common yellow soap, which should be rinsed off immediately. One article should be washed at a time, and rinsed out immediately before any others are wetted. When washed thoroughly, they should be rinsed in succession, in soft water, in which common salt has been dissolved, in the proportion of a handful to three or four gallons, and afterwards wrung gently, as soon as rinsed, with as little twisting as possible, and then hung out to dry. Delicate-coloured articles should not be exposed to the sun, but dried in the shade, using clean lines and wooden pegs.



WRINGING MACHINE.

3315. ***Woollen articles*** are liable to shrink, unless the flannel has been well shrunk before making up. This liability is increased where very hot water is used: cold water would thus be the best to wash woollens in; but as this would not remove the dirt, lukewarm water, about 85°, and yellow soap, are recommended. When thoroughly washed in this, they require a good deal of rinsing in cold water, to remove the soap. Greasy cloths, which have soaked all night in the liquid described, should be now washed out with soap-and-water as hot as the hands can bear, first in one water, and rinsed out in a second (soda will be needed in the water used), and afterwards boiled for two hours in water in which a little soda is dissolved. When taken out, they should be rinsed in cold water, and laid out or hung up to dry.

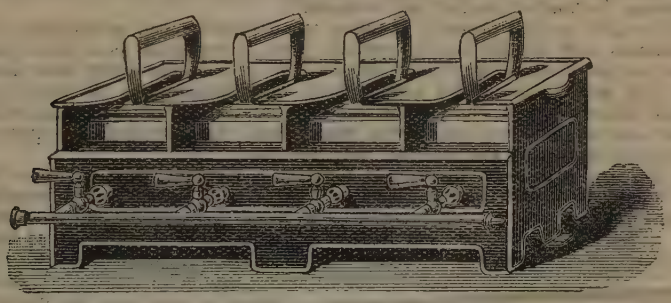
3316. ***Silks and Stuffs.***—Silk handkerchiefs require to be washed alone. When they contain snuff, they should be soaked by themselves in lukewarm water two or three hours; they should be rinsed out and put to soak with the others in cold water for an hour or two; then washed in lukewarm water, being soaped as they are washed. If this does not remove all stains, they should be washed a second time in similar water, and when finished, rinsed in soft water in which a handful of common salt has been dissolved. In washing stuff or woollen dresses, the band at the waist and the lining at the bottom should be removed, and wherever it is gathered into folds; and, in furniture, the hems and gatherings. A black silk



MANGLING MACHINE.

dress, if very dirty, must be washed; but, if only soiled, soaking for four-and-twenty hours will do; if old and rusty, a pint of common spirits should be mixed with each gallon of water, which is an improvement under any circumstances. The operations should be concluded by rinsing the tubs, cleaning the coppers, scrubbing the floors of the washing-house, and restoring everything to order and cleanliness.

3317. ***Washing Machines.***—The use of machines for washing, wringing and mangling has now become general. They can be had suitable for the smallest as well as the largest family, and materially save labour, and in a short time, their cost. According to the machines used so do the instructions vary, each maker having some specialty. It may, however, be roughly stated that stains should be rubbed out of clothes before they are put into the machines, and that care should be taken in wringing the articles that the buttons be not dragged off. An ordinary family washing machine when opened out occupies a space of about from 4 ft. to 5 ft. square (not more room than tubs would take), but when not in use it can be greatly reduced. A wringing machine is sometimes attached to a washing one, and is occasionally a thing apart which can be fixed



IRON HEATER.

to an ordinary tub. It may be said that it is of the greatest use if there is anything like heavy washing to be done, as with very little trouble the clothes are thoroughly wrung, and all the water being squeezed out, time in drying is thus saved. Wringing machines also serve for mangling ones. In Chapter III. we mention several machines suitable for family requirements, to the purchasers of which the fullest instructions will be given.

3318. ***Mangling.***—Linen, cotton, and other fabrics, after being washed and dried, are made smooth and glossy by mangling and by ironing. The mangling process, which is simply passing them between rollers subjected to a very considerable pressure, produced by weight, is confined to sheets, towels, table-linen, and similar articles which are without folds or plaits. Ironing is necessary to smooth body-linen, and made-up articles of delicate texture or gathered into folds. The mangle is too well known to need description.

3319. ***Starching*** is a process by which stiffness is communicated to certain parts of linen, as the collars and fronts of shirts, by dipping them in a paste made of starch boiled in water, mixed with a little gum Arabic, where extra stiffness is required.

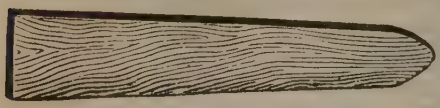
When the "things to be starched" are washed, dried, and taken off the lines,

they should be dipped into the hot starch made as directed, squeezed out, and then just dipped into cold water, and immediately squeezed dry. If fine things be wrung, or roughly used, they are very liable to tear; so too much care cannot be exercised in this respect. If the article is lace, clap it between the hands a few times, which will assist to clear it; then have ready laid out on the table a large clean towel or cloth; shake out the starched things, lay them on the cloth, and roll it up tightly, and let it remain for three or four hours, when the things will be ready to iron.

3320. ***Ironing.***—The irons consist of the common flat-iron, which is of different sizes, varying from 4 to 10 inches in length, triangular in form, and from 2½ to 4½ inches in width at the broad end; the oval iron, which is used for more delicate articles; and the box-iron, which is hollow, and heated by a red-hot iron inserted into the box. The Italian iron is a hollow tube, smooth on the outside and raised on a slender pedestal with a footstalk. Into the hollow cylinder a red-hot iron is pushed, which heats it; and the smooth outside of the latter is used, on which articles such as frills, and plaited articles, are drawn. Crimping and gauffering-machines are used for a kind of plaiting where much regularity is required, the articles being passed through two iron rollers fluted so as to represent the kind of plait or fold required.

To be able to iron properly requires much practice and experience. Strict cleanliness with all the ironing utensils must be observed, as, if this is not the case, not the most expert ironer will be able to make her things look clear and free from smears, &c. After wiping down her ironing-table, the laundry-maid should place a coarse cloth on it, and over that the ironing-blanket, with her stand and iron-rubber; and having ascertained that her irons are quite clean and of the right heat, she proceeds with her work.

It is a good plan to try the heat of the iron on a coarse cloth or apron before ironing anything fine; there is then no danger of scorching. For ironing fine things, such as collars, cuffs, muslins, and laces, there is nothing so clean and nice to use as the box-iron; the bottom being bright, and never placed near the fire, it is always perfectly clean; it should, however, be kept in a dry place, for fear of its rusting. Gauffering-tongs or irons must be placed in a clear fire for a minute, then withdrawn, wiped with a coarse rubber, and the heat of them tried on a piece of paper, as, unless great care is taken, these will very soon scorch. The skirts of muslin dresses should be ironed on a skirt-board covered with flannel, and the fronts of shirts on a smaller board, also covered with flannel; this board being placed between the back and front. After things are mangled, they should also be ironed in the folds and gathers; dinner-napkins smoothed over, as also table-cloths, pillow-cases, and sometimes sheets. The bands of flannel petticoats, and shoulder-straps to flannel waistcoats, must also undergo the same process.



IRONING BOARD.

CHAPTER LXX.

RECIPES FOR THE USE OF BUTLER, FOOTMAN, COACHMAN, GROOM, VALET, LADY'S-MAID, PARLOUR-MAID, HOUSE-MAID AND LAUNDRY-MAID.

RECIPES FOR THE BUTLER.

3321.—TO FINE WINES.

There are various modes of fining wine; eggs, isinglass, gelatine and gum Arabic are all used for the purpose. Whichever of these articles is used, the process is always the same. Supposing eggs (the cheapest) to be used:—Draw a gallon or so of the wine and mix one quart of it with the white of four eggs, by stirring it with a whisk; afterwards, when thoroughly mixed, pour it back into the cask through the bunghole, and stir up the whole cask in a rotary direction with a clean split stick inserted through the bunghole. Having stirred it sufficiently, pour in the remainder of the wine drawn off, until the cask is full; then stir again, skimming off the bubbles that rise to the surface. When thoroughly mixed by stirring, close the bunghole, and leave it to stand for three or four days. This quantity of clarified wine will fine thirteen dozen of port or sherry. The other clearing ingredients are applied in the same manner, the material being cut into small pieces, and dissolved in the quart of wine, and the cask stirred in the same manner

CLARET BASKET.

3322.—TO BOTTLE WINES.

Having thoroughly washed and dried the bottles, supposing they have been before used for the same kind of wine, provide corks, which will be improved by being slightly boiled, or at least steeped in hot water, a

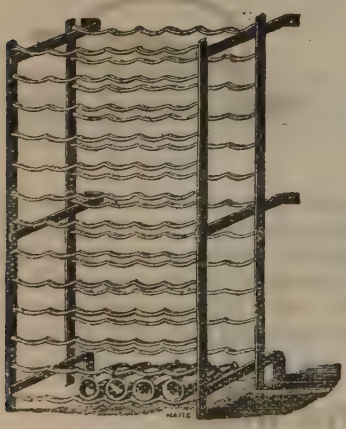
wooden hammer or mallet, a bottling boot, and a squeezer for the corks. Bore a hole in the lower part of the cask with a gimlet, receiving the liquid stream which follows in the bottle and filterer, which is placed in a tub or basin. This operation is best performed by two persons, one to draw the wine, the other to cork the bottles. The drawer is to see that the bottles are up to the mark, but not too full, the bottle being placed in a clean tub to prevent waste. The corking-boot is buckled by a strap to the knee, the bottle placed in it, and the cork, after being squeezed in the press, driven in by a flat wooden mallet. As the wine draws near to the bottom of the cask, a thick piece of muslin is placed in the strainer, to prevent the viscous grounds from passing into the bottle. Use good corks, which may be known by their elasticity and the absence of large pores. They can be used again if removed without a corkscrew.

3323.—TO CLEANSE BOTTLES.

Make a lye by boiling equal quantities of soda and quicklime. When cold, put this in the bottles with some small pebbles and shake well. Set the bottles to drain thoroughly, then warm them, and blow inside with a pair of bellows to absorb all moisture.

3324.—TO LAY DOWN WINE.

Having carefully counted the bottles, they are stored away in their respective bins, a layer of sand or sawdust being placed under the first tier, and another over it; a second tier is laid over this, protected by a lath, the head of the second being laid to the bottom of the first; over this another bed of sawdust is laid, not too thick, then another lath; and so on till the bin is filled. Wine so laid in will be ready for use according to its quality and age. Port wine, old in the wood, will be ready to drink in five or six months; but if it is a fruity wine, it will improve every year. Sherry, if of good quality, will be fit to drink as soon as the "sickness" (as its first condition after bottling is called) ceases, and will also improve; but the cellar must be kept at a perfectly steady temperature, neither too hot nor too cold, but about 55° or 60°, and absolutely free from draughts of cold air.



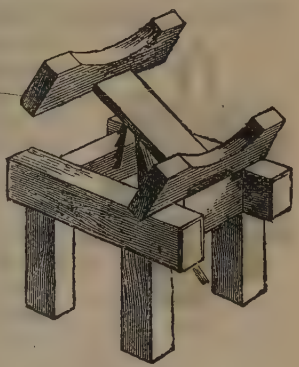
WINE STAND.

3325.—TO PRESERVE CORKS FROM INSECTS.

Dip the heads of the bottles when corked into quicklime slaked into a paste and let it harden on. Petroleum rubbed over the corks and necks will also serve to keep the insects away, but it is not quite so efficacious a method as the lime.

3326.—TO CLEAN CASKS.

It is a most important thing that casks for wine or ale should be perfectly clean and free from any acid smell or mustiness before they are used. Lactic and acetic acid get absorbed in the wood very often, and do great damage to fermenting liquid. The ordinary way of washing a cask is with boiling water, and when cool examining it with a light inside. If there be any sour or musty smell, however, lime must be used to remove it. Break the lime into lumps and put it in the cask dry (it will take from 3 to 4 lbs. for each cask), then pour in as many gallons of boiling water as there are pounds of lime, and bung. Roll the cask about now and then, and after a few hours wash it out, steam it, and let it cool.



CASK STAND.

RECIPES FOR MANSERVANT OR PARLOUR-MAID.

3327.—TO CLEAN PLATE.

(*A very excellent method.*)

Wash the plate well to remove all grease in a strong lather of common yellow soap and boiling water, and wipe it quite dry; then mix as much hartshorn powder as will be required into a thick paste, with cold water or spirits of wine; smear this lightly over the plate with a piece of soft rag, and leave it for some little time to dry. When perfectly dry, brush it off quite clean with a soft plate-brush and polish the plate with a dry leather. If the plate be very dirty or much tarnished, spirits of wine will be found to answer better than the water for mixing the paste.

PLATE-BRUSH.

3328.—TO CLEAN PLATE.

(Another way.)

Mix to a paste ¼ lb. of prepared chalk with 2 dr. of spirits of camphor, 1 dr. of ammonia, 1 oz. of turpentine and a dessertspoonful of spirits. When the silver is clean and dry, dab on the paste with a sponge and leave it to dry before brushing off.

3329.—PLATE RAGS FOR DAILY USE.

Boil soft rags (nothing is better for the purpose than the tops of old cotton stockings) in a mixture of new milk and hartshorn powder, in the proportion of 1 oz. of powder to a pint of milk; boil them for 5 minutes; wring them, as soon as they are taken out, for a moment in cold water, and dry them before the fire. With these rags rub the plate briskly as soon as it has been well washed and dried after daily use. A most beautiful deep polish will be produced, and the plate will require nothing more than merely to be dusted with a leather or a dry, soft cloth before it is again put on the table.

CRUET.

3330.—LAMP TRIMMING.

Lamp-trimming requires a thorough acquaintance with the mechanism after that, constant attention to cleanliness, and an occasional entire clearing out with hot water; when this is done, all the parts should be carefully dried before filling again with oil. When lacquered, wipe the lacquered parts with a soft brush and cloth, and wash occasionally with weak soap-suds, wiping carefully afterwards. Brass lamps may be cleaned with oil and rottenstone every day when trimmed. With bronze and other ornamental lamps, more care will be required, and soft flannel and oil only used, to prevent the removal of the bronze or enamel. Brass-work or any metal work not lacquered is cleaned by a little oil and rottenstone made into a paste, or

BISCUIT BOX.

with fine emery-powder and oil mixed in the same manner. A small portion of salammoniac, beat into a fine powder and moistend with soft water, rubbed over brass ornaments, and heated over a charcoal fire, and rubbed dry with bran or whitening, will give to brasswork the brilliancy of gold. In trimming moderator lamps, let the wick be cut evenly all round; as, if left higher in one place than it is in another, it will cause it to smoke and burn badly. The lamp should then be filled with oil from a feeder and afterwards well wiped with a cloth or rag kept for the purpose. If it can be avoided, never wash the chimneys of a lamp, as it causes them to crack when they become hot. Small sticks, covered with wash-leather pads, are the best things to use for cleaning the glasses inside and a clean duster for polishing the outside. The globe of a moderator lamp should be occasionally washed in warm soap-and-water, then well rinsed in cold water and either wiped dry or left to drain. Where candle-lamps are used, take out the springs occasionally and free them well from the grease that adheres to them.

3331.—WASHING OF GLASS.

After each meal, the footman's place is in his pantry: here perfect order should prevail—a place for everything and everything in its place. A sink, with hot and cold water laid on, is very desirable—cold absolutely necessary. Wooden bowls or tubs of sufficient capacity are required, one for hot and another for cold water. Have the bowl three parts full of clean hot water; in this wash all plate and plated articles which are greasy, wiping them before cleaning with the brush.

Glass is a beautiful and most fragile article: hence it requires great care in washing. A perfectly clean wooden bowl is best for this operation, one for moderately hot and another for cold water. Wash the glasses well in the first and rinse them in the second, and turn them down on a linen cloth folded two or three times, to drain for a few minutes. When sufficiently drained, wipe them with a cloth and polish with a finer one, doing so tenderly and carefully. Accidents will happen: but nothing discredits a servant in the drawing-room more than continual reports of breakages, which, of course, must reach that region.

Decanters and water-jugs require still more tender treatment in cleaning, inasmuch as they are more costly to replace. Fill them about two-thirds with hot but not boiling water, and put in a few pieces of well-soaped brown paper: leave them thus for two or three hours; then shake the water up and down in the decanters; empty this out, rinse them well with clean cold water, and put them in a rack to drain. When dry, polish them outside and inside, as far as possible, with a fine cloth. To remove the

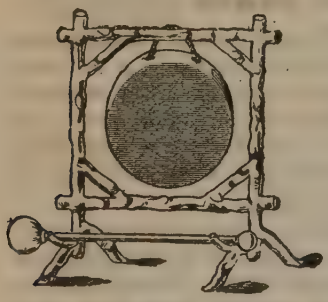
crust of port or other wines, add a little muriatic acid to the water and let it remain for some time. Fine pieces of coal placed in a decanter with warm water, and shaken for some time, will also remove stains left by wine, &c.

3332.—WASHING OF KNIVES.

The handles of knives should never be immersed in water, as, after a time, if treated in this way the blades will loosen and the handles discolour. The blades should be put in a jug or vessel kept for the purpose, filled with hot soda water. This should be done as soon after they are used as possible, as stain and rust so quickly sink into steel.

3333.—KNIFE CLEANING.

Knives are now generally cleaned by means of Kent's or Master's machines, which gives very little trouble, and is very effective; before, however, putting the knives into the machine, it is highly necessary that they be first washed in a little warm (not hot) water and then thoroughly wiped; if put into the machine with any grease on them, it adheres to the brushes, and consequently renders them unfit to use for the next knives that may be put in. When this precaution is not taken, the machine must come to pieces, so causing an immense amount of trouble, which may all be avoided by having the knives thoroughly free from grease before using the machine. Brushes are also used for cleaning forks, which facilitate the operation. When they are so cleaned, see that they are carefully polished, wiped and with a good edge, the ferules and prongs free from dirt, and place them in the basket with the handles all one way.



GONG.

3334.—TO KEEP KNIVES NOT IN USE.

Without great care, knives not in use will soon spoil. They are best kept in a box in which sifted quicklime has been placed, deep enough to admit of the blades being completely plunged into it. The lime must not touch the handles, which should be occasionally exposed to the air, to keep them from turning yellow.

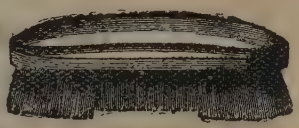
RECIPES FOR THE COACHMAN AND GROOM.

3335.—STABLE FURNITURE.

The furniture of a stable, with coach-house, consists of coach-mops, jacks for raising the wheels, horse-brushes, spoke-brushes, water-brushes, crest and bit-brushes, dandy-brushes, currycombs, birch and heath-brooms, trimming-combs, scissors and pickers, oil-cans and brushes, harness-brushes of three sorts, leathers, sponges for horse and carriage, stable-forks, dung-baskets or wheel-barrow, corn-sieves and measures, horse-cloths and stable-pails, horn or glass lanterns. Over the stables there should be accommodation for the coachman or groom to sleep. Accidents sometimes occur, and he should be at hand to interfere.

3336.—THE HARNESS-ROOM.

A harness-room is indispensable to every stable. It should be dry and airy, and furnished with a fire-place and boiler, both for the protection of the harness and to prepare mashes for the horses when required. The partition-wall should be boarded, and around the walls hooks and pegs should be placed, for the several pieces of harness, at such a height as to prevent their touching the ground; and every part of the harness should have its peg or hook—one for the halters, another for the reins, and others for snaffles and other bits, and metal-work; and either a wooden horse or saddletrees for the saddles and pads. All these parts should be dry, clean and shining. This is only to be done by careful cleaning and polishing, and the use of several requisite pastes. The metallic parts, when white, should be cleaned with a soft brush and plate-powder; the copper and brass parts burnished with rottenstone-powder and oil—steel with emery-powder: both made into a paste with a little oil.



HORSE BRUSH.

3337.—HARNESS POLISH.

An excellent paste for polishing harness and the leather work of carriages, is made by melting 8 lbs. of yellow wax, stirring it till completely dissolved. Into this pour 1 lb. of litharge of the shops, which has been pounded up with water, and dried and sifted through a sieve, leaving the two, when mixed, to simmer on the fire, stirring them continually till

all is melted. When it is a little cool, mix this with 1½ lb. of good ivory-black; place this again on the fire, and stir till it boils anew, and suffer it to cool. When cooled a little, add distilled turpentine till it has the consistence of a thickish paste, scenting it with any essence at hand, thinning it when necessary from time to time, by adding distilled turpentine.

3338.—HARNESS PASTE.

Ingredients.—Ivory-black, 2 oz.; beeswax, 4 oz.; Prussian blue, ½ oz.; spirits of turpentine, 3 oz.

Mode.—Mix the ingredients in a jar, and dissolve them by heat, by placing the jar in a saucepan of hot water.

3339.—HARNESS DYE.

Ingredients.—Logwood chips, 2 lbs.; copperas, 3 oz.; nut-gall, 3 oz.; indigo, 1 oz.; British ink powder, a sixpenny packet; water, 2 quarts.

Mode.—Put these ingredients into the water, and let all boil gently for half-an-hour. This dye will be found very useful for harness which has been for some time neglected and become rusty-looking.

3340.—HARNESS-MAKERS' JET.

Take 1 drachm of indigo, ¼ oz. of isinglass, ½ oz. of soft soap, 4 oz. of glue, 1 pennyworth of logwood raspings and 1 quart of vinegar; boil the whole over a slow fire till reduced to 1 pint. A small quantity is then to be taken up on a piece of clean sponge, and thinly applied to harness, boots, &c., taking care that they are previously well cleaned.

3341.—HARNESS BLACKING, EXCELLENT, FOR PRESERVING THE LEATHER.

Melt 4 oz. of mutton suet with 12 oz. of beeswax; add 12 oz. of sugar-candy, 4 oz. of soft soap dissolved in water, and 2 oz. of indigo, finely powdered. When melted and well mixed, add half a pint of turpentine. Lay it on the harness with a sponge, and polish off with a brush.

3342.—TO CLEAN LEATHER.

When the leather is old and greasy, it should be cleaned, before applying this polish, with a brush wetted in a weak solution of potass and water, washing afterwards with soft river water, and drying thoroughly. If the leather is not black, one or two coats of black ink may

be given before applying the polish. When quite dry, the varnish should be laid on with a soft shoe-brush, using also a soft brush to polish the leather. When the leather is very old, it may be softened with fish-oil, and, after putting on the ink, a sponge charged with distilled turpentine passed over, to scour the surface of the leather, which should be polished as above.

3343.—TO CLEAN LIGHT-COLOURED LEATHER.

For fawn or yellow-coloured leather, take a quart of skimmed milk, pour into it 1 oz. of sulphuric acid, and, when cold, add to it 4 oz. of hydrochloric acid, shaking the bottle gently until it ceases to emit white vapours; separate the coagulated from the liquid part, by straining through a sieve, and store it away till required. In applying it, clean the leather by a weak solution of oxalic acid, washing it off immediately, and apply the composition when dry with a sponge.

3344.—WHEEL GREASE.

Wheel-grease is usually purchased at the shops; but a good paste is made as follows:—Melt 80 parts of grease, and stir into it, mixing it thoroughly and smoothly, 20 parts of fine black-lead in powder, and store away in a tin-box for use.

3345.—TO PROTECT HORSES' HOOFS.

Gutta-percha may be used to protect the feet of horses when tender. It is first cut into small pieces, and softened with hot water, then mixed with half its weight of powdered sal-ammoniac, and the mixture melted in a tinned saucepan over a gentle fire, keeping it well stirred. When required for use, melt in a glue-pot, scrape the hoof clean, and apply the mixture with a knife.

3346.—STOPPING HORSES' FEET.

This, in some cases, is a very useful operation. It depends, however, upon the nature of the sole, for if the sole is flat and very thin, the additional moisture afforded by stopping will do more harm than good. When the sole is dry, thick and hard, stopping is useful: it is only practised on the fore feet. The best stopping is a mixture of clay and cowdung, and the proper manner of using it is to fill the hollow of the sole of the foot with it up to the level of the shoe. Some horses require their feet to be stopped much oftener than others. In hot summer weather it

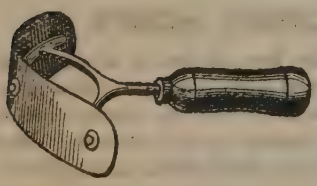
is frequently desirable to use stopping two or three times a week, and if the horse stands in the stable, to keep it in from Saturday till Monday. Some grooms use tow, and some moss, both of which must be kept moistened with water, as stopping; but there is nothing better or more easily managed than clay and cowdung well mixed together

3347.—ROUGHING HORSES.

The old-fashioned plan of turning up the shoe is a very bad and dangerous one. Many horses have done themselves great injury while standing in their stables with their shoes so roughed. The moveable calking answers every purpose. In frosty weather, every time a horse is fresh shod, the shoes should have holes drilled in them, one at each heel and one at the toe, to admit of the small iron calkings being screwed into them, when the horse has to travel on a slippery road. As soon as he comes into the stable the calking should be unscrewed, and put aside till again required for the road. The horse so roughed is in no danger of accident or injury.

3348.—ROUGHING HORSES FOR ANY EMERGENCY.

In our very variable climate frost often sets in so suddenly that there is little or no opportunity of having horses roughed in the usual way, which always takes some time, even when the farrier is close at hand. Whenever such is the case, the following simple plan is recommended:—With a chisel and hammer rough well the surface of the shoe. This operation, with the proper tools, may be easily and quickly performed. The hammer may be an ordinary one, but the chisel should be short and stout, of the best cast steel, and what is usually termed "diamond-pointed." With such tools, that might easily be carried in the pocket, any one may rough a horse sufficiently to carry him firm and safe upon ice for a long journey. Take up the horse's feet, one after the other, precisely as the farrier would, and, if the shoe is tightly nailed on, with the point of the chisel on the flat surface, inclining to the toe of the shoe, give sharp blows with the hammer, and you will raise projecting barbs or teeth, deeper cut than any on a farrier's rasp, and quite large enough to prevent all possibility of slipping upon the smoothest of ice. In the depth of winter, troopers, horse-artillerymen, cabmen and others, who are often on the roads, should always carry such simple tools with them.



HORSE SCRAPER.

3349.—WOUNDS IN HORSES.

All wounds of a bad character require the attention of an experienced veterinary, and they are best let alone till he comes. All that can be done is to sponge the place well with warm water to keep it clean. If the wound be not deep-seated, and also not in a dangerous place, the divided parts of the skin should be carefully drawn together by means of a few stitches with a needle and thread. Strappings of adhesive plaster may be made use of, Friar's balsam applied upon a piece of lint, and the whole secured by a bandage. When the edges of the wound are so far apart that they cannot conveniently be drawn together, the best plan is to apply a poultice, either of linseed-meal or bread and water; the former is to be preferred, as retaining warmth for the longest time. If the place comes to a swelling, and is likely to break, it may be forwarded by the free use of the following liniment:—4 oz. of fresh olive-oil, 1½ oz. of spirits of turpentine, 1 oz. of tincture of camphor, 1 oz. of tincture of opium, the yolk of 1 fresh egg. Mix all these ingredients well together, and keep them in a bottle for use. Apply the liniment warm to the wound, but do not touch the surrounding swelling. When all the matter has been discharged, wash the part with warm water, and dress it with Friar's balsam or tincture of arnica diluted in the proportion of one part arnica to ten of water. If proud flesh appears, it must be got rid of by the judicious application of caustic, or by a little blue-stone or burnt alum.

3350.—CRACKED HOOFS.

When horses' hoofs are inclined to crack, it is an evidence that the horn is not in a healthy state. The cause may be uncertain; very often it is the result of washing the legs and feet without drying them. To promote the growth of the horn and get rid of cracks, nothing is better than to anoint the top of the hoof, just round the coronet, with a salve made of equal parts of soft soap and tar. The cracks, as far as possible, should be kept cut, so as to present a smooth surface and prevent them from going any farther.

3351.—CRAMP IN HORSES.

This is a dangerous complaint in horses unless timely remedies be applied. It comes on very suddenly, and the pain is at times most intense. The general causes of cramp and spasms are drinking profusely of cold water while the horse is heated, exposure to cold, improper food, rank grass, &c. It is hardly possible to mistake the symptoms of it. The horse shows evident marks of uneasiness, shakes, lies down and rolls about while the fit is on him. He then becomes quiet again, and will,

perhaps, take food. As soon as the complaint is detected, no time should be lost in administering the following anti-spasmodic draught :—Mix together 1½ oz. of laudanum, 3 oz. of turpentine, 1 pint of linseed oil. If the symptoms do not abate shortly, apply hot fomentations to the belly and administer the following laxative ball :—6 drachms of Barbadoes aloes, 1 scruple of croton bean, 1 drachm of calomel. Take the horse off his corn; give him dry bran and cut hay, and keep him warm in a loose box.

3352.—TREATMENT OF BROKEN-WINDED HORSES.

This complaint is no doubt in some cases hereditary; but, in general, it is brought about by injudicious management, and especially by the use of mouldy hay. Owners of horses cannot be too particular about the hay they buy. Bad and indifferent hay is dear at any price, and no horse should be allowed to eat hay that has the slightest tinge of mould about it. Very much relief may be given to a broken-winded horse by proper feeding. Never give long hay. Let the food be the most nutritious possible, and that which will go into the smallest compass, as cut hay, and corn, and a few beans. Also be careful never to let a broken-winded horse have water within an hour after taking him out. The breathing will be much improved, and the horse will do its work more pleasantly if a ball of the following mixture be administered about half an hour before he takes a journey. Mix together equal parts of linseed-meal, hog's lard, and tar; and give for a ball a piece about the size of a walnut, in paper.

3353.—CLIPPING OF HORSES.

The value of clipping for horses cannot be overrated. Every horse that is worked at such a pace as to cause sweating should be clipped at the proper season. The best time for clipping is when the winter coat is "well up," as it is termed. The sooner this is the case the better, for the autumn is proverbially a faint time for horses. The clipping lasts best the later in the year it is done, for the colder the weather the less the coat grows; still, for the reason we have stated, the coat should be taken off as early as possible, and when it starts again, it should be kept down by singeing. Every one must appreciate the benefit of clipping who knows the difficulty of getting a horse, with its winter coat on, dry after a journey. The labour is immense, and, what is worse, generally ineffectual; for the horse after the first drying will break out into a heat again, and in all probability be found quite wet in the morning.

SPOKE BRUSH.

RECIPES FOR THE VALET.

3354.—BOOT-CLEANING.

We need hardly dwell on the boot-cleaning process: three good brushes and good blacking must be provided; one of the brushes hard, to brush off the mud; the other soft, to lay on the blacking; the third of a medium hardness, for polishing; and each should be kept for its particular use. The blacking should be kept corked up, except when in use, and applied to the brush with a sponge tied to a stick, which, when put away, rests in a notch cut in the cork. When boots come in very muddy, it is a good practice to wash off the mud, and wipe them dry with a sponge; then leave them to dry very gradually on their sides, taking care they are not placed near the fire, or scorched. Much delicacy of treatment is required in cleaning ladies' boots, so as to make the leather look well-polished, and the upper part retain a fresh appearance, with the lining free from hand-marks, which are very offensive to a lady of refined tastes.

3355.—TO CLEAN PATENT LEATHER BOOTS.

Patent leather boots require to be wiped with a wet sponge, and afterwards with a soft dry cloth, and occasionally with a soft cloth and sweet oil, blacking and polishing the edge of the soles in the usual way, but so as not to cover the patent polish with blacking. A little milk may also be used with very good effect for patent leather boots.

3356.—TO CLEAN TOP-BOOTS.

Top-boots are still occasionally worn by gentlemen. While cleaning the lower part in the usual manner, protect the tops, by inserting a cloth or brown paper under the edges and bringing it over them. In cleaning the tops, let the covering fall down over the boot; wash the tops clean with soap and flannel, and rub out any spots with pumice-stone. If the tops are to be whiter, dissolve an ounce of oxalic acid and half an ounce of muriatic acid, half an ounce of alum, half an ounce of gum-arabic, and half an ounce of spirit of lavender, in a pint-and-a-half of skimmed milk "turned." These mixtures apply by means of a sponge, and polish, when dry, with a rubber made of soft flannel.

BOOT-TOP BRUSH.

3357.—BOOT POLISH.

Polish for the boots is an important matter to the valet, and not always to be obtained good by purchase; never so good, perhaps, as he can make

for himself after the following recipe:—Take of ivory-black and treacle each 4 oz., sulphuric acid 1 oz., best olive oil two spoonfuls, best white-wine vinegar three half-pints: mix the ivory-black and treacle well in an earthen jar; then add the sulphuric acid, continuing to stir the mixture; next pour in the oil; and, lastly, add the vinegar, stirring it in by degrees, until thoroughly incorporated.

3358.—BOOT POLISH.

(Another Recipe.)

A good polish is made by mixing 1 oz. each of pounded galls and logwood-chips, and 3 lbs. of red French wine (ordinaire). Boil together till the liquid is reduced to half the quantity, and pour it off through a strainer. Now take ½ lb. each of pounded gum-arabic and lump sugar, 1 oz. of green copperas and 3 oz. of brandy. Dissolve the gum-arabic in the preceding decoction, and add the sugar and copperas: when all is dissolved and mixed together, stir in the brandy, mixing it smoothly. This mixture will yield 5 or 6 lbs. of a very superior polishing paste for boots and shoes.

3359.—JAPAN BLACKING FOR BOOTS AND SHOES.

Take 8 parts of treacle, 1 part lamp-black, 1 part sweet oil, 1 part gum-arabic, 1 part isinglass, 32 parts water, 1 oz. of spirits of wine, and a little ox-gall. Mix the treacle, lamp-black, sweet oil, gum and isinglass in the water; set the pipkin over the fire to heat, stirring it well; add the spirits of wine and ox-gall, and as soon as possible bottle it. Warm the bottle before using the blacking, which must be put on with a sponge.

3360.—BLACKING.

1. Ivory-black, 12 oz.; olive-oil, 1 oz.; treacle, 8 oz.; gum-arabic in powder, ½ oz.; vinegar, 2 quarts; sulphuric acid, 1½ oz. Mix the first four ingredients into a paste; then add gradually the vinegar, stirring the whole well together. Lastly add the sulphuric acid.—2. Ivory-black and brown sugar-candy, of each 2 oz.; sweet oil, 1 tablespoonful; add gradually 1 pint of cold vinegar, and stir the whole gently till incorporated. 3.—Ivory-black and treacle, of each ¼ lb.; sweet oil and oil of vitriol, of each 1 oz. Rub the first three together until the oil is perfectly "killed," then gradually add the vitriol, diluted with three or four times its weight of water; mix well, and let it stand some hours (say three or four), when it may be reduced to a proper consistence with water or sour beer.—4. Gum-arabic, 8 oz.; treacle, 2 oz.; ink, ½ pint; vinegar and spirits of wine, of each 2 oz. Dissolve the gum and treacle in the ink and vinegar; then

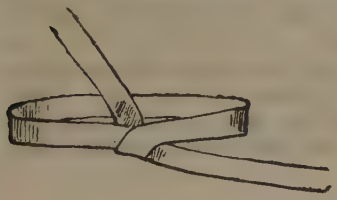
strain, and add the spirits.—5. Ivory-black, in fine powder, 1 lb.; molasses, ¾ lb.; sweet oil, 2 oz.; beer and vinegar, of each 1 pint. Rub together the first three until the oil be perfectly "killed," then add the beer and vinegar.

3361.—WASH FOR BOOT-TOPS.

1. Mix in a phial 1 drachm of chlorate of potass with 2 oz. of distilled water, and when the salt is dissolved, add 2 oz. of muriatic acid. Then shake well together in another phial 3 oz. of strong spirits of wine, with ½ oz. of the essential oil of lemons; unite the contents of the two phials, and keep the liquids thus prepared closely corked for use. This chemical liquid should be applied with a clean sponge, and dried in a gentle heat, after which the boot-tops may be polished with a soft brush, and they will appear like new leather.

3362.—TO TIE AN EVENING DRESS NECKTIE.

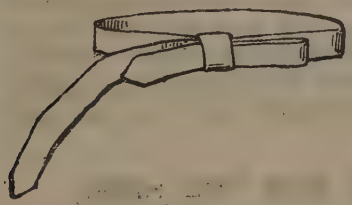
To avoid crumpling a white tie this is a simple and easy way to tie it. Having passed it round the collar, tie it as in No. 1, leaving the upper end



No. 1.

No. 2.

about 2 inches longer than the lower. Next tie in a knot as in No. 2, when the two ends should be of equal length. Slip the finger through



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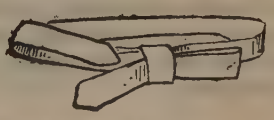


No. 4.

the knot which should be firm and square, then pass through it an end as shown in No. 3, then the second one as in No. 4.

3363.—TO BRUSH CLOTHES.

Brushing clothes is a very simple but very necessary operation. Fine clothes require to be brushed lightly, and with rather a soft brush, except where mud is to be removed, when a hard one is necessary, being previously beaten lightly to dislodge the dirt. Lay the garment on a table, and brush it in the direction of the nap. Having brushed it properly turn the sleeves back to the collar, so that the folds may come at the elbow-joints; next turn the lapels or sides back over the folded sleeves; then lay the skirts over level with the collar, so that the crease may fall about the centre, and double one half over the other, so as the fold comes in the centre of the back.

RECIPES FOR THE LADY'S MAID.

3364.—TREATMENT OF THE HAIR.

The Germans, who are noted for the length and quantity of their hair, recommend the following treatment:—Twice a month wash the head with a quart of soft water, in which a handful of bran has been boiled, and in which a little white soap has been dissolved. Next rub the yolk of an egg, slightly beaten, into the roots of the hair, let it remain a few minutes, and wash it off thoroughly with pure water, rinsing the head well. Wipe and rub the hair dry with a towel, and comb the hair up from the head, parting it with the fingers. If the hair has been very dry *before* the washing, a little pomatum should be used.

3365.—POMADE.

(*Excellent.*)

Ingredients.—1 marrow bone, ½ pint of oil, 4 pennyworth of citronella.

Mode.—Take the marrow out of the bone, place it in warm water, let it get almost to boiling point, then let it cool and pour the water away; repeat this three times, until the marrow is thoroughly "fined." Beat the marrow to a cream with a silver fork, stir the oil in drop by drop, beating all the time; when quite cold, add the citronella, pour into jars and cover down.

3366.—TO MAKE POMADE FOR THE HAIR.

Ingredients.—¼ lb. of lard, 2 pennyworth of castor-oil; scent.

Mode.—Let the lard be unsalted; beat it up well; then add the castor-oil, and mix thoroughly together with a knife, adding a few drops

of any scent that may be preferred. Put the pomatum into pots, which keep well covered to prevent it turning rancid.

3367.—ANOTHER RECIPE FOR POMATUM.

Ingredients.—8 oz. of olive-oil, 1 oz. of spermaceti, 3 pennyworth of essential oil of almonds, 3 pennyworth essence of lemon.

Mode.—Mix these ingredients together, and store away in jars for use.

3368.—AN EXCELLENT POMATUM.

Ingredients.—1½ lb. of lard, ½ pint of olive-oil, ½ pint of castor-oil, 4 oz. of spermaceti, bergamot, or any other scent; elder-flower water.

Mode.—Wash the lard well in the elder-flower water; drain, and beat it to a cream. Mix the two oils together, and heat them sufficiently to dissolve the spermaceti, which should be beaten fine in a mortar. Mix all these ingredients together with whatever kind of scent may be preferred; and whilst warm pour into glass bottles for use, keeping them well corked. The best way to liquefy the pomatum is to set the bottle in a saucepan of warm water. It will remain good for many months.

HAND-MIRROR.

3369.—TO MAKE BANDOLINE.

Ingredients.—1 oz. of gum-tragacanth, ¼ pint of cold water, 3 pennyworth of essence of almonds, 2 teaspoonfuls of old rum.

Mode.—Put the gum-tragacanth into a wide-mouthed bottle with the cold water; let it stand till dissolved, then stir into it the essence of almonds; let it remain for an hour or two, when pour the rum on the top. This should make the stock bottle, and when any is required for use, it is merely necessary to dilute it with a little cold water until the desired consistency is obtained, and to keep it in a small bottle, well corked, for use. This bandoline, instead of injuring the hair, as many other kinds often do, improves it, by increasing its growth and making it always smooth and glossy.

3370.—TO PROMOTE THE GROWTH OF HAIR.

Ingredients.—Equal quantities of olive-oil and spirit of rosemary; a few drops of oil of nutmeg.

Mode.—Mix the ingredients together, rub the roots of the hair every night with a little of this liniment, and the growth of it will very soon sensibly increase. When illness is the cause of the loss of hair, brandy should be applied three times a week, and cold cream on the alternate nights.

3371.—A WASH FOR THIN HAIR.

Ingredients.—8 oz. elder-flower water, 4 oz. distilled vinegar, 2 oz. of good rum, 4 dr. glycerine, 4 dr. tincture of bark.

Mode.—Mix these ingredients well together and apply the lotion every night.

Note.—Loss of hair is often occasioned by a weak state of health, and tonics taken in those cases will do more towards restoring the hair than any washes.

3372.—A GOOD WASH FOR THE HAIR.

Ingredients.—1 pennyworth of borax, ½ pint of olive oil, 1 pint of boiling water.

Mode.—Pour the boiling water over the borax and oil; let it cool; then put the mixture into a bottle. Shake it before using, and apply it with a flannel. Camphor and borax, dissolved in boiling water and left to cool, make a very good wash for the hair; as also does rosemary-water mixed with a little borax. After using any of these washes, when the hair becomes thoroughly dry, a little pomatum or oil should be rubbed in, to make it smooth and glossy.

3373.—TO WASH BRUSHES.

Dissolve a piece of soda in some hot water, allowing a piece the size of a walnut to a quart of water. Put the water into a basin, and after combing out the hair from the brushes, dip them, bristles downwards, into the water and out again, keeping the backs and handles as free from the water as possible. Repeat this until the bristles look clean; then rinse the brushes in a little cold water; shake them well, and wipe the handles and backs with a towel, *but not the bristles*, and set the brushes to dry in the sun, or near the fire; but take care not to put them too close to it. Wiping the bristles of a brush makes them soft, as does also the use of soap.

CLEANING A HAIR-BRUSH.

3374.—TO CLEAN COMBS.

If it can be avoided, never wash combs, as the water often makes the teeth split, and the tortoiseshell or horn of which they are made, rough. Small brushes, manufactured purposely for cleaning combs, may be purchased at a trifling cost; with this the comb should be well brushed, and afterwards wiped with a cloth or towel.

3375.—TO MAKE THE HANDS SOFT AND WHITE.

Put a pinch of powdered alum into a basin and break into it the white of an egg. Mix this up and spread over the hands just before retiring. The hands should have been previously washed in hot water and thoroughly dried. A little borax in the water used for washing the hands is an excellent thing, as also is dry oatmeal rubbed on after washing.

3376.—CHAPPED HANDS.

If the hands are washed in soft water with the best honey soap, and well rubbed dry with a soft towel, they need never be chapped. It is generally imperfect and careless washing which causes this inconvenience. When the hands are badly chapped, rub them two or three times a day with lemon-juice, or rub them over occasionally with an ointment made of fresh hog's-lard washed in rose or elder-flower water, a spoonful of honey, two spoonfuls of fine oatmeal well beaten up with the yolks of two new-laid eggs; or a useful mash for chapped hands may be made by adding 14 grains of sulphuric acid to 1 pint of rose-water and ½ oz. of oil of almonds, well shaken together, and when used diluted with a little water.

3377.—ANTI-FRECKLE LOTION.

Ingredients.—2 oz. of tincture of benzoin, 1 oz. of tincture of tolu, ½ drachm of oil of rosemary.

Mode.—Mix the ingredients well in a corked bottle. When required for use, add a teaspoonful of the mixture to a wineglassful of water, and apply the lotion where required night and morning, gently dabbing it in with a soft linen cloth.

3378.—VIOLET POWDER.

Ingredients.—6 oz. of the best starch, 2 drachms of powdered orris-root.

Mode.—Reduce the starch to the very finest powder, and sift it through a piece of muslin; then rub into it the orris-root. This powder can be tinted with rose-pink or a little stone-blue. It can also, if desired, be

scented with a drop or two of any essential oil, viz., lavender, lemon, or attar of roses; but the simple ingredients are quite sweet enough, and certainly best without any addition.

3379.—MILK OF ROSES.

(An invaluable Wash for Sunburns, Freckles, &c.)

Ingredients.—2 oz. of blanched almonds, 12 oz. of rosewater, 2 drachms of white Windsor soap, 2 drachms of white wax, 2 drachms of oil of almonds, 3 oz. of rectified spirits, 1 drachm of oil of bergamot, 15 drops of oil of lavender, 8 drops of attar of roses.

Mode.—Beat the almond to a fine paste in a mortar, then add the rose-water gradually, so as to make an emulsion. Have ready the soap, white wax and oil, reduced to a liquid in a covered jar near the fire. Work the mixture gradually into the mortar with the emulsion; strain the whole through a fine muslin and add the essential oils, which should previously have been dropped into the spirit.

A cheaper preparation of milk of roses may be made by using 1 oz. of blanched almonds, 5 oz. of rose-water, 1 oz. of spirits of wine, ½ drachm of Venetian soap, 2 drops of attar of roses, beating the almond in a mortar to a paste, then the soap in the same way, and mixing them, adding the rose-water and spirit; after which the mixture should be strained, and the scent added.

3380.—ATTAR OF ROSES.

The delicious perfume known by this name is a volatile oil, of soft consistency, nearly colourless, and which is for use dissolved in alcohol. The best quality is prepared at Ghazipoor, in Hindoostan. It is apt to be adulterated with sandal wood and other oils. In the spring of the year, the country about Ghazipoor is a vast garden of roses, and presents a most beautiful appearance. The flowers are gathered and steeped in stone jars filled with water. These are set out in the open air over-night, and early in the morning the essential oil is skimmed off. This is the *attar*, and the water is sold for "rose-water." Two hundred thousand well-grown roses are required to produce half an ounce of the attar; and this quantity, when manufactured, sells, if genuine, for about £12 at the English warehouses. It is very difficult, however, to obtain the genuine article, as even the original manufacturers adulterate it.

Mode.—Fill a large earthen jar, or other vessel, with the leaves of rose-flowers picked over and freed from all dust and dirt. Pour upon them as much pure spring water as will cover them, and from sunrise to sunset, for six or seven days in sucession, set the vessel where it will

receive the sun's rays. At the end of the third or fourth day a number of particles of a fine yellow oily matter will float on the surface, which, after a day or two, will gather into a scum. This is the attar of roses. It must be taken up as often as it appears, with a piece of cotton tied to a stick, and squeezed from this into a small phial, which must be kept corked and tied over.

3381.—AROMATIC VINEGAR.

Ingredients.—2 quarts of best vinegar, 2 oz. of sage-leaves, 2 oz. of rosemary, 2 oz. of mint, 2 oz. of rue, and 2 oz. of wormwood, ½ oz. of camphorated spirits of wine.

Mode.—Put the vinegar, with the sage, rosemary, mint, rue and wormwood, into a jar, and let it stand by the side of the fire for a week; then strain it, and add the spirits of wine.

3382.—ARECA-NUT TOOTH-POWDER.

Ingredients.—3 oz. of areca nut, 1 oz. of cuttlefish bone, cloves or cassia.

Mode.—Reduce to a very fine charcoal 2½ oz. of areca nut, and pound as finely as possible the other half oz. in its raw state. The cuttlefish bone must also be finely powdered. Mix these ingredients well together, and flavour with cloves or cassia according to taste.

3383.—PRESERVATIVES AGAINST THE RAVAGES OF MOTHS.

Place pieces of camphor, cedar-wood, Russia leather, tobacco-leaves, bog-myrtle, or anything else strongly aromatic, in the drawers or boxes where furs or other things to be preserved from moths are kept, and they will never take harm.

3384.—A PLEASANT PERFUME AND PREVENTIVE AGAINST MOTHS.

Take of cloves, carraway-seeds, nutmeg, mace, cinnamon and Tonquin beans, of each 1 oz.; then add as much Florentine orris-root as will equal the other ingredients put together; grind the whole well to powder, and then put it in little bags among your clothes, &c. Almost anything aromatic will keep off moths. The common bog-myrtle, which grows so freely in swampy places, is an excellent antidote.

A piece of linen, moistened with turpentine and put into the wardrobe or drawers for a single day, two or three times a year, is also a sufficient preservative against moths.

3385.—TO CLEAN CLOTH.

Ingredients.—Dry fullers'-earth moistened with lemon-juice, a small quantity of pulverised pearlash.

Mode.—Mix the fullers' earth and pearlash into balls with sufficient lemon-juice to moisten. Scour the cloth with the balls.

3386.—TO CLEAN CLOTHES FROM GREASE AND OTHER STAINS.

(*An Excellent Method.*)

Take one peck of new lime; pour over it as much water as will leave about two gallons of clear liquid after it has been well stirred and has settled. In about two hours pour off the clear liquid into another vessel; then add to it 6 oz. of pearlash; stir it well, and when settled bottle it for use. With this liquid wash the clothes, using a coarse piece of sponge for the purpose. If the clothes are of very fine fabric and delicate colour, the liquid must be diluted with clear, soft water.

3387.—TO TAKE OUT SPOTS AND STAINS FROM DRESSES.

To remove grease-spots from cotton or woollen materials, absorbent pastes, purified bullock's blood, and even common soap, are used, applied to the spot when dry. When the colours are not fast, use fullers'-earth or pulverised potter's clay, laid in a layer over the spot, and press it with a very hot iron. For silks, moires, and plain or brocaded satins, begin by pouring over the spot two drops of rectified spirits of wine; cover it over with a linen cloth, and press it with a hot iron, changing the linen instantly. The spot will look tarnished, for a portion of the grease still remains; this will be removed entirely by a little sulphuric ether dropped on the spot, and a very little rubbing. If neatly done, no perceptible mark or circle will remain; nor will the lustre of the richest silk be changed, the union of the two liquids operating with no injurious effects from rubbing. Eau de Cologne will also remove grease from cloth and silk.

METHOD OF WASHING LACE.

Fruit-spots are removed from white and fast-coloured cottons by the use of chloride of soda. Commence by cold-soaping the article, then touch the spot with a hair-pencil or feather dipped in the chloride, dipping it immediately into cold water, to prevent the texture of the article being injured. Ink-spots are removed, when fresh applied to the spot, by a few

drops of hot water being poured on immediately afterwards. By the same process, iron-mould in linen or calico may be removed, dipping immediately in cold water to prevent injury to the fabric. Wax dropped on a shawl, table-cover, or cloth-dress, is easily discharged by applying spirits of wine. Syrups or preserved fruits, by washing in lukewarm water with a dry cloth, and pressing the spot between two folds of clean linen. Essence of lemon will remove grease, but will make a spot itself in a few days.

3388.—TO CLEAN RIBBONS.

Ingredients.—½ pint of gin, ½ lb. of honey, ½ lb. soft soap, ⅛ pint of water.

Mode.—Mix the above ingredients together; then lay each breadth of silk upon a clean kitchen-table or dresser, and scrub it well on the soiled side with the mixture. Have ready three vessels of cold water; take each piece of silk at two corners, and dip it up and down in each vessel, but do not wring it; and take care that each breadth has one vessel of quite clean water for the last dip. Hang it up dripping for a minute or two, then dab it in a cloth, and iron it quickly with a very hot iron.

FEATHER CURLING.

3389.—TO CLEAN FEATHERS.

Cover the feathers with a paste made of pipe-clay and water, rubbing them one way only. When quite dry, shake off all the powder and curl with a knife. Grebe feathers may be washed with white soap in soft water.

3390.—TO RENEW VELVET.

Hold the velvet, pile downwards, over boiling water, in which two pennyworth of stone ammonia is dissolved, double the velvet (pile inwards) and fold it lightly together.

3391.—TO MAKE OLD CRAPE LOOK NEARLY EQUAL TO NEW.

Place a little water in a tea-kettle and let it boil until there is plenty of steam from the spout; then, holding the crape with both hands, pass it to and fro several times through the steam, and it will be clean and look nearly equal to new.

3392.—TO RESTORE CRAPE WHEN SPOTTED.

Black crape when wetted by rain is almost certain to spot. When this is the case, lay the crape—whether a veil or piece of trimming—on a table, and place a piece of old black silk underneath the stains; then dip a soft camel-hair brush in black ink and carefully paint the stains over with it: gently wipe off with a piece of silk the superabundant ink, and the stains, as the places dry, will disappear.

3393.—TO REVIVE BLACK LACE.

Make some black tea about the strength usual for drinking and strain it off the leaves. Pour enough tea into a basin to cover the quantity of lace, let it stand ten or twelve hours, then squeeze it several times, but do not rub it. Dip it frequently into the tea, which will at length assume a dirty appearance. Have ready some weak gum-water and press the lace gently through it; then clap it for a quarter of an hour; after which, pin it to a towel in any shape which you wish it to take. When nearly dry, cover it with another towel and iron it with a cool iron. The lace, if previously sound and discoloured only, will after this process look as good as new.

3394.—TO REVIVE BLACK LACE.

(*Another Recipe.*)

Wash the lace thoroughly in some good beer; use no gum-water; clap the lace well, and proceed with ironing and drying, as in the former recipe.

3395.—TO CLEAN JEWELLERY.

Jewels are generally wrapped up in cotton and kept in their cases; but they are subject to tarnish from exposure to the air and require cleaning. This is done by preparing clean soap-suds and using fine toilet-soap. Dip any article of gold, silver, gilt or precious stones into this lye, and dry them by brushing with a brush of soft badgers' hair, or a fine sponge; afterwards with a piece of fine cloth, and lastly, with a soft leather.

Gold or silver ornaments, and in general, all articles of jewellery, may be dressed by dipping them in spirits of wine warmed in a *bain marie*, or shallow kettle, placed over a slow fire or hot plate. Silver ornaments should be kept in fine arrowroot, and completely covered with it.

3396.—TO TAKE STAINS FROM SILK.

Mix together in a phial 2 oz. of essence of lemon and 1 oz. of oil of turpentine. Grease and other spots in silks are to be rubbed gently with a linen rag dipped in this mixture.

3397.—TO RENOVATE SILK.

Sponge faded silks with warm water and soap; then rub them with a dry cloth on a flat board; afterwards iron them on the *inside* with a smoothing-iron. Old black silks may be improved by sponging with spirits. In this case, the ironing may be done on the right side, thin paper being spread over to prevent glazing.

3398.—TO WASH SILK.

The idea of washing silk dresses, and other articles of wearing apparel or furniture made of silk, will be novel to most of our readers. For a dress to be washed, the seams of a skirt do not require to be ripped apart, though it must be removed from the band at the waist, and the lining taken from the bottom. Trimmings or drapings, where there are deep folds, the bottom of which is very difficult to reach, should be undone so as to remain flat. A black silk dress, without being previously washed, may be refreshed by being soaked during twenty-four hours in soft, clear water; clearness in the water being indispensable. If dirty, the black dress may be previously washed. When very old and rusty, a pint of gin or whisky should be mixed with each gallon of water. This addition is an improvement under any circumstances, whether the silk be previously washed or not. After soaking, the dress should be hung up to drain dry without being wrung. The mode of washing silks is this:—The article should be laid upon a clean smooth table. A flannel should be well soaped, just made wet with lukewarm water, and the surface of the silk rubbed one way with it, care being taken that this rubbing is quite even. When the dirt has disappeared, the soap must be washed off with a sponge and plenty of cold water, of which the sponge must be made to imbibe as much as possible. As soon as one side is finished, the other must be washed precisely in the same manner. Let it be understood that not more of either surface must be done at a time than can be spread perfectly flat upon the table, and the hand can conveniently reach; likewise the soap must be quite sponged off one portion before the soaped flannel is applied to another portion. Silks, when washed, should always be dried in the shade, on a linen-horse, and alone. If black or dark blue, they will be improved if, when dry, they are placed on a table and well sponged with gin or whisky, and again dried. Either of these spirits alone will remove, without washing, the dirt and grease from a black necktie or handkerchief of the same colour, which will be so renovated by the application as to appear almost new.

3399.—TO CLEAN WHITE SATIN AND SILK.

Pin the breadths on a soft blanket, then take some stale bread-crumbs, and mix with them a little powder-blue. Rub this thoroughly and care-

fully over the whole surface with the hand or a piece of clean linen; shake it off and wipe with soft cloths. Satin may be brushed the way of the nap with a clean, soft hair-brush.

3400.—BLACK REVIVER FOR CLOTH.

Ingredients.—2 oz. of blue galls, bruised; logwood, sulphate of iron, sumach, ½ oz. of each, 1 pint of vinegar.

Mode.—Macerate in a close vessel, with heat, for twenty-four hours; strain off the clear liquid, add the galls, and shake twice a day for a week. Keep in a corked bottle, and apply with a brush or sponge. This is improved by the addition of a little sugar and gum.

3401.—TO RESTORE WHITENESS TO SCORCHED LINEN.

Ingredients.—½ pint of vinegar, 2 oz. of fullers' earth, 1 oz. of dried fowl's dung, ½ oz. of soap, the juice of 2 large onions.

Mode.—Boil all these ingredients together to the consistency of paste; spread the composition thickly over the damaged part, and if the threads be not actually consumed, after it has been allowed to dry on, and the place has subsequently been washed once or twice, every trace of scorching will disappear.

3402.—TO REMOVE IRON-MOULD FROM LINEN.

Oxalic acid and hot water will remove iron-mould, so also will the common sorrel bruised in a mortar and rubbed on the spots. In both cases, the linen should be well washed after the remedy has been applied.

3403.—TO REMOVE IRON-MOULD FROM LINEN.

(*Another Recipe.*)

Rub the spot with a little powdered oxalic acid, or salts of lemon and warm water. Let it remain a few minutes, and well rinse in clear water, or wash the spots with a strong solution of cream of tartar and water. Repeat, if necessary, and dry in the sun.

3404.—VARNISH FOR BOOTS.

Ingredients.—6 parts of eggs (the whole of a yolk), well beaten; 1 part of treacle, 1 part of isinglass, 5 parts of water, lamp-black.

Mode.—Dissolve the isinglass in the water, and then add to it the other ingredients, using sufficient lamp-black to give the required colour. If there is need to restore the colour, take a small quantity of good black ink, mix it with the white of an egg, and apply it to the boots with a soft sponge.

3405.—TO PRESERVE CUT FLOWERS.

A bouquet of freshly-cut flowers may be preserved alive for a long time by placing them in a glass or vase with fresh water, in which a little charcoal has been steeped, or a small piece of camphor dissolved. The vase should be set upon a plate or dish, and covered with a bell glass, around the edges of which, when it comes in contact with the plate, a little water should be poured to exclude the air.

3406.—TO REVIVE CUT FLOWERS AFTER PACKING.

Plunge the stems into boiling water, and by the time the water is cold, the flowers will have revived. Then cut afresh the ends of the stems, and keep them in fresh cold water.

RECIPES FOR THE HOUSEMAID AND GENERAL SERVANT.

3407.—HOW TO SWEEP A CARPET.

It is not an easy matter to sweep well, at any rate, if we may judge by experience; for when a broom is put into the hands of the uninitiated, more harm than good generally results from the use of it. Without the greatest care and some little knowledge, furniture and paint, by being knocked about with the broom, may soon receive an irreparable amount of damage. Before sweeping rooms, the floors should be strewed with a good amount of dry tea-leaves, which should be saved for the purpose; these will attract the dust and save much harm to other furniture, which, as far as possible, should be covered up during the process. Tea-leaves also may be used with advantage upon druggets and short-piled carpets. Light sweeping and soft brooms are here desirable. Many a carpet is prematurely worn out by injudicious sweeping. Stiff carpet brooms and the stout arms of inexperienced servants are their destruction. In sweeping thick-piled carpets, such as Axminster and Turkey carpets, the servant should be instructed to brush always the way of the pile: by so doing they may be kept clean for years; but if the broom is used in a different way, all the dust will enter the carpet and soon spoil it.

3408.—TO LAY DOWN CARPETS.

Great care is required in laying down a new carpet. This can hardly be well done without the aid of a proper carpet-fork or stretcher, which may be purchased for about *2s. 6d.* at any ironmonger's, and which will be

found useful, though not so essentially necessary, when old carpets are taken up and put down again. Work the carpet the length way of the material, which ought to be made up the length way of the room. Nail one end all along, but do not nail the sides as you go along until you are quite sure that the carpet is fully stretched, and that there is no ruck anywhere in the length of it.

3409.—TO CLEAN CARPETS.

Carpets in bed-rooms and stair-carpets may be kept clean by being brushed with a soft hair-brush frequently, and, as occasion requires, being taken up and shaken. Larger carpets should be swept carefully with a whisk-brush or hand-brush of hair, which is far better, especially in the case of fine-piled carpets. Thick carpets, as Axminster and Turkey, should always be brushed one way. Grease spots can be removed from carpets by means of a paste made of boiling water poured on equal quantities of magnesia and fullers' earth. This paste, while hot, must be placed upon the grease spots and brushed off when quite dry. When carpets are very dirty, they may be washed in the following manner:—To every 2 gallons of boiling water add 1 oz. of yellow soap and 1 drachm of soda. With a clean flannel wash the carpet well with the liquid; do a small piece at a time and rinse well with clean hot water. When all has been gone over, the carpet should be left to dry. The colours will be greatly improved by afterwards rubbing it over with a clean flannel dipped in a strong solution of ox-gall and water.

HOUSEMAID'S STEPS.

3410.—TO CLEAN CARPETS.

(*Another Recipe.*)

Ingredients.—1 lb. of yellow soap, ½ lb. of soda, 1 oz. of nitric acid, 1 gallon of water.

Mode.—First melt the soap and soda in an oven; then mix them well in the water. With a clean scrub-brush wash the carpet well from seam to seam with this mixture, and rinse it off quickly with clean soft water. Do only a small piece of carpet at the time, and rub dry with a clean cloth as much as is washed.

3411.—TO SCOUR CARPETS WITH GALL.

Let the carpets first be well beaten and brushed to free them from all dust and dirt. Then scour them quickly with a solution of ox-gall, which will both extract grease and refresh the colours. One pint of gall in

three gallons of soft water, warmed, will be sufficient for a large carpet. It is better not to mix the whole at once, but to do a portion of the carpet at a time, especially if it be a large one; for when the mixture in use gets cold and dirty it should be thrown away. Care must be taken that the carpet does not shrink in drying. It is best washed in the room, after it is nailed down.

3412.—TO REMOVE STAINS FROM BOARDS.

Take ¼ lb. of fullers' earth and ¼ lb. of pearlash; make them into a paste with about a quart of boiling water; spread a thick coating of this over the grease-stains and leave it for ten or twelve hours; then wash it off with clean water, using sand if necessary. If the grease-stains are very numerous and the floor very dirty, a coating may be spread all over the floor, and left for 24 hours before it is washed off. In washing boards never rub crossways; but always up and down with the grain.

3413.—TO SCOUR BOARDS.

Mix in a saucer three parts of fine sand and one part of lime; dip the scrubbing-brush into this and use it instead of soap. This will remove grease and whiten the boards, while at the same time it will destroy all insects. The boards should be well rinsed with clean water. If they are very greasy, they should be covered over in places with a coating of fullers' earth moistened with boiling water, which should be left on 24 hours before they are scoured as above directed.

3414.—TO CLEAN FLOORCLOTH.

Shred half an ounce of good beeswax into a saucer, cover it entirely with turpentine, and place it in the oven until melted. After washing the floorcloth thoroughly with a flannel, rub the whole surface lightly with a flannel dipped in the wax and turpentine, then rub with a dry cloth. Beside the polish produced, the surface is lightly coated with the wax, which is washed off together with any dust or dirt it may have contracted, while the floorcloth is preserved. Milk is also very useful for cleaning floorcloth, applied after the usual washing with a damp cloth, and it should then be rubbed over with a dry one.

3415.—TO WHITEN STONES.

Wash the surface with clean water, and let it dry; then rub it lightly over with a flannel dipped in a mixture of the following materials:—Boil 2 cakes of pipeclay, 2 tablespoonfuls of carbonate of lime, ½ pint of size, ½ pint of stoneblue-water, in 2 quarts of water. When the stones are dry, after this mixture has been applied, rub them with a dry flannel, till they look well.

3416.—TO CLEAN PAINT.

Dirty paint should never be wiped with a cloth, but the dust should be loosened with a pair of bellows, and then removed with a dusting-brush. If very dirty, wash the paint lightly with a sponge or soft flannel dipped in weak soda-and-water, or in pearlash-and-water. The sponge or flannel, must be used nearly dry, and the portion of paint gone over must immediately be rinsed with a flannel and clean water: both soda and pearlash, if suffered to remain on, will injure the paint. The operation of washing should therefore be done as quickly as possible, and two persons should be employed: one to follow and dry the paint with soft rags, as soon as the other has scoured off the dirt and washed away the soda. No scrubbing-brush should ever be used on paint.

3417.—FURNITURE POLISH.

Ingredients.—Equal proportions of linseed-oil, turpentine, vinegar and spirits of wine.

Mode.—When used, shake the mixture well, and rub on the furniture with a piece of linen rag, and polish with a clean duster. Vinegar and oil, rubbed in with flannel, and the furniture rubbed with a clean duster, produce a very good polish.

3418.—FURNITURE POLISH.

(*Another Recipe.*)

Ingredients.—1 oz. of white wax, 1 oz. of Naples soap, 1 pint of turpentine, 1 pint of soft boiled water.

Mode.—Boil the water, let it get cold, shred the wax and soap into it, stand it in the oven until all is melted; add the turpentine slowly, stirring as it is dropped in; stir it until cold; bottle and cork it closely; it is fit to use the next day.

3419.—FURNITURE PASTE.

Ingredients.—3 oz. of common beeswax, 1 oz. of white wax, 1 oz. of curd soap, 1 pint of turpentine, 1 pint of boiled water.

FURNITURE-BRUSH.

Mode.—Mix the ingredients together, adding the water when cold; shake the mixture frequently in the bottle, and do not use it for 48 hours after it is made. It should be applied with a piece of flannel, the furniture polished with a duster, and then with an old silk rubber.

3420.—GERMAN FURNITURE GLOSS.

Ingredients.—¼ lb. of yellow wax, 1 oz. of black rosin, 2 oz. of oil of turpentine.

Mode.—Cut the wax into small pieces and melt it in a pipkin, with the

rosin pounded very fine. Stir in gradually, while these two ingredients are quite warm, the oil of turpentine. Keep this composition well covered for use in a tin or earthen pot. A little of this gloss should be spread on a piece of coarse woollen cloth, and the furniture well rubbed with it; afterwards it should be polished with a fine cloth.

3421.—TO CLEAN MARBLE.

Mix with ¼ pint of soap-lees, ½ gill of turpentine, sufficient pipe-clay and bullocks' gall to make the whole into a rather thick paste. Apply it to the marble with a soft brush, and after a day or two, when quite dry, rub it off with a soft rag. Apply this a second or third time till the marble is quite clean.

3422.—TO CLEAN MARBLE.

(*Another Recipe.*)

Take two parts of soda, one of pumice-stone, and one of finely-powdered chalk. Sift these through a fine sieve, and mix them into a paste with water. Rub this well all over the marble, and the stains will be removed; then wash it with soap and water, and a beautiful bright polish will be produced.

3423.—TO REMOVE STAINS FROM MARBLE.

Make a paste of powdered pipe-clay and fullers' earth; mix with strong soap lye; lay a thick coating of this paste on the marble, and pass lightly over it a moderately warm flat-iron until it is dry. Leave it for a short time, and then wash it off with clean water. If the marble be not entirely free from grease, repeat the process till every stain disappears. Discolorisation by smoke may be removed in the same manner.

3424.—POLISH FOR BLACK GRATES.

Ingredients.—1 lb. of common asphaltum, ½ pint of linseed-oil, 1 quart of oil of turpentine.

Mode.—Melt the asphaltum, and add gradually to it the other two ingredients. Apply this with a small painter's brush, and leave it to become perfectly dry. The grate will need no other cleaning, but will merely require dusting every day, and occasionally brushing with a dry black-lead brush. This is, of course, when no fires are used. When they are required, the bars, cheeks and back of grate will need black-leading in the usual manner.

3425.—POLISH FOR BRIGHT STOVES.

Ingredients.—2 tablespoonfuls of turpentine, 1 ditto of sweet oil, emery-powder.

Mode.—Mix the turpentine and sweet oil together, stirring in sufficient emery-powder to make the mixture of the thickness of cream. Put it on the article with a piece of soft flannel, rub off quickly with another piece, then polish with a little emery-powder and clean leather.

3426.—TO PRESERVE BRIGHT GRATES OR FIRE-IRONS FROM RUST.

Make strong paste of fresh lime and water, and with a fine brush smear it as thickly as possible over all the polished surface requiring preservation. By this simple means, all the grates and fire-irons in an empty house may be kept for months free from harm, without further care or attention.

3427.—TO REMOVE RUST FROM BRIGHT GRATES.

When bright grates are once neglected, small rust-spots begin to show themselves, which a plain leather will not remove; the following method of cleaning them must then be resorted to:—First, thoroughly clean with emery-paper: then take a large smooth pebble from the road, sufficiently large to hold comfortably in the hand, with which rub the steel backwards and forwards one way, until the desired polish is obtained. It may appear at first to scratch, but continue rubbing, and the result will be success.

3428.—THE LIGHTING OF FIRES.

Fire-lighting, however simple, is an operation requiring some skill; a fire is readily made by laying a few cinders at the bottom in open order; over this a few pieces of paper, and over that again eight or ten pieces of dry wood; over the wood, a course of moderate-sized pieces of coal, taking care to leave hollow spaces between for air at the centre; and taking care to lay the whole well back in the grate, so that the smoke may go up the chimney, and not into the room. This done, fire the paper with a match from below, and, if properly laid, it will soon burn up; the stream of flame from the wood and paper soon communicating to the coals and cinders, provided there is plenty of air at the centre.

FIRE LAID.

Another method of lighting a fire is sometimes practised with advantage, the fire lighting from the top and burning down, in place of being lighted and burning up from below. This is arranged by laying the coals at the bottom, mixed with a few good-sized cinders, and the wood at the top,

with another layer of coals and some paper over it; the paper is lighted in the usual way, and soon burns down to a good fire, with some economy of fuel, it is said.

3429.—TO CLEAN BRITANNIA METAL.

Articles made of what is usually called Britannia metal may be kept in order by the frequent use of the following composition:—½ lb. of finely-powdered whiting, a wineglass of sweet oil, a tablespoonful of soft soap, ½ oz. of yellow soap melted in water. Add to these in mixing sufficient spirits—gin or spirits of wine—to make the compound the consistency of cream. This cream should be applied with a sponge or soft flannel, wiped off with soft linen rags, and the article well polished with a leather; or they may be cleaned with only oil and soap in the following manner:—Rub the articles with sweet oil on a piece of woollen cloth; then wash well with strong soap-and-water; rub them dry and polish with a soft leather and whiting. The polish thus given will last for a long time.

3430.—TO CLEAN BRASS.

Dissolve 1 oz. of oxalic acid in one pint of soft water. Rub it on the brass with a piece of flannel, and polish with another dry piece. This solution should be kept in a bottle labelled "poison," and the bottle well shaken before it is used, which should be only occasionally; for in a general way the brass should be cleaned with pulverised rotten-stone, mixed into a liquid state with oil of turpentine. Rub this on with a piece of soft leather, leave it for a few minutes, and then wipe it off with a soft cloth. Brass treated generally with the latter, and occasionally with the former mode of cleaning, will look most beautiful; or a very good general polish for brass may be made of ½ lb. of rotten-stone and 1 oz. of oxalic acid, with as much water as will make it into a stiff paste. Set this paste on a plate in a cool oven to dry, pound it very fine, and apply a little of the powder, moistened with sweet oil, to the brass with a piece of leather, polishing with another leather or an old silk handkerchief. This powder should also be labelled "poison."

3431.—TO BRIGHTEN GILT FRAMES.

Take sufficient flour of sulphur to give a golden tinge to about 1½ pint of water, and in this boil four or five bruised onions, or garlic, which will answer the same purpose. Strain off the liquid, and with it, when cold, wash, with a soft brush, any gilding which requires restoring, and when dry it will come out as bright as new work. They may also be brightened in the following manner:—Beat up the white of eggs with chloride of potass or soda, in the proportion of 3 oz. of eggs to 1 oz. of chloride

of potass or soda. Blow off as much dust as possible from the frames, and paint them over with a soft brush dipped in the above mixture. They will immediately come out fresh and bright.

3432.—TO TAKE OUT MARKS FROM MAHOGANY.

The whitish stain left on a mahogany table by a jug of boiling water, or a very hot dish, may be removed by rubbing in oil, and afterwards pouring a little spirits of wine on the spot and rubbing it dry with a soft cloth.

3433.—TO CLEAN LOOKING-GLASSES.

Remove, with a damp sponge, fly stains and other soils (the sponge may be damped with water or spirits of wine). After this dust the surface with the finest sifted whiting or powder-blue, and polish it with a silk handkerchief or soft cloth. Snuff of candle, if quite free from grease, is an excellent polish for looking-glass.

3434.—CEMENT FOR CHINA AND GLASS.

Dissolve an ounce of gum-mastic in a quantity of highly-rectified spirits of wine; then soften an ounce of isinglass in warm water, and, finally, dissolve it in rum or brandy, till it forms a thick jelly. Mix the isinglass and gum-mastic together, adding a quarter of an ounce of finely-powdered gum-ammoniac; put the whole into an earthen pipkin, and in a warm place, till they are thoroughly incorporated together; pour it into a small phial, and cork it down for use.

In using it, dissolve a small piece of the cement in a silver teaspoon over a lighted candle. The broken pieces of glass or china being warmed, and touched with the now liquid cement, join the parts neatly together, and hold them in their places till the cement has set; then wipe away the cement adhering to the edge of the joint, and leave it for twelve hours without touching it: the joint will be as strong as the china itself, and if neatly done, it will show no joining. It is essential that neither of the pieces be wetted either with hot or cold water.

3435.—TO CLEAN WALL PAPER.

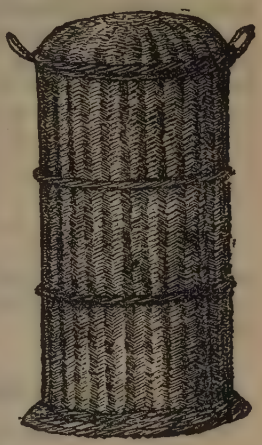
If not very dirty, the paper of any room will be much improved by brushing it over in straight lines with a soft broom, covered with a clean, soft cloth; if, however, the paper be much soiled, very stale bread is the best thing to clean it with. Cut a very stale quartern loaf into slices, and, in the lightest manner possible, wipe the paper with it in a downward direction. Clean about a yard at a time, all one way, and be careful to leave no marks. By this process very dirty paper-hangings may be made to look almost like new.

RECIPES FOR THE LAUNDRY MAID.

3436.—TO MAKE STARCH.

Ingredients.—Allow ½ pint of cold water and 1 quart of boiling water to every 2 tablespoonfuls of starch.

Mode.—Put the starch into a tolerably large basin; pour over it the cold water, and stir the mixture well with a wooden spoon until it is perfectly free from lumps and quite smooth. Then take the basin to the fire, and whilst the water is *actually boiling* in the kettle or boiler, pour it over the starch, stirring it the whole time. If made properly in this manner, the starch will require no further boiling; but should the water not be boiling when added to the starch, it will not thicken, and must be put into a clean saucepan, and stirred over the fire until it boils. Take it off the fire, strain it into a clean basin, cover it up to prevent a skin forming on the top, and, when sufficiently cool that the hand may be borne in it, starch the things. Many persons, to give a shiny and smooth appearance to the linen when ironed stir round two or three times in the starch a piece of wax-candle, which also prevents the iron from sticking.



LINEN BASKET.

3437.—TO MAKE STARCH.

(*Another Recipe.*)

Mix a teacupful of starch to a paste with warm water, adding about an inch of composite candle, 3 or 4 drops of turpentine, and a tiny piece of spermaceti, then pour into this boiling water, stirring all the while, till the starch becomes clear.

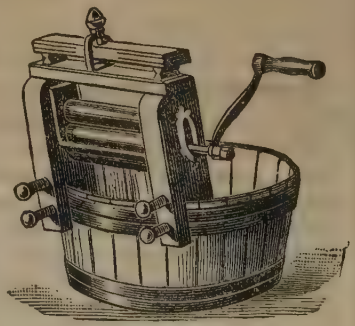
CAP IRON.

3438.—COLD WATER STARCH.

Mix the starch to a smooth cream with cold water, then add borax dissolved in boiling water in the proportion of a dessertspoonful to a teacupful of starch.

3439.—TO GLAZE LINEN.

The gloss, or enamel, as it is sometimes called, is produced mainly by friction with a warm iron, and may be put on linen by almost any person. The linen to be glazed receives as much strong starch as it is possible to charge it with, then it is dried. To each pound of starch a piece of sperm or white wax, about the size of a walnut, is usually added. When ready to be ironed, the linen is laid upon the table and moistened very lightly on the surface with a clean wet cloth. It is then ironed in the usual way with a flat-iron, and is ready for the glossing operation. For this purpose a peculiar heavy flat-iron, rounded at the bottom, as bright as a mirror, is used. It is pressed firmly upon the linen and rubbed with much force, and this frictional action puts on the gloss. "Elbow grease" is the principal secret connected with the art of glossing linen.

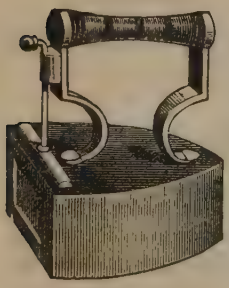


WRINGER.

3440.—BLEACHING LIQUID FOR LINEN.

Ingredients.—¼ lb. of chloride of lime, 1 quart of soft water.

Mode.—Make a solution of the above and keep the bottle closely corked; dilute what is required for use with an equal quantity of water. This will remove stains from table-linen, &c., that resist milder treatment.



BOX-IRON.

3441.—BALL BLUE OR STONE BLUE.

Take finely-powdered indigo and starch in equal quantities, and make them into a paste with warm water, then form the mass into small lumps or cakes. The quantity of indigo must be increased if the blue is required to be of a very deep colour.

THE CHILDREN'S HOUR.

CHAPTER LXXI.

MANAGEMENT OF NURSERY & SICK-ROOM, INCLUDING DUTIES OF MOTHER, GOVERNESS, NURSE, MONTHLY NURSE AND SICK-NURSE.

THE MOTHER.

3442. ***A mother's responsibilities*** are the greatest that a woman can have, for with her rests not only the care of her children, for their daily needs of food, clothing and the like, but what is even more important, their moral training. No matter what good nurses and attendants she may be able to engage for her little ones, what pleasures, changes of air, model nurseries, toys and books she may afford for their benefit, she should still devote, at any rate, some part of her time to them; should be with them often, should know their individual childish tastes and faults, and strive by her influence, precepts and example to make them what she hopes they may be in the future.

3443. ***A mother's influence*** is greater than any other with children, it is easier for her than anyone else to train them aright if she be a good and loving one, and the little ones will rather obey her commands than those of nurse or governess, no matter how kind these may be to those under their charge. Some women of fashion, living constantly in society, deny that they have time to give their little ones, their visits to schoolroom or nursery are like those of the angels, few and far between. They have everything beautifully appointed in the children's quarters, and first-rate nurses and governesses, and they cannot take time from gaiety and pleasure—spared, however, by the highest lady in the land for that purpose—to devote to what they think can be obtained from hired service. It is a mistake: no nurse can do what a mother can, and the race of good old nurses is fast dying out. We do not often see in modern nurseries, with all their new furniture and convenience, those who have nursed a former generation of the family, who care for the children as their own, and who have few theories, but much practical knowledge of how to treat, both in sickness and health, the little ones in their care.

3444. ***The children's hour*** should be an institution in every household, and, while to the young folks it should be the happiest time in the day, to the attendants it is a great rest and relief. Let the children then bring their little troubles and sorrows to mother to be set right and comforted, let praise be given for little tasks well done, disputes be settled, help and suggestions given for either work or play, and let a game or tale (the latter told, not read) conclude the happy hour. Should this, as it often happens, be just the time generally given to afternoon tea, let the little ones bring this to their mother and wait upon her as children love to do. She will not find an hour wasted in this way, even if it be one hard to spare.

3445. ***Children's Amusements.***—In spite of the fact that children have far more, and more beautiful, toys with every advancing year, we venture to assert that it is just as difficult to amuse them as ever it was. A magnificently-dressed waxen baby seems to afford no more delight than a shabbily-dressed old one, and

BLIND MAN'S BUFF.

the most complete and perfect of expensive toys, be it what it may, lasts no longer than a shilling one in destructive little hands. Children often get surfeited with playthings. They are allowed to have all or any when they like, so they mix them up and do not appreciate them in the least, however beautiful they may be. The best plan is to let them have but one at a time, and directly they weary of it make them put it away. If it be anything that they can improve or add to, encourage them to do so, if it be a broken toy, help them to mend it; if it be a doll, let the possessor be often making something fresh to add to its wardrobe. Playthings are often *too* complete when given to children. Dolls are dressed, boats are fully rigged, horses are harnessed, dolls houses are as well-fitted as real ones, so that there is nothing left to be done by the little ones to whom contriving and making are pleasures in themselves.

3446. ***Games for children*** should be found out of doors as much as possible when the weather is fit for them to be exposed to it, running and playing comes more natural to them than walking like their elders, and in these days of high pressure education, it is most essential that when released from the school-

room they should find healthy, active exercise, and games which try the muscles instead of the brains.

3447. ***Children's clothing*** should be a matter of care and thought with the mother, and there is no question but it is a good deal of trouble to have the little ones always properly clad. By properly clad, we mean not whether they be prettily or handsomely dressed, but whether their clothing is just what it should be for the season and the health of each individual child. People are apt to think that what is good for one *must* be good for another; whereas, although all children feel the effects of heat and cold more than we do (although they do not always show it), they are as different in temperament as we are, and clothing that is amply sufficient for one child, is quite inadequate to the wants of another. The main requirements of children's clothing are lightness and warmth. Children should never be encumbered with clothes, nor should they ever be allowed to feel cold. In winter, flannel or merino may be worn next the skin by

TWIRL THE TRENCHER.

all children, and in summer by many, while night-dresses of it are thought fit for either season. The best kind of night garments for young children who are apt to throw off their bed clothing, are pyjamas. Light woollen materials are the best for children's ordinary wear, and their little garments should be easy and loose, so that their movements are not hindered and their limbs are free.

3448. ***Children's food*** should be more nourishing than stimulating. They do not need much meat, nor require several courses to make a meal. The most important thing is to vary the food given, for children, like ourselves, need change of diet. A good dinner from a joint may be followed by one of only macaroni boiled in milk, the following day; when the children are young, soup or fish makes a pleasant change; while puddings should be not only frequent, but more varied in flavour than those usually given to children. We are, of course, now only speaking generally, but all children cannot eat the same things, and the mother who values her children's health must study, without pampering, their individual tastes. Plenty of milk should be given to young children, for it is their best and most natural food.

THE NURSERY GOVERNESS.

3449. ***A nursery governess's position*** in a household should be that of a lady, and not, as it too often happens to be, a situation where it is expected that a governess's and nurse's duties are to be blended and performed by one person, at a salary far below a servant's wages. At the present time there is scarcely any class so badly paid as nursery governesses, but the fault does not lie entirely with the employers. Too often the girls themselves are of an inferior and ill-educated class, totally unfitted for the training of children, and really not worth the wages of a good servant, whose place they would be too proud to take. A governess should be, as she is sometimes termed, "a mother's help," and as such the mistress of the household should choose her from a rank similar to her own that is if she be of the middle or upper-middle class. No one expects the daughters of the aristocracy to take situations as nursery governesses, but there are plenty of well-educated, lady-like girls to be found a little lower in the social ladder who should be glad to earn their living in this manner.

3450. ***Treatment of Nursery Governess.***—To the mistress of a household she should be as we have said, a mother's help, and as such, should be treated accordingly. She has in many cases the duties that might fall to the eldest daughter, or the mistress herself, to perform, and others which they themselves would shrink from should not be pressed upon her. If she be a lady and their equal, why should she not be treated as one? The advantage of good early teaching in such matters as speaking correctly, eating in a proper manner, learning politeness, and other little requirements, when young, is of incalculable service to those who have the after training of children; and it is not wise, for this reason, to take a girl of inferior rank and expect her to train the little ones to our own individual tastes. A nursery governess should not have to feel ashamed of her position in the household, or the lack of kindness or companionship, while her pay should be sufficient to provide for all moderate needs in the way of dress, &c., with just a little over for saving for a rainy day.

3451. ***Kindly encouragement*** should be given to the nursery governess who honestly and faithfully fulfils her duties, just as readily as we should accord it to a good servant; and she, very often having left a happy home to earn her living among strangers, must sometimes feel lonely; while, should she be an orphan without any near relatives to whom to turn for advice, she should, in the mistress of a household, find a *friend* from whom she can seek help and sympathy.

3452. ***The qualifications most necessary*** for a nursery governess are those of a love for children and a good temper. With these she can soon win the hearts of the little ones under her care and keep them happy while in her company. It must be bad for both governess and children when these, or even one of these qualifications are lacking; and it would be far better to seek another post more congenial than one into which she cannot put heart, as well as hands and brain. But, independent of these two good qualities, a good nursery governess must also have a good system of training children, a thorough knowledge of all she undertakes to teach them, and be a good manager. That she should be cleanly, neat and refined in manner and speech, goes without saying; for inasmuch as the little ones are put in her care as a person of superior education to a nurse, it will be reasonably expected that she should give them a better moral training. Children are ready copyists, quick to pick up and use words or ways of those around them, specially those we are most anxious they should avoid; and they are also quick to notice the injustice of being chidden for a fault that they see passed without comment in their elders.

3453. ***A knowledge of needlework*** is also essential. It is not always stipulated that the nursery governess makes the clothing for the children, but it is always understood that she repairs it and keeps it in order, and to do this she must work neatly, and, if the children be old enough, give them some instruction in the rudiments of needlework. To be able to renovate and renew little garments, to trim hats or bonnets, and to suggest or design pretty and inexpensive little costumes, should be a pleasure to one who takes an interest in the children for whom she works; while, if she be able to undertake the entire clothing of them, she should find favour with her employer and be able to command a higher salary than she could otherwise obtain.

3454. ***Duties of the Nursery Governess.***—Where there is a nurse and nursemaid kept, these would chiefly consist in teaching, needlework and superintendence; very probably walking out with the little ones and having those old enough to come to table in charge during meals; but where, as is generally the case when a nursery governess is engaged, there are no nurses and the looking after the little ones devolves upon her, her duties are more numerous and varied. If

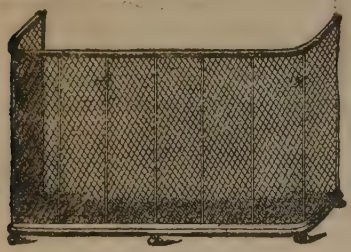
THE NURSERY GOVERNESS.

there be a baby besides several other children in a household where no nurse is kept, it is not expected that the nursery governess does more for it than having it occasionally in her charge and doing a little needlework for it when necessary; the mother washing, dressing and looking after it herself. With the other children the governess's work chiefly lies. She washes and dresses them, looks after them at their meals, takes them out walking, gives them instruction according to their ages, looks after clothes, and puts them to bed. It should be part of her duty also to amuse and interest the little ones while they are with her and to be on the watch for, and to correct, all that is wrong or ill-mannered in their ways.

3455. ***Incidental duties*** such as a little help given to the mistress of the house, dusting the drawing-room, arranging the flowers, and many other little tasks, should be willingly performed if there be time to spare from that which must be devoted to the children. None of these would be asked by a lady who looked upon the one she employed in the right light (unless she had engaged her to do them) except as an assistance to herself; and while any little services can thus be rendered by "a mother's help" (in the best sense of the phrase) to her employer, they should be the means of bringing the two together in bonds of sympathy and friendship.

UPPER AND UNDER NURSEMAIDS.

3456. ***The Nursery*** should be a bright, cheerful room, sunny and airy, and if at the top of the house, still not one where the extremes of heat and cold are felt. Children suffer sooner than we do, if the sanitary arrangements are not perfect, and as in some houses it happens, that with, perhaps, the exception of a short half-hour now and then, they spend all their time at home in the one room, it ought to be kept at an even temperature, and made as pleasant as possible for its little inmates. The walls should be covered with sanitary paper of some cheerful pattern, and varnished. The floor of the night nursery should not be covered with carpet, and it is better for each child to have its own little bed or crib with sufficient, but not too much, clothing. The greatest cleanliness is needed in a nursery, for the children cannot thrive if they are not well kept, and a room so constantly used as the day nursery by little folks, needs more cleaning than ordinary sitting-rooms.



NURSERY FIRE-GUARD.

3457. ***Duties of the Head Nurse.***—The nursery is of great importance in every family, and in families of distinction, where there are several young children, it is an establishment kept apart from the rest of the family, under the charge of an upper nurse, assisted by under nursery-maids proportioned to the work to be done. The responsible duties of upper nursemaid commence with the weaning of the child: it must now be separated from the mother or wet-nurse, at least for a time, and the cares of the nurse, which have hitherto been only occasionally put in requisition, are now to be entirely devoted to the infant. She washes, dresses, and feeds it; walks out with it, and regulates all its little wants; and, even at this early age, many good qualities are required to do so in a satisfactory manner. Patience and good temper are indispensable qualities; truthfuless, purity of manners, minute cleanliness, and docility and obedience almost equally so. She ought also to be acquainted with the art of ironing and getting up small fine things, and be handy with her needle.

BERCEAUNETTE.

3458. ***Carrying Infants.***—There is a considerable art in carrying an infant comfortably for itself and for the nursemaid. If she carries it always seated upright on her arm, and presses it too closely against her chest, the stomach of the child is apt to get compressed, and the back fatigued. For her own comfort, a good nurse will frequently vary this position, by changing from one arm to the other, and sometimes by laying it across both, raising the head a little. When teaching it to walk, and guiding it by the hand, she should change the hand from time to time, so as to avoid raising one shoulder higher than the other. This is the only way in which a child should be taught to walk; leading-strings and other foolish inventions, which force an infant to make efforts, with its shoulders and head forward, before it knows how to use its limbs, will only render it feeble, and retard its progress.

3459. ***Bad Habits.***—Most children have some bad habit, of which they must be broken; but this is never accomplished by harshness without developing worse evils; kindness, perseverance, and patience in the nurse, are here of the utmost importance. When finger-sucking is one of these habits, the fingers are sometimes rubbed with bitter aloes, or some equally disagreeable substance. Others have dirty habits, which are only to be changed by patience, perseverance, and, above all, by regularity in the nurse. She should never be permitted to inflict punishment on these occasions, or, indeed, on any occasion. But, if punishment is to be avoided, it is still more necessary that all kinds of indulgence and flattery be equally forbidden. Yielding to all the whims of a child—picking up its toys when thrown away in mere wantonness, would be intolerable. A child should never be led to think others inferior to it, to beat a dog, or even the stone against which it falls, as some children are taught to do by silly nurses. Neither should the nurse affect or show alarm at any of the little accidents which must inevitably happen; if it falls, treat it as a trifle; otherwise she encourages a spirit of cowardice and timidity. But she will take care that such accidents are not of frequent occurrence, or the result of neglect. The nurse should keep the child as clean as possible, and particularly she should train it to habits of cleanliness, so that it should feel uncomfortable when otherwise; watching especially that it does not soil itself in eating. At the same time, vanity in its personal appearance is not to be encouraged by overcare in this respect, or by too tight lacing or buttoning of dresses, nor a small foot cultivated by the use of tight shoes. Nursemaids would do well to repeat to the parents faithfully and truly the defects they observe in the dispositions of very young children. If properly checked in time, evil propensities may be eradicated; but this should not extend to anything but serious defects; or otherwise, the intuitive perceptions which all children possess will construe the act into "spying" and "informing," which should never be resorted to in the case of children, nor, indeed, in any case. Such are the cares which devolve upon the nurse, and it is her duty to fulfil them personally. In large establishments she will have assistance proportioned to the number of children of which she has the care. *The under nursemaid* lights the fires, sweeps, scours, and dusts the rooms, and makes the beds; empties slops, and carries up water; brings up and removes the nursery meals; washes and dresses all the children, except the infant, and assists in mending. Where there is a nursery girl to assist, she does the rougher part of the cleaning; and all take their meals in the nursery together, after the children of the family have done.

NURSE.

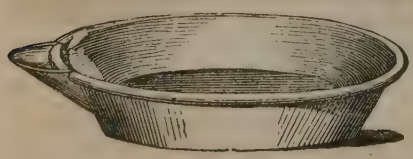
3460. ***The Single Nursemaid.***—In smaller families, where there is only one nursemaid kept, she is assisted by the housemaid or general servant, who will do the rougher part of the work, and carry up the nursery meals. In such circumstances she will be more immediately under the eye of her mistress, who will probably relieve her from some of the cares of the infant. In higher families, the upper nurse is usually permitted to sup or dine occasionally at the housekeeper's table by way of relaxation, when the children are all well, and her subordinates trustworthy.

3461. ***Baths for Children*** should be given according to age and constitution. Some require warm baths and cannot stand the effect of cold water, while with other children it agrees perfectly. A tepid bath is the one most generally suitable. Young children should have their bath in the morning, and if they are under two years may take it after their first meal. A child should never be given a hot bath in a very cold room, and thorough drying after bathing is of great importance.

3462. ***Children's Complaints.***—Where the nurse has the entire charge of the nursery, and the mother is too much occupied to do more than pay a daily visit to it, it is desirable that she is a person of observation, and possess some acquaintance with the diseases incident to childhood, as also with such simple remedies as may be useful before a medical attendant can be procured, or where such attendance is not considered necessary. All these little ailments are preceded by symptoms so minute as to be only perceptible to close observation; such as twitching of the brows, restless sleep, grinding the gums, and, in some inflammatory diseases, even to the child abstaining from crying, from fear of the increased pain produced by the movement. Dentition, or cutting the teeth, is attended with many of these symptoms. Measles, thrush, scarlatina, croup, whooping-cough, and other childish complaints, are all preceded by well-known symptoms, which may be alleviated and rendered less virulent by simple remedies instantaneously applied.

3463. ***Dentition*** is usually the first serious trouble, bringing many other disorders in its train. The symptoms are most perceptible to the mother: the child sucks feebly, and with gums hot, inflamed, and swollen. In this case, relief is yielded by rubbing them from time to time. Selfish and thoughtless nurses, and mothers too, sometimes give cordials and sleeping-draughts, whose effects are too well known. Teething and other complaints of children are treated of in "THE DOCTOR."

3464. ***Convulsion Fits*** sometimes follow the feverish restlessness produced by these causes; in which case a hot bath should be administered without delay, and the lower parts of the body rubbed, the bath being as hot as it can be without scalding the tender skin; at the same time the doctor should be sent for immediately, for no nurse should administer medicine in this case, unless the fits have been repeated, and the doctor has left directions with her how to act.



BATH.

3465. ***Croup*** is one of the most alarming diseases of childhood; it is accompanied with a hoarse, croaking, ringing cough, and comes on very suddenly, and most so in strong, robust children. A very hot bath should be instantly administered, followed by an emetic, either in the form of tartar-emetic, croup-

powder, or a teaspoonful of ipecacuanha, wrapping the body warmly up in flannel after the bath. The slightest delay in administering the bath, or the emetic, may be fatal; hence the importance of nurses about very young children being acquainted with the symptoms.

3466. ***Whooping Cough*** is generally preceeded by the moaning noise during sleep, which even adults threatened with the disorder cannot avoid; it is followed by violent fits of coughing, which little can be done to relieve. A child attacked by this disorder should be kept as much as possible in the fresh, pure air, but out of draughts, and kept warm, and supplied with plenty of nourishing food. Many fatal diseases flow from this scourge of childhood, and a change to purer air, if possible, should follow convalescence.

3467. ***Worms*** are the torment of some children; the symptoms are, an unnatural craving for food, even after a full meal; costiveness, suddenly followed by the reverse; fetid breath, a livid circle under the eyes, enlarged abdomen, and picking the nose; for which the remedies must be prescribed by the doctor, but sugar preserves and green vegetables must be avoided in the diet.

3468. ***Chilbains*** are most irritating to children. The following is an infallible cure for unbroken chilblains:—Hydrochloric acid, diluted, ½ ounce; hydrocyanic acid, diluted, 30 drops; camphor water, 6 ounces. This chilblain lotion cures mild cases by one application. It is a deadly poison, and should be kept under lock and key. A responsible person should apply it to the feet of children. This must not be applied to broken chilblains.

3469. ***Measles and Scarlatina*** much resemble each other in their early stages: headache, restlessness, and fretfulness are the symptoms of both. Shivering fits, succeeded by a hot skin; pains in the back and limbs, accompanied by sickness, and, in severe cases, sore throat; pain about the jaws, difficulty in swallowing, running at the eyes, which become red and inflamed, while the face is hot and flushed, often distinguish scarlatina and scarlet fever, of which it is only a mild form. While the case is doubtful, a dessert-spoonful of spirit of nitre diluted in water, given at bed-time, will throw the child into a gentle perspiration, and will bring out the rash in either case. In measles, this appears first on the face; in scarlatina, on the chest; and, in both cases, a doctor should be called in. In scarlatina, tartar-emetic powder or ipecacuanha may be administered in the meantime.

3470. ***Cleanliness, fresh air, clean utensils,*** and frequent washing of the person, both of nurse and children, are even more necessary in the nursery than in either drawing-room or sick-room, inasmuch as the delicate organs of childhood are more susceptible of injury from smells and vapours than adults. It may not be out of place if we conclude this brief notice of the duties of a nursemaid by an extract from Florence Nightingale's admirable "Notes on Nursing." Referring to children, she says:—

"They are much more susceptible than grown people to all noxious influences. They are affected by the same things, but much more quickly and seriously; by want of fresh air, of proper warmth: want of cleanliness in house, clothes, bedding, or body; by improper food, want of punctuality, by dulness, by want of light, by too much or too little covering in bed or when up." And all this in health; and then she quotes a passage from a lecture on sudden deaths in infancy, to show the importance of careful nursing of children:—"In the great majority of instances, when death suddenly befalls the infant or young child it is an *accident*; it is not a necessary, inevitable result of any disease. That which is known to injure children most seriously is foul air; keeping the rooms where they sleep closely shut up is destruction to them; and, if the child's breathing be disordered by disease, a few hours only of such foul air may endanger its life, even where no inconvenience is felt by grown-up persons in the room." "Don't treat your children like sick," she sums up; "don't dose them with tea. Let them eat meat and drink milk, or half a glass of

light beer. Give them fresh, light, sunny, and open rooms, cool bedrooms, plenty of out-door exercise, facing even the cold, and wind, and weather, in sufficiently warm clothes, and with sufficient exercise, plenty of amusements and play; more liberty, and less schooling, and cramming, and training; more attention to food, and less to physic."

THE MONTHLY NURSE.

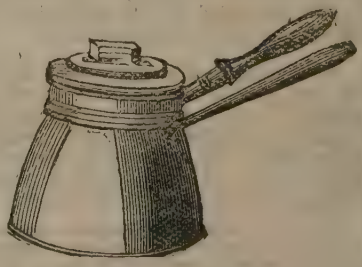
3471. ***The choice of a monthly nurse*** is of the utmost importance; and in the case of a young mother with her first child, it would be well for her to seek advice and counsel from her more experienced relatives in this matter.

THE MONTHLY NURSE.

In the first place, the engaging a monthly nurse in good time is of the utmost importance, as, if she be competent and clever, her services will be sought months beforehand; a good nurse having seldom much of her time disengaged. There are some qualifications which it is evident the nurse should possess: she should be scrupulously clean and tidy in her person; honest, sober, and noiseless in her movements; should possess a natural love for children, and have a strong nerve in case of emergencies. Snuff-taking and spirit-drinking must not be included in her habits; but these are happily much less frequent than they were in former days.

Receiving, as she often will, instructions from the doctor, she should bear these in mind, and carefully carry them out. In those instances where she does not feel herself sufficiently informed, she should ask advice from the medical man, and not take upon herself to administer medicines, &c., without his knowledge.

A monthly nurse should be between 30 and 50 years of age, sufficiently old to have had a little experience, and yet not too old or infirm to be able to perform various duties requiring strength and bodily vigour. She should be able to wake the moment she is called—at any hour of the night, that the mother or child may have their wants immediately attended to. Good temper, united to a kind and gentle disposition, is indispensable; and, although the nurse will frequently have much to endure from the whims and caprices of the invalid, she should make allowances for these, and command her temper, at the same time exerting her authority when it is necessary.



MILK SAUCEPAN.

3472. ***The duties of the monthly nurse*** in the way of cleaning and dusting her lady's room, depends entirely on the establishment that is kept. Where there are plenty of servants, the nurse, of course, has nothing whatever to do but attend on her patient, and ring the bell for anything she may require. Where the number of domestics is limited, she should not mind keeping her room in order; that is to say, sweeping and dusting it every morning. If fires be necessary, the housemaid should always clean the grate, and do all that is wanted in that way, as this, being rather dirty work, would

soil the nurse's dress and unfit her to approach the bed, or take the infant without soiling its clothes. In small establishments, too, the nurse should herself fetch things she may require, and not ring every time she wants anything; and she must, of course, not leave her invalid unless she sees everything is comfortable; and then only for a few minutes. When downstairs, and in company with the other servants, the nurse should not repeat what she may have heard in her lady's room, as much mischief may be done by a gossiping nurse. As in most houses the monthly nurse is usually sent for a few days before her services may be required, she should see that all is in readiness; that there be no bustle and hurry at the time the confinement takes place. She should keep two pairs of sheets thoroughly aired, as well as night-dresses, flannels, &c. &c. All the things which will be required to dress the baby the first time should be laid in the basket in readiness, in the order in which they are to be put on; as well as scissors, thread, a few pieces of soft linen rag and two or three flannel squares. If a berceaunette is to be used immediately, the nurse should ascertain that the mattresses, pillow, &c., are all well aired; and if not already done before she arrives, she should assist in covering and trimming it, ready for the little occupant. A monthly nurse should be handy at her needle, as, if she is in the house some time before the baby is born, she will require some work of this sort to occupy her time.

BABY'S BASKET.

INFANT'S BATH.

3473. ***Cleanliness and neatness.*** —A nurse should endeavour to keep her room as cheerful as possible, and always keep it clean and tidy. She should empty the chamber utensils as soon as used, and on no account put things under the bed. Soiled baby's napkins should be rolled up and put into a pan, when they should be washed out every morning, and hung out to dry; they are then in a fit state to send to the laundress; and should, on no account, be left dirty, but done every morning in this way. The bedroom should be kept rather dark, particularly for the first week or ten days; of a regular temperature, and

as free as possible from draughts, at the same time well ventilated and free from unpleasant smells.

3474. ***The infant during the month*** must not be exposed to strong light, or much air; and in carrying it about the passages, stairs, &c., the nurse should always have its head-flannel on, to protect the eyes and ears from the currents of air. For the management of children, we must refer our readers to our "HOUSE AND HOME BOOKS," No. 2; and we need only say that a good nurse should understand the symptoms of various ills incident to this period, as, in all cases, prevention is better than cure. As young mothers with their first baby are very often much troubled at first with their breasts, the nurse should understand the art of emptying them by suction, or some other contrivance. If the breasts are kept well-drawn, there will be but little danger of inflammation; and as the infant at first cannot take all that is necessary, something must be done to keep the inflammation down. This is one of the greatest difficulties a nurse has to contend with, and we only advise her to be very persevering, to rub the breasts well, and to let the infant suck as soon and as often as possible, until they are in proper order.

NIGHT LAMP.

THE WET NURSE.

3475. ***Duty of the Mother.***—Unless prevented by illness or inability, a mother should nurse her child herself. A woman, no matter to what rank she belongs, with health, strength and time to devote to her child, should not shrink from performing the most natural of maternal functions, for by not doing so she certainly risks the child's health, and perhaps her own. If, however, she be unable to nurse her child, it is better to bring it up upon cow's or goat's milk than to engage a hired nurse; many children thriving equally well upon good milk from either animal as upon their natural food. It is seldom that doctors think it necessary in these days to advise the employment of a wet nurse, although in some cases it is absolutely necessary. Under these circumstances we offer a few hints to the mothers who have to engage them for their children.

3476. ***The Wet Nurse.***—We are aware that, according to the opinion of some ladies, there is no domestic theme, during a certain period of their married lives, more fraught with vexation and disquietude than that ever-fruitful source of annoyance, "the Wet-Nurse;" but, we believe, there are thousands of excellent wives and mothers who pass through life without even a temporary embroglio in the kitchen, or suffering a state of moral hectic the whole time of a nurse's empire in the nursery or bedroom. Our own experience goes to prove, that although many unqualified persons palm themselves off on ladies as fully competent for the duties they so rashly and dishonestly undertake to perform, and thus expose themselves to ill-will and merited censure, there are still very many fully equal to the legitimate exercise of what they undertake; and if they do not in every case give entire satisfaction, some of the fault—and sometimes a great deal of it—may be honestly placed to the account of the ladies themselves, who, in many instances, are so impressed with the propriety of their own method of performing everything, as to insist upon the adoption of *their* system

in preference to that of the nurse, whose plan is probably based on a comprehensive forethought, and rendered perfect in all its details by an ample experience. In all our remarks on this subject, we should remember with gentleness the order of society from which our nurses are drawn; and that those who make their duty a study, and are termed professional nurses, have much to endure from the caprice and egotism of their employers; while others are driven to the occupation from the laudable motive of feeding their own children, and who, in fulfilling that object are too often both selfish and sensual, performing, without further interest than is consistent with their own advantage the routine of customary duties. Properly speaking, there are two nurses—the nurse for the mother and the nurse for the child, or, the monthly and the wet-nurse. Of the former we have already spoken, and will now proceed to describe the duties of the latter, and add some suggestions as to her age, physical health and moral conduct, subjects of the utmost importance as far as the charge entrusted to her is concerned, and therefore demanding some special remarks.

3477. ***State of Health.***—The age, if possible, should not be less than twenty nor exceed thirty years, with the health sound in every respect, and the body free from all eruptive disease or local blemish. The best evidence of a sound state of health will be found in the woman's clear open countenance, the ruddy hue of the skin, the full, round and elastic state of the breasts, and especially in the erectile, firm condition of the nipple, which, in all unhealthy states of the body, is pendulous, flabby and relaxed; in which case, the milk is sure to be imperfect in its organization, and, consequently, deficient in its nutrient qualities. Appetite is another indication of health in the suckling-nurse or mother; for it is impossible a woman can feed her child without having a corresponding appetite; and though inordinate craving for food is neither desirable nor necessary, a natural vigour should be experienced at meal-times, and the food taken should be anticipated and enjoyed. Besides her health, the moral state of the nurse is to be taken into account, or that mental discipline or principle of conduct which would deter the nurse from at any time gratifying her own pleasures and appetites at the cost or suffering of her infant charge.

3478. ***The conscientiousness and good faith*** that would prevent a nurse so acting are, unfortunately, very rare; and many nurses, rather than forego the enjoyment of a favourite dish, though morally certain of the effect it will have on the child, will, on the first opportunity, feed with avidity on fried meats, cabbage, cucumbers, pickles, or other crude and injurious aliments, in defiance of all orders given or confidence reposed in their word, good sense and humanity And when the infant is afterwards racked with pain, and a night of disquiet alarms the mother, the doctor is sent for, and the nurse, covering her dereliction by a falsehood, the consequence of her gluttony is treated as a disease, and the poor infant is dosed for some days with medicines that can do it but little if any good, and, in all probability, materially retard its physical development. The selfish nurse, in her ignorance, believes, too, that as long as she experiences no admonitory symptoms herself, the child cannot suffer; and is satisfied that, whatever is the cause of its screams and plunges, neither she, nor what she had eaten, had anything to do with it; with this flattering assurance at her heart, she watches her opportunity, and has another luxurious feast off the proscribed dainties, till the increasing disturbance in the child's health, or treachery from the kitchen, opens the eyes of mother and doctor to the nurse's unprincipled conduct. In all such cases the infant should be spared the infliction of medicine, and, as a wholesome corrective to herself, and relief to her charge, a good sound dose administered to the nurse.

3479. ***The Diet of the Wet-Nurse.***—The first point of importance is to fix early and definite hours for every meal; and the mother should see that no cause is ever allowed to interfere with their punctuality. The food itself should be light, easy of digestion, and simple. Boiled or roast meat, with bread and potatoes, with occasionally a piece of sago, rice, or tapioca pudding, should constitute the dinner, the only meal that requires special comment; broths, green vegetables, and all acid or salt foods must be avoided. Fresh fish, once or twice a week, may be taken; but it is hardly sufficiently nutritious to be often used as a meal. If the dinner is taken early—at one o'clock—there will be no occasion for luncheon, which too often, to the injury of the child, is made the cover for a first dinner. Half a pint of stout, with a Reading biscuit, at eleven o'clock, will be abundantly sufficient between breakfast at eight, and a good dinner, with a pint of porter, at one o'clock. About eight o'clock in the evening, half a pint of stout, with another biscuit, may be taken; and for supper, at ten or half-past, a pint of porter, with a slice of toast or a small amount of bread and cheese, may conclude the feeding for the day. Animal food once in twenty-four hours is quite sufficient. All spirits, unless in extreme cases, should be avoided; and wine is still more seldom needed. With a due quantity of plain, digestible food, and the proportion of stout and porter ordered, with early hours and regularity, the nurse will not only be strong and healthy herself, but fully capable of rearing a child in health and strength. There are two points all mothers, who are obliged to employ wet-nurses, should remember and be on their guard against. The first is, never to allow a nurse to give medicine to the infant on her own authority; many have such an infatuated idea of the *healing excellence* of castor-oil, that they would administer a dose of this disgusting grease twice a week, and think they had done a meritorious service to the child. The next point is, to watch carefully that to insure a night's sleep for herself, she does not dose the infant with syrup of poppies, or some narcotic potion, to insure tranquillity to the one and give the opportunity of sleep to the other. The fact that scores of nurses keep secret bottles of these deadly syrups, for the purpose of stilling their charges, is notorious; and that many use them to a fearful extent is patent to all. It therefore behoves the mother, while obliged to trust to a nurse, to use her best discretion to guard her child from the unprincipled treatment of the person she must, to a certain extent, depend upon and trust; and to remember, in all cases, rather than resort to castor-oil or sedatives, to consult a medical man for her infant in preference to following the counsel of her nurse.

THE SICK-NURSE.

3480. ***Sick Nursing.***—All women are likely, at some period of their lives, to be called on to perform the duties of a sick-nurse, and should prepare themselves as much as possible, by observation and reading, for the occasion when they may be required to fulfil the office. The main requirements are good-temper, compassion for suffering, sympathy with sufferers, which most women worthy of the name possess, neat-handedness, quiet manners, love of order, and cleanliness. With these qualifications there will be very little to be wished for; the desire to relieve suffering will inspire a thousand little attentions, and surmount the disgusts which some of the offices attending the sick-room are apt to create. Where serious illness visits a household, and protracted nursing is likely to become necessary, a professional nurse will probably be engaged who has been trained to its duties; but in some families, and those not a few let us hope, the ladies of the family would oppose such an arrangement as a failure of duty on their part. There is, besides, even when a professional nurse is ulti-

mately called in, a period of doubt and hesitation, while disease has not yet developed itself, when the patient must be attended to; and, in these cases, some of the female servants of the establishment must give their attendance in the sick-room. There are, also, slight attacks of cold, influenza, and accidents in a thousand forms, to which all are subject, where domestic nursing becomes a necessity; where disease, though unattended with danger, is nevertheless accompanied by the nervous irritation incident to illness, and when all the attention of the domestic nurse becomes necessary.

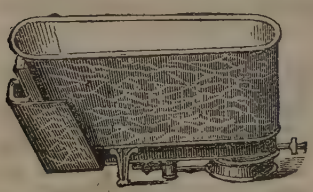
3481. ***Professional nurses*** need not only the qualifications already named in addition to their training: they should be physically strong, have good health, nerves well under control, and be sure that nursing to them is a congenial occupation. What a friend or relative can do for one she holds dear in the time of sickness, the taxing of strength, the loss of sleep that she makes light of in such a case, is no proof that she is fitted for the post of a professional nurse. The very self-sacrifice is against this, for a nurse must do what she does in a business-like way, she must not over-fatigue herself, should eat, drink and sleep well, and take regular exercise; while it should not be (as it is so often to the amateur) actual suffering to see pain inflicted when it is necessary that any operation be performed. She should be, like the surgeon, able to think of the future good instead of the present suffering.

To some nervous, highly organised persons this would be impossible, and they are therefore unsuited for nursing as a business, although they may be the most devoted and patient attendants upon those they love.

THE SICK-NURSE.

3482. ***In the first stage of sickness,*** while doubt and a little perplexity hang over the household as to the nature of the sickness, there are some things about which no doubts exist; the patient's room must be kept in a perfectly pure state, and arrangements made for proper attendance; for the first canon of nursing, according to Florence Nightingale, its apostle, is to "keep the air the patient breathes as pure as the external air, without chilling him." This can be done without any preparation which might alarm the patient; with proper windows, open fireplaces, and a supply of fuel, the room may be as fresh as it is outside, and kept at a temperature suitable for the patient's state.

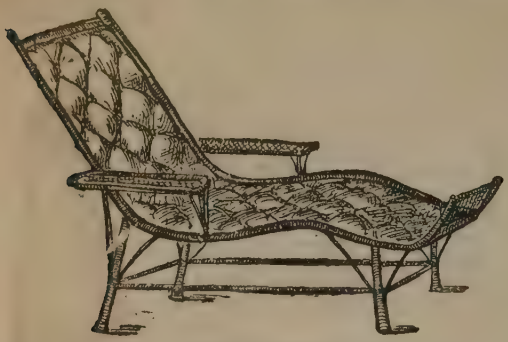
3483. ***Arrangement of the Sick-room.***—Windows must be opened from above, and not from below, and draughts avoided; cool air admitted beneath the patient's head chills the lower strata and the floor. The careful nurse will keep the door shut when the window is open; she will also take care that the patient is not placed between the door and the open window, nor between the open fire-place and the window. If confined to bed, she will see that the bed is placed in a thoroughly ventilated part of the room, but out of the current of air which is produced by the momentary opening of doors, as well as out of the line of draught between the window and the open chimney, and that the temperature of the room is kept about 64°. Where it is necessary to admit air by the door, the windows should be closed; but there are few circumstances in which good air can be obtained through the chamber door; through it, on the



BATH.

contrary, the gases generated in the lower parts of the house are likely to be drawn into the invalid's chamber. These precautions taken, and plain nourishing diet, such as the patient desires, furnished, probably little more can be done, unless more serious symptoms present themselves; in which case medical advice will be sought.

3484. ***Ventilation.***—Under no circumstances is ventilation of the sick-room so essential as in cases of febrile diseases, usually considered infectious; such as typhus and puerperal fevers, influenza, whooping-cough, small-pox and chicken-pox, scarlet fever, measles, and erysipelas; all these are considered communicable through the air; but there is little danger of infection being thus communicated, provided the room is kept thoroughly ventilated. On the contrary, if this essential be neglected, the power of infection is greatly increased and concentrated in the confined and impure air; it settles upon the clothes of the attendants and visitors, especially where they are of wool, and is frequently communicated to other families in this manner. The comfort of feverish patients, and indeed of most sick persons, is greatly increased by being sponged with tepid water in which camphorated spirit is dropped. A teaspoonful should be poured into a quart of water, and a patient may be sponged every two hours, in warm weather. "It is another fallacy," says Florence Nightingale, "to suppose that night air is injurious; a great authority told me that, in London, the air is never so good as after ten o'clock, when smoke has diminished; but then it must be air from without, not within, and not air vitiated by gaseous airs." "A great fallacy prevails also," she says, in another section, "about flowers poisoning the air of the sick-room: no one ever saw them over-crowding the sick-room; but, if they did, they actually absorb carbonic acid and give off oxygen." Cut flowers also decompose water, and produce oxygen gas. Lilies, and some other very odorous plants, may perhaps give out smells unsuited to a close room, while the atmosphere of the sick-room should always be fresh and natural.



INVALID CHAIR.

3485. ***Atmosphere of the Sick Room.***—Under all circumstances it should be kept as fresh and sweet as the open air, while the temperature is kept up by artificial heat, taking care that the fire burns clear, and gives out no smoke into the room; that the room is perfectly clean, wiped over with a damp cloth every day, if boarded; and swept, after sprinkling with damp tea-leaves, or other aromatic leaves, if carpeted; that all utensils are emptied and cleaned as soon as used, and not once in four-and-twenty hours, as is sometimes done. "A slop-pail," Miss Nightingale says, "should never enter a sick-room; everything should be carried direct to the water-closet, emptied there, and brought up clean; in the best hospitals the slop-pail is unknown." "I do not approve," says Miss Nightingale, "of making housemaids of nurses, that would be waste of means; but I have seen surgical sisters, women whose hands

were worth to them two or three guineas a week, down on their knees, scouring a room or hut, because they thought it was not fit for their patients; these women had the true nurse-spirit." Bad smells are sometimes met by sprinkling a little liquid chloride of lime on the floor; fumigation by burning pastiles is also a common expedient for the purification of the sick-room. They are useful, but only in the sense hinted at by the medical lecturer, who commenced his lecture thus:—"Fumigations, gentlemen, are of essential importance; they make so abominable a smell, that they compel you to open the windows and admit fresh air." In this sense they are useful, but ineffectual unless the cause be removed, and fresh air admitted.

3486. ***The sick-room should be quiet:*** no talking, no gossiping, and above all, no whispering—this is absolute cruelty to the patient; he thinks his complaint the subject, and strains his ear painfully to catch the sound. When it is necessary to speak, let it be distinctly and clearly so that the patient may hear what is said. It is not expedient to speak of him or his case, but avoid all appearance of mystery. No rustling of dresses, nor creaking shoes either; where the carpets are taken up, the nurse should wear shoes of list, or some other noiseless material, and her dress should be of soft texture that does not rustle. Miss Nightingale denounces crinoline, and quotes Lord Melbourne on the subject of women in the sick-room, who said, "I would rather have men about me, when ill, than women; it requires very strong health to put up with women." Ungrateful man! but absolute quiet is necessary in the sick-room. Instead of a coal-scuttle a basket should be used, filled with convenient sized pieces that can be put upon the fire with the hand, while a stick might take the place of a poker, and thus save a great deal of noise when it is necessary to make up the fire.

REVERSIBLE OR "POTSDAM" CAFFETIÈRE.

Take from the room if there be any superfluous articles of furniture, boxes, &c., and let the sick-room be as free as possible so that its cleansing and sweeping will occupy less time.

In the case of infectious disease, move things only into an unused room, where they can later on be disinfected.

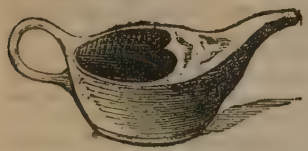
An extra room adjoining the sick-room is invaluable to a good nurse, for here, if it be warm weather, she can, if necessary, have a fire, can air linen, wash up any plates, glasses, &c., and do a hundred and one little duties she would otherwise be compelled to perform in the sick-room, thus saving, it may be, much disturbance to the patient, and being able to keep the sick-room as it should be kept, free from noise or litter of any sort.

Never let the patient be waked out of his first sleep by noise, never roused by anything like a surprise. Always sit in the apartment, so that the patient has you in view, and that it is not necessary for him to turn in speaking to you. Never keep a patient standing; never speak to one while moving. Never lean on the sick-bed. Above all, be calm and decisive with the patient, and prevent all noises over-head.

3487. ***The Sick-Bed.***—A careful nurse, when a patient leaves his bed, will open the sheets wide, and throw the sheets back so as to thoroughly air the bed. She will avoid drying or airing anything damp in the sick-room. A small bed, or rather a narrow one, is best for an invalid, for if he has to be moved it is far easier for the nurse to manage it than on a wide one. A mattress is better than a feather bed.

3488. ***Invalid's Food.***—"Patients," says Miss Nightingale, "are sometimes starved in the midst of plenty, from want of attention to the ways which alone make it possible for them to take food. A spoonful of beef-tea, or arrowroot and wine, or some other light nourishing diet, should be given constantly, for the patient's stomach will reject large supplies. In very weak patients there is often a nervous difficulty in swallowing, which is much increased if food is not ready and presented at the moment when it is wanted: the nurse should be able to discriminate, and know when this moment is approaching."

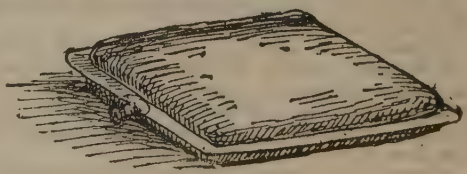
Never bring a large plateful to an invalid; let it be, if anything, rather less than more than you think he will take, a little can easily be added; but the sight of much food will sometimes prevent a patient taking any.



FEEDING BOAT.

Diet suitable for patients will depend, in some degree, on their natural likes and dislikes, which the nurse will do well to acquaint herself with. Beef-tea is useful and relishing but possesses little nourishment; when evaporated, it presents a teaspoonful of solid meat to a pint of water. Eggs are not equivalent to the same weight of meat. Arrowroot is less nourishing than flour. Butter is the lightest and most digestive kind of fat. Cream, in some diseases, cannot be replaced. But, to sum up with some of Miss Nightingale's useful maxims—Observation is the nurse's best guide, and the patient's appetite the rule. Half a pint of milk is equal to a quarter of a pound of meat. Beef-tea is the least nourishing food administered to the sick; and tea and coffee, she thinks are both too much excluded from the sick-room.

3489. ***A nurse's dress*** should be of some washing material that neither rustles nor crackles; her shoes should be soft ones that do not creak, her sleeves should be loose enough to roll back, and she should have a plentiful supply of large white aprons. A professional nurse would wear a neat white cap. Suffering people are apt to be impressed by trifles, such as a black dress having a gloomy look, while a bright one has a cheering effect, and we ourselves prefer to see a pretty pink cotton gown, for example, in a sick room, than a sombre, black looking one, for, beside the fact of the former being pleasanter to the eye, it has the additional advantage of not carrying infection as the woollen gown might.



AIR CUSHION.

3490. ***Doctors' orders*** are never disregarded by a nurse worthy of the name. Should she by watching the case think any other treatment or diet would be beneficial to the patient, she should not act upon her own opinion, but state it to the doctor. She should always report to him any change she observes in the patient, which she should be watchful to detect. The hearty co-operation of a nurse is of incalculable help to a doctor.

3491. ***Convalescence.***—In this stage the patient is often more difficult to manage than when seriously ill, he is more wayward and fanciful, more easily put out, and more easily impressed by his surroundings. The room should be made as bright and pretty as possible; he should be tempted to eat what is best for him, and firmly refused what would be detrimental. Anything that can be

done to while away the long hours of weakness should be tried, whether it be reading aloud, or by the nurse engaging herself with some occupation that it would be pleasant for the invalid to watch.

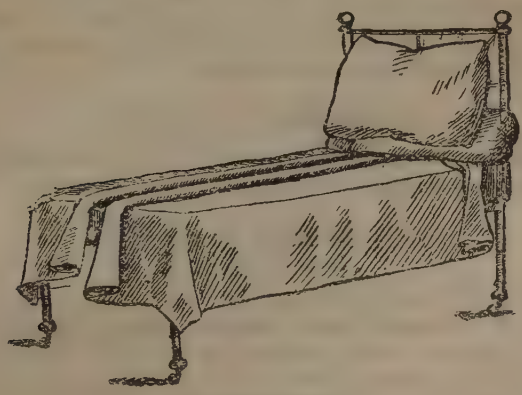
In some of the rooms of that beautiful hospital at Putney, called Melrose Hall, looking glasses are so fixed that patients in upper rooms have a view of the lovely garden brought in to them, and can, without moving and without any glare, lie and watch the waving trees and flowers below. In cases of long illness, this might give great pleasure to the sufferers incapable of being moved.

3492.—***Changing Sheets.***—There are several ways of changing sheets, but perhaps there is no more simple and easy one than that we here illustrate, that of rolling up the dirty sheet in a narrow roll till it reaches the side of the patient, treating the clean sheet in the same way, that is rolling it from end to end half way across. The clean and di ty roll are now laid side by side, and a very little shifting will take the patient over them, when the dirty sheet can be withdrawn and the clean one unrolled and spread in its place.

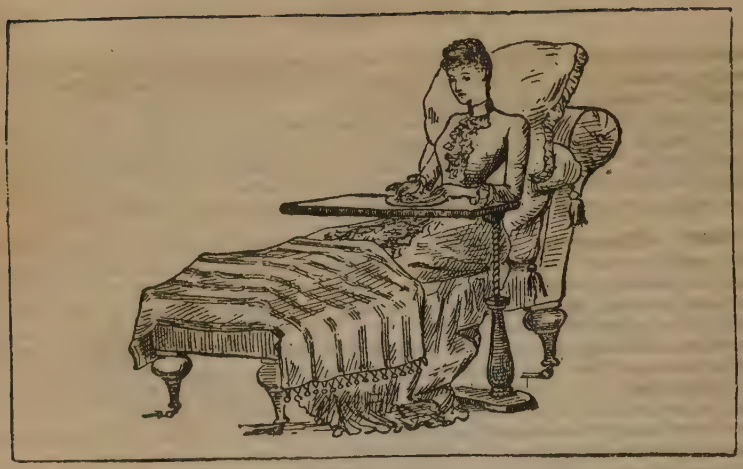
Under sheets for a sick bed should be small ones, only just large enough to tuck in at the sides, and should never be wound round the bolster.

A very hard pillow should be used as a foundation when it is necessary to make a pile for the patient to sit up in bed, as in cases of bronchitis.

For a helpless patient a draw-sheet is often needed, which may be made with a large sheet folded lengthways to about a yard wide. This should be laid across the middle of the bed over a mackintosh, with one end reaching only to the side of the bed, and the surplus at the other formed into a roll that can be unwound as the sheet is drawn from the other side. Be most careful to have this draw-sheet so firmly fixed with safety-pins or by being tucked under the mattress that it will not ruck or crease, and so avoid great discomfort, if not pain, to the patient. Fresh smooth sheets and cool pillows afford great comfort to most invalids, and a good nurse will be on the watch for opportunities of replacing a pillow and changing or smoothing a sheet when these offices can be performed without inconveniencing or disturbing her patient.



CHANGING SHEETS.



INVALID TABLE.

CHAPTER LXXII.

RECIPES FOR SICK-NURSE.

3493.—BRAN POULTICE.

Place the quantity of bran required, according to the size of the poultice, upon the top of the boiling water, and when the heat has penetrated the bran, stir it gently in. Pour off the superabundant water, and apply the poultice as hot as it can be borne.

3494.—BREAD POULTICE.

Boil about ¼ pint of water in a small, clean, lined saucepan. Into this put 2 oz. of stale bread, and let it soak for a few minutes.

3495.—BREAD POULTICE.

(Another Recipe.)

Cut a slice of crumb of bread—the size required—out of a stale loaf, put it in a warmed basin, and pour upon it boiling water; leave it for a few minutes, with a plate over it, to soak. Then drain off all the water, spread the poultice on a piece of soft linen rag and apply it as hot as it can be borne. It is much neater and generally as efficacious to wrap up the poultice in fine muslin, so that the bread does not adhere to the skin, and the whole may be removed without any mess.

3496.—BREAD-AND-WATER POULTICE.

(Abernethey's Plan.)

First scald out a basin; then, having put in some boiling water, throw in coarsely-crumbled bread, and cover it with a plate. When the bread has soaked up as much water as it will imbibe, drain off the remaining water, and there will be left a light pulp. Spread this a third of an inch thick on folded linen, and apply it when of the temperature of a warm bath. To preserve it moist, occasionally drop warm water on it.

3497.—LINSEED-MEAL POULTICE.

A linseed poultice being always needed hot, care should be taken that it is made so. Put the meal into the oven to heat for a quarter of an hour, and scald out the basin in which it is to be mixed with boiling water. Next pour in as much boiling water as is needed according to the size of the poultice required; then, stirring with a knife all the time, shake in the hot meal till the poultice is sufficiently thick. In some cases it is better to put the poultice upon the skin, when, to prevent its sticking, it may be slightly oiled. A paper cut rather larger than the poultice will then serve for spreading it on. Where it is preferred that it should not touch the skin, an old thin handkerchief answers well for a wrapper, the surplus being turned over at the back of the poultice. In either case it should be covered with cotton-wool and oil-silk to retain the heat as long as possible.

3498.—MUSTARD POULTICE.

This most useful application is made in a variety of ways. The simplest, the cleanest, and most efficacious for ordinary purposes, we believe to be the following:—Take a piece of soft flannel, dip it in boiling water, wring it out immediately, and sprinkle one side of it with fresh flour of mustard. The flannel should, while being sprinkled, be laid upon a hot plate, that no warmth may be lost. Another way of making a mustard poultice is by spreading a large tablespoonful of mustard, made in the ordinary way as if for table, on a piece of soft linen, and warming it before the fire when it is to be applied. A third, and better plan if warmth be needed, is to make a common bread poultice and stir into it a tablespoonful of mustard, either fresh or mixed. It is frequently desirable, with poultices made on either of the last two plans, to place a piece of fine muslin or gauze between the poultice and the skin.

3499.—MUSTARD AND LINSEED POULTICE.

Mix equal parts of dry mustard and linseed-meal in warm vinegar. When the poultice is wanted weak, warm water may be used for the

vinegar; and when it is required very strong, mustard, with a very little linseed-meal, is to be mixed with warm vinegar. Equal parts of linseed and raw mustard are sometimes used.

3500.—FOMENTATIONS.

These are generally used to effect, in a part, the benefit produced on the whole of the body by the bath; to which a sedative action is occasionally given by the use of roots, herbs, or other ingredients; the object being to relieve the internal organ, as the throat, or muscles round a joint, by exciting a greater flow of blood to the skin *over* the affected part. As the real agent of relief is heat, the fomentation should always be as hot as it can comfortably be borne, and, to insure effect, should be repeated every half-hour. Warm fluids are applied in order to render the swelling which accompanies inflammation less painful, by the greater readiness with which the skin yields than when it is harsh and dry. They are of various kinds; but the most simple, and oftentimes the most useful, that can be employed is "Warm Water."

3501.—HOT-WATER FOMENTATION.

A great deal of the trouble of wringing out the flannel can be saved if there happens to be a steamer in the house, into which it should be put over boiling water after being folded to the required size. Another plan is to damp the flannel with hot water, then lay it on the register with a sheet of paper above and below. When turpentine has to be added, sprinkle it on the side of the poultice to be applied. Cover the flannel used to foment, which should be folded four times thick, with wool and oil silk.

3502.—POPPY-HEAD FOMENTATION.

Another kind of fomentation is composed of dried poppy-heads, 4 oz. Break them to pieces, empty out the seeds, put them into 4 pints of water, boil for a quarter of an hour; then strain through a cloth or sieve, and keep the water for use. Or, camomile-flowers, hemlock, and many other plants, may be boiled, and the part fomented with the hot liquor, by means of flannels wetted with the decoction.

3503.—OINTMENT FOR CHAPPED HANDS.

Ingredients.—1 oz. of bitter almonds, oil of sweet almonds, the yolk of 1 egg, and a little tincture of benzoin; 10 drops of oil of caraway.

Mode.—Blanch the almonds, beat them to a paste by working in gradually the oil of sweet almonds and the egg, also the benzoin and oil

of caraway, so as to make the ointment of the consistence of thick cream. Before going to bed, the hands should be well washed with soap and warm soft water, and the ointment rubbed well into them. It is desirable to keep the hands covered with a pair of soft kid gloves while the ointment is upon then. Another ointment can be made with Goulard's extract, 1 fluid drachm; rose-water, 1 fluid oz.; spermaceti ointment, 2 oz. Melt the ointment, and rub it up with the extract of Goulard mixed with the rose-water.

3504.—LINIMENT FOR CHILBLAINS.

Ingredients.—1 teaspoonful of flour of mustard, half a pint of spirits of turpentine.

Mode.—Infuse the mustard in the turpentine, shake it well during twenty-four hours; then strain it off quite clean through muslin. Apply the clear liquid to the chilblains and rub it well in.

3505.—POULTICE FOR CHILBLAINS.

Bake a common white turnip and scrape out the pulp; mix it with a tablespoonful of salad-oil, one of mustard, and one of grated horseradish. In this way form a poultice and apply it to the chilblains on a piece of linen rag.

3506.—COLD CREAM UNGUENT.

(*Used as a Mild Unguent to Soften the Skin, Prevent Chaps, &c.*)

Ingredients.—2 oz. of spermaceti, ¼ oz. of virgin wax, ¼ pint of oil of sweet almonds, ½ pint of rosewater.

Mode.—Dissolve the spermaceti, wax and oil of sweet almonds by steam, and when dissolved, beat them till quite cold in a pint of rose-water.

AIR CUSHION.

3507.—TO MAKE COLD CREAM.

A very simple way of making this is to put in a basin 1 lb. of lard and fill with boiling water. When cold and the lard has risen to the top, take it off and repeat the process. When again cold, whisk it up with a paper knife till of a perfectly smooth cream and add enough essence of lemon to give it perfume.

3508.—TO MAKE COURT PLASTER.

Make a strong jelly with isinglass, soaking it three days in warm water, evaporate the water and dissolve the remainder in spirits of wine, then

strain. Stretch a piece of thin black silk upon a frame (a work-frame answers well for this) making it perfectly tight, then melt the isinglass and coat the silk with it, repeat the coating when it has cooled, then give the plaster two coats of balsam of Peru in the same manner as with the isinglass.

3509.—CAMPHORATED SPIRITS OF WINE.

(*Useful as an Embrocation for Sprains, Rheumatism, Chilblains, &c.*)

Dissolve 1 oz. of camphor in ½ pint of rectified spirits of wine.

3510.—TO TREAT A CUT.

Draw the edges of the cut well together, and bind it up tight with linen rag. Soak the rag about the cut with Friar's balsam or diluted tincture of arnica, in the proportion of 1 part of arnica to 10 parts of water. Both these preparations are so useful that they should always be kept ready. In the case of a very bad cut, the edges may be drawn together with a needle and thread. It is useless to think of applying plaster till the bleeding has ceased.

3511.—TO CURE A COLD.

(*A most Efficacious and Simple Remedy for a Severe Cold in the Head.*)

Take a small basin, put into it boiling water and strong camphorated spirit, in the proportion of 1 teaspoonful of spirit to ½ pint of water. Wring out a sponge in this as hot as possible, and apply it to the nose or mouth; draw in the steam with the nose first and then with the mouth; swallow the steam, and, to prevent any escape, cover the head with a flannel. Repeat this operation for some time, having another hot sponge when the first gets cool. Sponges so wrung out in the same mixture may with great benefit be applied outwards to the throat and chest.

Camphorated sal-volatile is a good medicine for a cold, 30 drops in a wineglass of warm water several times in the course of the day.

3512.—TO APPLY A BLISTER.

Wash the skin with soap and water, warm the blister at the fire and lay it on, leaving it there from 7 hours or more till it rises. Snip the bladder then formed with sharp pointed scissors to let the water out, then dress with ointment spread upon lint.

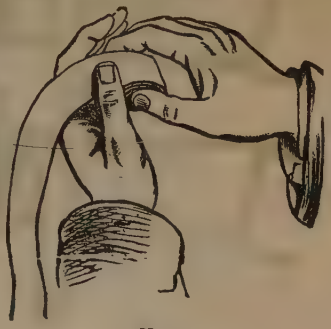
3513.—TO APPLY LEECHES.

Should they not bite at once put the spot of blood obtained by a slight prick of the finger on the place. When filled they usually roll off; but if

it is necessary to detach them they must not be pulled, but a little salt must be shaken over them, which will make them release their hold. Should too much bleeding follow apply a little powdered alum.

3514.—TO TREAT A SCALD OR BURN.

Before a doctor can be summoned it is always necessary to do something to allay the dreadful pain caused by either of these accidents. The clothing will have to be first most carefully removed, being cut away if necessary. A solution of carbonate of soda has a very soothing effect, if applied with a linen rag, which must be continually moistened, while ice broken up and mixed with lard if renewed directly the ice melts, will quite allay the pain from burns. A slight burn can be treated at once with soft soap well rubbed in, after which it may be oiled and floured. Cold water should be poured over a person when scalded before attempting to remove the clothing.



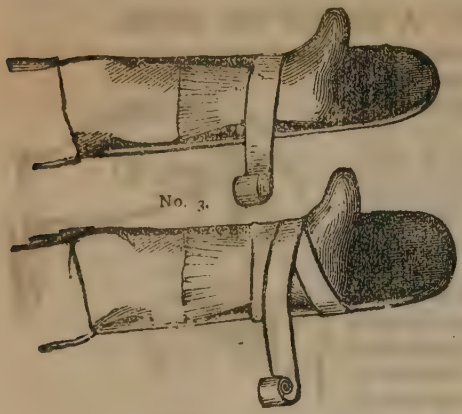
No. 1.

3515.—BANDAGING.

This subject being also treated of in "THE DOCTOR," we need only mention here a few simple bandages that could be applied by a non-professional nurse. Every one should know how to roll a bandage, and the accompanying illustrations show the way of holding it, both with and without assistance; the great knack of rolling it being to get it perfectly tight and even. The first few turns can be taken round a knitting needle, which should then be withdrawn.

No. 2.

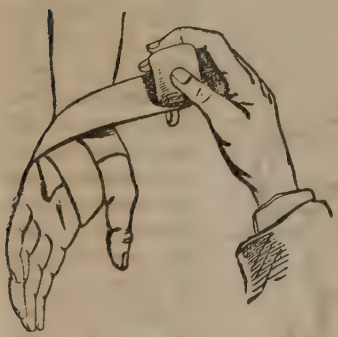
In applying the bandage, put the outer side against the skin, as shown in the two following illustrations (Nos. 3 and 4), which represent the bandaging the legs of a rickety child. No. 3 shows the commencement,



No. 3.

No. 4. No. 5.

the splints (plain pieces of wood padded with wool) being placed on the inside of the leg. In No. 4, we see the bandage carried under the foot and back again, and from thence it is simply wound round and round



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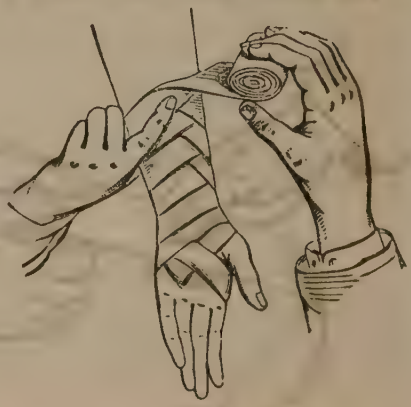


No. 7.

upwards, and fastened with a safety pin. A bandage about 3 yards long and 2½ inches wide would be required for this purpose.

A bandage for the finger would be from half to 1 inch wide, and the

manner of applying it is shown in illustration No. 5. One or two turns are first taken round the wrist, then the bandage is put down the back of the hand, and with one or two spiral turns to the tip of the finger, from whence it is wound back to the root, and crossing the back is again passed round the wrist and tied.

The method of bandaging the wrist is so clearly shown in the accompanying two illustrations (Nos. 6 and 7) that it does not need explanation. In No. 6 is shown the commencement, with the first turns round the hand; in No. 7 the manner of making reverses in a bandage, which, in this case, is carried some way up the arm.

3516.—TO PUT AN ARM IN A SLING.

Our illustration shows the way of putting on a sling which can be made from a large handkerchief, the ends being tied for safety in a reef knot.

Care should be taken in arranging a sling that it gives the required support to the arm.

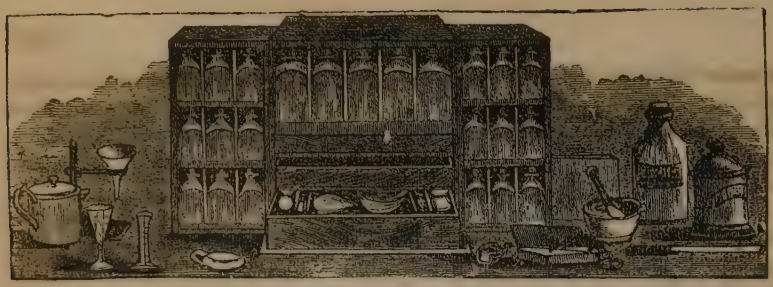
SLING FOR ARM.

3517.—ADMINISTERING MEDICINE.

Although this is given by medical advice, and at the time the doctor orders it as a rule, it sometimes happens that a bottle sent has only the indefinite directions such as "A dessertspoonful twice daily" or "A wineglassful every 4 hours," and in the case of an amateur being the nurse it may not be given at the best times.

When medicines have to be taken at intervals during the day, it is best to give it first at 10 o'clock in the morning; if only once during the day, then at 9 in the morning or at bedtime; if twice, at 10 and 4.

It is always safest to have a medicine-glass marked with the different measures, for the size of the spoons may considerably vary in different households; and it cannot be too firmly impressed upon the nurse, whether professional or amateur, that regularity and exactitude in the administration of medicine are absolutely essential, the only deviation from the time fixed for it being made when the patient happens to be asleep at the specified hour.



MEDICINE CHEST.

THE DOCTOR.

The doses of medicine prescribed in these pages are those intended for adults, unless otherwise stated.

CHAPTER LXXIII.

HOW TO KEEP WELL.

3518. ***Introductory.***—Health of body and mind is a blessing of inestimable value, and, as the greatest of all earthly means of happiness, the efforts of all wise persons should be directed towards its attainment. Disease is simply a departure from perfect health, and this being so, it is necessary that the attention be directed to the more important agencies which act upon the individual, producing disturbance of, or departure from, absolute health, in order that he may be the more able to combat them successfully. It is obvious that causes of disease are any of the innumerable external influences which act upon our bodies, disturbing the natural condition of our organs, or the balance of the functions which they perform; as, for example, excess or privation of the air we breathe, the water we drink, the food we eat, variations in the direction of superabundance or deficiency of the light, the heat and the electricity which modify the nutrition of our bodies.

3519. ***Heat and Cold as Causes of Disease.***—These are two of the most prolific disturbers of our perfect, and therefore healthy, life, and being so powerful and incessant in their working, they demand our most watchful care in order to guard against serious or fatal injury.

Exposure to intense heat, especially from the direct rays of the sun, is liable to produce sunstroke, which every summer proves to be rapidly fatal, and the faintness, giddiness and insensibility which accompany it have been shown by ingenious experiments to be the immediate effect of heat upon the brain substance.

Exposure to the sun's rays should be abstained from in very hot weather between the hours of 11 and 3 o'clock; or if one is obliged to be out, a wet handkerchief, a sponge, or a handful of green leaves worn in the crown of the hat is a useful precaution against sunstroke.

When giddiness or weakness with heat about the head come on, and an attack of a serious nature is threatened, the patient should be at once removed to a cool, shady place, and the head, neck and chest rubbed with small pieces of ice, so as to reduce the temperature.

Extreme cold is no less fatal in its effects than extreme heat. In a minor degree it gives rise to frost-bite and chilblains. When only small parts of the body have become frozen (recognisable by the spot turning of a dull yellowish-white colour) serious injury may often be prevented by thawing it very gradually, which may be done by bathing it with ice-cold water or rubbing it with snow.

Cold also acts as a disease-producing agent by checking perspiration, and thus preventing the carrying off of injurious worn-out materials of the body by that great avenue of purification.

Another effect of cold is to drive a great part of the blood out of the little blood-vessels which run everywhere just beneath the surface of the skin. This it does by its contracting and constricting influence, and the blood so driven away flows inwards to the warm parts of the body, filling them too full of blood, or, as it is called, *congesting* them.

When the surface of the body has been chilled in consequence of exposure, the feet ought to be soaked for ten minutes in hot mustard-and-water and the patient covered over with blankets in a warm room and one or two cups of hot milk, cocoa, tea or gruel be given, so as to promote free perspiration.

3520. ***Pure Air.***—The importance of a sufficient supply of pure air can scarcely be over-estimated. In ill-ventilated places the proportion of oxygen in the air becomes greatly reduced, which renders it deleterious and dangerous—our very life being dependent upon the blood gaining fresh oxygen and getting rid of stale carbonic acid unceasingly.

Among the more important causes of atmospheric vitiation are the carbonic acid and other substances given off from the lungs, the effluvia from drains, sewers and cess-pits, effluvia from decomposing animal matter, which often contaminate the air and give rise to pestilential disorders; the vapours given out from thickly crowded graveyards, which greatly increase the sick and death-rates of neighbourhoods in which they are disseminated; emanations from manure factories, brick-fields, chemical works of various kinds, and the air of marshes or low-lying meadows, which is apt to give rise to remittent or intermittent fevers.

Dust in the air contains, among other things, innumerable epithelial scales from the skin of men and animals, hairs, fragments of wool, cotton and flax fibres, pollen grains, splinters of wood, bark, shreds of leaves, particles of coal and many other substances. Some of these irritate the lungs mechanically, as, for example, anthracite or bituminous coal, which gives rise to miner's consumption.

The fine particles of steel thrown off in grinding saws and other instruments, the dust in potteries and the fragments of wool, flax, &c. in cloth factories, cotton mills and so forth, all exert an injurious influence upon the lungs.

The great remedy for impurities of air is ventilation, and the best method of accomplishing this has been for many years one of the great objects of sanitarians.

As the air of an inhabited room cannot, at best, be kept as pure as the external atmosphere, the object of ventilation must be only to reduce the impurities of respiration to such an extent that breathing them into our lungs again will not be manifestly detrimental to health.

In order to keep the ratio of carbonic acid and its associated animal impurities down to this limit, it has been found by experiment that it is necessary to supply three thousand cubic feet of perfectly pure air each hour for every adult man who is vitiating the atmosphere of a room by breathing it.

Then it must be remembered that the gas-lights and other sources of

illumination (the electric and oxy-hydrogen lights excepted) exercise a powerful influence in rendering the air of an apartment impure.

With natural ventilation, that is, ventilation from the cracks of doors and windows, it is almost impossible to replace the air of a chamber more than three times in an hour without exposing the inmates to unpleasant currents of air, and therefore it is necessary that persons should not congregate in a room to a greater number than one to every one thousand cubic feet.

An apartment ten feet high, ten feet wide and twenty feet long, should contain two persons; and in a chamber twenty feet square and ten feet high, four persons, but no more, might be allowed to sit, eat or sleep.

Of course these laws of health are constantly outraged by the poor and the ignorant as well as the parsimonious and the foolhardy, but sooner or later such violations are sure to entail their own punishment.

3521. ***Pure Water.***—Water is the second great material necessary for existence, it being estimated that man can live without it only some three to five days, while he can exist without sleep for seven days and without food for ten or fifteen.

If water is thus an absolute requisite for life, pure water is a no less imperative necessity for health, and, inasmuch as it is apt to become contaminated on account of its great solvent powers, it is necessary to watch carefully the sources of our supply.

Water constitutes about three-fourths of the surface of the earth, and the greater part of the bodies of man and other animals; some vegetables may contain as much as ninety-five per cent. of it.

A healthy individual requires from three to five pints of water daily, nearly one-third of this quantity being contained in articles of diet, and the rest supplied to the system in the form of liquids.

Rain water is the purest of all forms ordinarily met with, if collected as it falls in clean vessels. Rivers are probably the most usual sources of supply for our drinking-waters, and if due care is exercised to prevent contamination of the liquid from sewers, factories, &c., this variety of water is one of the least objectionable.

A certain amount of saline impurity, especially of the sulphates and chlorides of the alkaline earths, must be present in order to render the river water safe from contamination of lead pipes, if these are used for distributing the fluid, as they are in most of our larger cities and towns.

The way in which these soluble salts act is by forming with the metal an insoluble coating over the inner suface of the pipe, which mechanically precludes the water from having any action upon the metallic surface. It is on account of the very purity of rain water from these saline compounds, that lead pipes or lead-lined cisterns should never be used for its conveyance or retention.

3522. ***Rain Water.***—When rain water falls upon the surface of the ground, a portion of the moisture runs off into brooks, creeks and rivers, but a much larger part soaks downwards through the earth, and after a few hours or days finds its way, by the minute holes in the soil, into our wells. In the course of its journey it may meet with materials from the animal kingdom, which often change our drinking-water into slow and insidious poison, or into swift agents of sudden destruction. Two of the most fatal scourges of humanity—cholera and typhoid fever—are particularly apt to be transmitted from one victim to another by way of contaminated well-water.

Recent observations upon the propagation and spread of diphtheria tend to show that in all those instances of excessive malignity, when whole families of children have been swept away in a few weeks, careful examination will reveal

the cause of this unusual mortality in a water-supply, contaminated by washings or soakings from cess-pits or other receptacles for the evacuations of the bowels of more or less diseased human beings.

One of the simplest and cheapest pieces of apparatus for purifying water is Dr. Parke's Cottage Filter, which is thus prepared. "Get a common earthenware flower-pot, and cover the hole with a bit of zinc wire gauze, or of clean-washed flannel, which requires changing from time to time; then put into the pot about three inches of gravel, and above that the same depth of white sand washed very clean. Four inches of animal charcoal (covered with a thin stratum of coarse gravel, or with a piece of slate to keep it in place) constitute the last layer; and the water should be poured in at the top, and be received from the hole at the bottom into a large glass bottle. The charcoal will, from time to time, become clogged, and must then be cleaned by heating over the fire in a shovel. The sand or gravel should also be cleaned or renewed from time to time.

A wise precaution while travelling in unhealthy districts or during the prevalence of an epidemic, is to drink none but boiled rain-water. To be effectual, the boiling should be continued briskly for half an hour or longer.

Make it a rule neither to sleep nor eat in a house where the drains are not in perfect order. Above all, reject stationary washstands in bed-rooms or bath-rooms and other "modern conveniences" adjoining sleeping or living rooms. Such modern conveniences are, in reality, conveniences for the ready entrance of typhoid fever, diphtheria, and other dangerous diseases, into your dwellings, and all the ordinary forms of "traps" and ventilators, no matter how well they are kept in order, mechanically, seem to have proved powerless to prevent the admission of these terrible maladies.

3523. ***Baths and Bathing.***—The employment of baths goes back to the highest antiquity, and was indulged in almost to excess by the Greeks and Romans. So important are baths in warm countries, that the Jewish and Oriental religions enjoin frequent ablutions as a necessary part of the ceremonials of their creeds, thus no doubt largely contributing to the health and well-being of their devout disciples.

In order to understand the value of bathing, we must glance briefly at the anatomy and physiology of the skin. In the first place we have on the entire outer surface of the body, a layer of membrane, like thin leather, called the epidermis; this stratum is not supplied with nerves, is therefore insensible, and constitutes the portion which rises up when the hands are blistered by rowing, for example, or when a fly blister is applied.

Just beneath the epidermis, lies the true skin, or corium as it is called, a tough, strong membrane, richly supplied with blood vessels and nerves. Hence it bleeds and feels pain at the slightest cut or puncture, since even the finest needle cannot be thrust into it without wounding some little artery or vein, and some tiny filiment of nerve. Under the true skin again lies the subcutaneous cellular tissue, which generally contains a good deal of fat.

The most important constituents of the skin to our present enquiry, however, are: 1st., the sweat glands; 2nd., the oil glands; and 3rd., the hair and nails, usually spoken of as appendages to the skin.

The sweat glands are twisted and coiled-up tubes, occupying the true skin and the layer of tissue beneath. They open upon the outside of the epidermis by an immense number of minute openings called *pores*, almost invisible to the naked eye. When we are at rest, the flow of perspiration, though constant, is seldom so free that it does not evaporate almost as rapidly as it exudes, so that the skin is only kept pleasantly moist; but during exercise, especially in warm weather, the cutaneous surface becomes covered with drops of fluid.

When the pores of the skin are partly choked up, so that they cannot do their

work properly, some of this duty of purifying and regulating the volume of the blood is thrown upon certain internal organs, such as the kidneys or intestines; and should these happen to be weak, diseased, or already overtasked, serious disturbance may be quickly brought on throughout the whole system.

3524. ***Warm Baths.***—For purposes of cleanliness, the baths par excellence are those of warm water, this term being applied to those in which water of a temperature from 70° to 80° is employed.

Liquids of this degree of heat usually give a sensation of warmth when placed in contact with the human skin, and therefore avoid the disadvantages of the shock to our systems produced by a cold bath (that is, below 60°), and the excessive stimulation resulting from a hot bath, *i.e.*, one of 85° and upwards. Soap, or alkali in some form, is necessary to remove the fatty matter poured out by the oil glands already described, and for most people there is nothing better than the old-fashioned white Castile. Many persons are apt to remain too long in a warm bath, and care should be taken to avoid this mistake, which has a very debilitating effect if often indulged in.

The frequency with which a bath should be repeated varies somewhat with different individuals. A safe rule, to which of course there are sundry exceptions, would be to bathe the body twice a week in winter and every other day in summer, gradually increasing the frequency to a tri-weekly washing in winter and a daily one in summer, if experience proves that better health is secured by such a habit.

It is very important to avoid being exposed to cool air after immersion in a warm bath, because mechanical obstructions to the outflow of perspiration from the pores being washed away, the amount of fluid poured out upon the skin, and consequently the cooling effect of evaporation from the cutaneous surface is greater, and the danger of becoming chilled much increased.

The condition is accurately expressed by the popular saying that a warm bath "opens the pores," although the exact mechanism by which this opening is accomplished is not so generally understood. Hence it follows that the best time for bathing, with those who are in robust health yet are liable to take cold, is in the evening, when they can go to bed at once, and so avoid all exposure for some hours afterwards. Invalids, however, and those who have delicate constitutions, will often find that they endure the exertion of taking a bath best about eleven o'clock in the morning, after digestion of the morning meal is accomplished, and yet before they are tired out with the fatigues of the day.

3525. ***Hot Baths*** by which are meant those of a temperature of from 85° to 105° Fahrenheit, are chiefly used in the treatment of diseases as powerful stimulants. Every parent should remember that a hot bath, causing free perspiration, promoted by wrapping up warm in bed with blankets, will often save children and adults severe attacks of illness, if promptly resorted to after exposure to cold or wet.

3526. ***Cold Baths*** are invaluable aids in promoting and preserving health, if properly used in suitable cases; but may become dangerous agents, causing even fatal results, if employed by the wrong individuals, at improper times, or with excessive frequency.

3527. ***Sea-bathing*** is one of our best means of strengthening the system, either to prevent the development of actual disease or to restore the original vigour to a constitution recovering with difficulty from the effects of some debilitating malady.

For the many delicate ladies and children who are not strong enough to endure the shock of cold sea-baths from the beach, bathing in warm salt water, taken comfortably at home, is invaluable.

Baths should never be taken immediately after a meal, nor when the body is very much exhausted by fatigue or excitement of any kind, nor during nor just before menstruation; and they should be sparingly and guardedly used by pregnant women.

Children and elderly persons ought to employ warm or but slightly cold baths, never below 70° Fahrenheit.

3528. ***Food.***—Nothing is more important to our physical well-being, and consequently to the attainment of long life, than the two evidences of a healthy stomach, which the immortal dramatist has linked together in the oft-quoted saying of Macbeth's:

"Let good digestion wait on appetite,
And health on both."

If we consider the amount of ill-temper, despondency, and general unhappiness which arises from want of proper digestion and assimilation of our food, it seems obviously well worth while to put forth every effort, and undergo any sacrifice, for the purpose of avoiding indigestion, with its resulting bodily ills.

We might just as well expect a locomotive to run without plenty of fuel as expect a human body to perform its daily labour without a due supply of suitable food, properly chewed, swallowed, digested, assimilated and carried by the blood to nourish the various organs and tissues of the system, as they hourly wear out and are replaced in the service of the body.

Every part of our organism is the subject of continual change. The flesh of the arm to-day is not precisely the same flesh as yesterday: some of its molecules have been used up, dissolved and carried away by the blood, and have been cast out of the system through the kidneys or bowels, whilst their places have been supplied by new molecules formed in that wonderful physiological laboratory, the blood, from the food taken into the stomach.

If now the stomach or the blood do not do their work properly, or if, doing the best they can, they are not supplied with suitable materials in the food furnished them, the effete molecules of the arm are not fully replaced, and the muscles become flabby and dwindle away; or, on the other hand, if, by unusually nutritious food and the stimulus of exercise, a greater number of new muscle molecules are elaborated in the blood than are carried away by it in a worn-out condition, growth and development of the arm is the result. And so on with all the different parts of the body.

Another very important office of food, especially the fatty or highly carbonised articles of our diet, is that of supplying the bodily heat by being slowly burnt up within our systems, exactly as the coal (mineral carbon) burnt up in furnaces warms our dwellings, except that the process of combustion is so managed in us that it goes on slowly, and only a very little at a time, with the result of giving out no light and but a moderate amount of heat.

3529. ***Materials of Food.***—The materials which make up our food, besides water and saline ingredients, are—1st, The nitrogenous (such as meat, eggs, cheese, the gluten of wheat flour, animal jellies, &c.); 2nd, The fatty (such as fat of animals, butter, olive oil and so forth); and 3rd, The saccharine, comprising starch, sugar and molasses in all their varieties (bread, potatoes, rice, &c., for example).

The office of the first of these groups is to supply the waste of muscular substance caused by pulsation of the heart, breathing, eating, &c., and by physical exercise, such as manual labour, walking or riding. Fatty articles of diet are chiefly employed to sustain heat of the body by their gradual combustion, and the saccharine elements contribute to the same end.

A healthy, full-grown man, doing a moderate amount of work, requires daily

about four and a half ounces of dry nitrogenous, three ounces of fatty, and fifteen ounces of sugary and starchy food, besides an ounce of saline matter.

Under ordinary circumstances, the penalty for taking less than this amount of food is loss of flesh and strength, more or less rapid in proportion to the degree in which economy of nutriment, forced or otherwise, is practised.

The penalty for eating more than these quantities is derangement of the stomach, liver and intestines by overloading them, and a consequent production of dyspepsia, biliousness, diarrhœa or constipation, with their innumerable attendant evils which, more perhaps, than any other class of influences, prevent the attainment of long life.

As a rule, women need about nine-tenths of the nourishment requisite for men; boys of sixteen, about the same as women; and children of ten years half the amount necessary for adults. Individual peculiarities, whether temporary or permanent, should be studied and conformed to with the utmost care.

3530. ***Quantity of Food.***—The quantity of food taken into the stomach at different meals is a matter of great moment. Speaking generally, the morning meal should comprise one-third of the meat and two-sevenths of the starchy nutriment; dinner should include the remaining two-thirds of the meat and three-sevenths of the starchy materials; and the evening repast consist of the last two-sevenths of the saccharine and starchy matters.

Most adults and nearly all children and old people, must either be careful of diet or be soundly chastised for their neglect.

Mental anxiety or labour, as well as bodily exertion, should be avoided during and for half an hour after a full repast. Lighter meals may be advantageously followed by gentle exercise, such as walking or moderate work. Complete mastication of the food is vitally important to health and long life.

3531. ***Exercise.***—Exercise, in the strict signification of the word, means the performance of its function by any and every organ of the body. As usually employed, however, it signifies the action of the muscles under control of the will.

The most important effect of exercise is to be seen in the lungs when the circulation of the blood is hurried much above the ordinary rate. As a consequence of this greater influx of blood to be oxygenated in the air-cells, the quantity of air inspired, and the amount of carbonic acid exhaled, are both largely increased.

During exertion no clothing should be worn which interferes with the free play of the chest, and a larger amount of carbon should be furnished in the nourishment.

Muscular exertion very speedily increases the force and frequency of the heart's pulsations, and the amount of blood flowing through all parts of the body, including the heart itself, in a given time is much augmented.

Severe muscular exertion increases the flow of blood in the small blood-vessels of the skin, and causes a profuse discharge of perspiration, which may be even doubled or trebled in amount. During active exercise there is little danger of chill; but immediately afterwards, and also during the intervals of rest, the skin should be so warmly protected as to prevent the least coolness of the surface. For this purpose flannel is by far the best covering.

Moderate exercise causes the muscles employed to increase in size, become harder and respond more readily to the commands of the will; but if the exercise is too prolonged, or excessive, the opposite effect is produced, and they begin to soften and waste.

Deficiency of exercise is apt to lead to weakening of the heart's action, from a change of the muscular structure into fat (fatty degeneration).

It has been calculated that, for an individual weighing one hundred and fifty pounds and in good health, the daily amount of exercise ought to be equal to that put forth in walking eight and a half miles on level ground. For females of average strength, a smaller amount of pedestrian exercise, amounting to three or four miles daily would generally be appropriate.

3532. ***Exercise of Childhood.***—The amount of exercise in childhood and youth should be most carefully regulated. It is important not to restrict too much the movements of infants, and care should be taken to avoid having their clothing too tight to allow ample freedom of the limbs.

During childhood and youth, effort should be made to exercise every important muscle in the body, each in its turn, so as to secure for all a complete and symmetrical development, and consequently a robust health.

Bodily exercise, as well as mental exertion, should be regulated with especial care in young girls about the epoch of puberty, since the changes of the constitution at that momentous period often render ordinary rules and habits useless or even injurious.

In advanced life, the power, as well as the inclination for active exertion, alike fail, but moderate exercise should be encouraged as long as possible.

3533. ***Sleep.***—Sleep is intended to repair the expenditure of power in the system consequent upon mental or bodily fatigue, and its duration should therefore be proportional to the loss of vigour actually met with during the preceding period of daily activity.

In early infancy, the active processes of growth and development going on in the budding organism require a correspondingly greater amount of repair, which is largely contributed to by frequent slumbers, which occupy a majority of the twenty-four hours.

The necessity for sleep, which is quite imperative in the young child, becomes gradually less and less pressing until, after the age of two or three years is reached, repose during the night only is required.

In the prime of manhood or womanhood, the proper period is more readily determined, and is much shorter than that suited to infancy. In advanced life the expenditure of physical and mental power is smaller, and less need of prolonged repose is felt by the system; although in extreme old age, or second childhood, the body often reverts to its infantile habits of frequent slumber.

3534. ***Importance of Habit.***—Habit, which so powerfully modifies all the bodily functions, exercises a great influence upon the duration of sleep. Those who, from necessity or from choice, remain awake through the night, learn to feel, it is true, as soon as the habit is well established, no necessity for nocturnal sleep; and yet, the enfeebling of their forces and impoverishment of their blood generally go on uninterruptedly.

In regard to the influence of temperament, it may be observed that a plethoric habit of body, kept up by full diet, especially of animal food, predisposes to sleep, provided the digestive powers are in vigorous condition. Persons of lymphatic temperament are usually great sleepers. Thin, wiry people, on the other hand, in whom the nervous temperament predominates, usually require comparatively little sleep; but their slumber, while it lasts, is very deep.

The amount of sleep is greatly influenced by habit, and, contrary to what might have been anticipated, we find that exceptionally brief sleepers have generally been men of the greatest mental calibre. Thus, Frederick the Great, John Hunter (the often-quoted surgeon) and the first Napoleon, are said to have required only five hours' sleep out of the twenty-four. As a general rule, from six to eight hours of repose are required in the twenty-four to keep the system in a state of healthful activity.

Usually, when people are abruptly aroused from profound slumber, the action of the heart becomes quickened or otherwise disturbed.

The effects of a habitual deficiency of sleep are a sense of wretchedness and prostration, frequently accompanied by great restlessness.

Headache, fulness, heat, throbbing and various other unpleasant sensations about the head, give warning that the brain is being overtasked, and, should this warning pass unheeded, sleep, which at first it was difficult to resist, becomes even more difficult to obtain; a state of general restlessness and feverish excitement is induced; and if, in spite of this, the effort be continued, serious consequences are almost sure to be induced.

In average health, the best cure for sleeplessness is duly regulated exercise of body and mind. Among the simple and almost hygienic means of promoting sleep is cold water or cold water and vinegar sponged over the forehead and temples when the restlessness appears to be due to congestion and heat about the head.

The bed-chamber should be well ventilated. It is better to lie upon an inclined plane, or with the head moderately raised, but not so high as to produce any strain upon the muscles of the neck. Complete darkness should be secured as far as possible. Anxiety or excessive effort to procure sleep are foes to slumber.

CONTAGION AND CONTAGIOUS DISEASES.

3535. ***Contagion,*** a name derived from the two Latin words, *con* and *tango*, to touch together, is the term applied to the material in consequence of which a healthy person touching a diseased one may have conveyed to him the disease with which the latter individual is affected. The word infection is applied to the substance or influence by which a malady is transmitted from one person to another, either with or without actual contact. The type of *infectious* diseases is small-pox, and it is also, as is well known, a highly *contagious* complaint. Scarlet-fever, measles, whooping-cough, mumps, &c., are likewise both contagious and infectious, and make up the class of disorders popularly known as diseases which are "catching."

The most probable doctrine of the true nature of contagion is that set forth in the germ theory of disease. This hypothesis professes to account for the symptoms of the contagious diseases by attributing them to the more or less mechanical irritation of groups of microscopic plants developing in the blood, the skin and the vital organs of affected persons.

The period of incubation (by which is meant the time between exposure to small-pox, for example, and the outbreak of the complaint) is supposed to correspond with the time required for the sprouting of the seeds of these minute plants within the body. The gradual increase in the severity of the symptoms is attributed to the progressive growth of millions of tiny vegetable organisms whose period of greatest luxuriance marks the height of the attack, and the death and destruction of which correspond to the decline of the disease.

3536. ***Germ Theory.***—The contagiousness of the communicable maladies is accounted for by the existence of the immense number of almost inconceivably small seeds constantly produced, given off from the sick patient, and carried through the air of a room or house either alone or attached to the innumerable epithelial scales which are all the time being rubbed off, as dandruff, &c., from our bodies.

The general absence of second attacks is admirably explained by the hypothesis that the parasitic fungus, on the first occasion, has exhausted all, or nearly all, of some peculiar unknown organic ingredient in our systems which is absolutely requisite for its support.

Every individual afflicted with small-pox, scarlet-fever, or any of the other diseases above mentioned, is, according to this germ theory, to be looked upon as a sort of hot-bed or forcing-house, for the seeds, or spores (as they are called), of that malady.

From his or her body are continually given off in all directions from the skin, the breath, the perspiration and the other secretions, millions of spores so minute that twenty thousand of them, placed end to end, would not measure an inch in length, and a group of them the size of a grain of sand might contain fifty millions. Each one of these infinitely minute seeds, if it were received into a human system under favourable circumstances, would rapidly reproduce itself, and after a few days or weeks, corresponding, as already mentioned, to the period of incubation, give rise to a new case of disease; again a new hot-bed for other unprotected persons.

Now these spores, just like the seeds of larger noxious weeds, which, when allowed to gain a foothold in our fields and gardens, propagate themselves with such immense rapidity, have no power to move of their own accord, and can only develop if they meet with air, moisture and congenial soil suited to their peculiar requirements. That is to say, if the contagion of small-pox is not wafted by the air so as to reach any unvaccinated person before it loses its vitality; if, in other words, the seeds of this loathsome disease do not fall upon good ground; then, and then only, no harm is done to mankind.

It must be remembered that small-pox and other contagious maladies do not arise, as is often supposed, without previous exposure to the seeds of disease. It may be, and doubtless is, frequently impossible to say how certain cases of infectious disease have arisen; but most persons competent to judge are agreed that, in our own day at least, every new case of contagious disease is the immediate offspring of a preceding case.

This truth is admirably illustrated in the epidemic of measles, which appeared in the Faroe Islands, an isolated group in the North Sea. For sixty-five years the inhabitants of these islands had been free from measles, when, on the first of April, 1846, a workman from Copenhagen, who had arrived three days before, fell ill with this disease. His two most intimate friends were next attacked, and from that time the malady was traced by Dr. Pannum, the Danish Commissioner, from hamlet to hamlet, and from island to island, until 6,000 out of a total population of 7,782 had been affected by it. Age brought no safety from the contagion, though the disease was found to spare all those who, in their childhood, had suffered from it at the time of the previous epidemic, more than sixty years before.

3537. ***Capriciousness of Contagion.*** — Contagion is often very capricious. Occasionally, in a family of children, one will be very ill with scarlet fever, and the rest, although exposed to the seeds of the disease, will escape without being infected: at other times, all the members of a household, except those protected by previous attack, will take the malady in spite of ordinary precautions to seclude the affected child from its brothers or sisters. This is, no doubt, due to some constitutional peculiarity. The contagion of small-pox is probably the most virulent of any that we have ordinarily to deal with, and, but for the discovery of vaccination by Jenner, would, perhaps, have continued to prevail as a terrible scourge of our race.

People of the present day who complain of the temporary inconvenience, and almost infinitesimal danger of vaccination, can only do so through ignorance of the horrible suffering, disgusting deformity, and appalling mortality which attended small-pox in former times. The method, then, to avoid the contagion of small-pox is to be vaccinated and re-vaccinated with fresh vaccine matter, preferably direct from healthy calves, in order to avoid any possible contamination with the poison of human constitutional diseases.

The contagion of small-pox is extremely active, spreading readily through a house, and often to neighbouring dwellings. It may be conveyed by the breath of a person affected with it before any eruption appears, and has been caught from a dead body, twelve days after decease. It may be transmitted for long distances in clothing, bedding, letters, &c. unless great care is taken to ventilate and disinfect the same. As it is often propagated by unscrupulous persons when travelling, whilst sick with mild forms of small-pox, or varioloid, we would advise every one to examine carefully, at the first opportunity, a vaccine pock upon a child's arm, five, six or seven days after a successful vaccination, and then studiously avoid proximity to any strangers having similar eruptions upon their skin. Stringent laws are properly enforced against persons who endanger the public health by running the risk of disseminating the poison of small-pox.

As we have, unfortunately, no such safeguards as vaccination against the other contagious diseases, such as scarlet fever, measles, &c., precautions against entering the sphere of their influence become doubly important, especially during epidemics of unusual fatality, or at times when our systems are enfeebled in any way by other maladies or unfavourable conditions.

3538. ***Diseases among School Children.***—These diseases are very apt to be propagated among school children by the return of scholars recovering from measles or diphtheria, for example, before the poison has entirely passed off from their bodies, and without proper purification of their clothing; a pernicious practice which should also be legislated against, but which can only be fully abolished by the action of enlightened public opinion in regard to the injustice and criminality of such acts.

No individual who has suffered from measles or diphtheria (which may be so mild as to pass for slight sore throat) can safely associate with others in less than two weeks from the date of complete recovery, and a period of from four to six weeks should elapse after an attack of scarlet fever before contact is allowed with children who have not been protected by a previous attack. Clothing, especially woollen fabrics, if not purified by thorough ventilation and disinfection, has been known to convey scarlet fever one, two, or even three years after it was inpregnated with the contagion of this disease.

With such knowledge of the laws of propagation of the infectious maladies, it is obvious that the study of disinfection, or the destruction of the contagious material, be it vegetable, animal, or mineral, becomes of the gravest importance.

When any member of a family is attacked with small-pox, scarlet fever, diphtheria, or other contagious disease, the malady may generally be prevented from extending by attention to the following rules:—Have the patient placed in one of the upper rooms of the house, the furthest removed from the rest of the family, where the best ventilation and isolation are to be had. He should be under the *sole* charge of a nurse who is protected by a previous attack of the disease. The apartment should be at once cleared of all curtains, carpets, woollen goods, and unnecessary furniture. To secure the utmost cleanliness, provide a basin partly filled with chloride of lime or strong carbolic acid solution, (a teaspoonful of acid to half a pint of water) for the patient to spit in. Change the clothing and bedding of the patient as often as needful, but never let the cast-off articles be carried dry through the house.

A large tub containing carbolic acid solution (four fluid ounces of carbolic acid to each gallon of water) should always stand in the room, for the reception of bed or body linen immediately after its being removed from contact with the patient. The nurse should wear in the chamber a loose gown and tight-fitting cap, to be thrown off at the door, and the hands should be washed, before going out, with the carbolic acid water. Pocket-handkerchiefs and napkins should not be used, but in their stead pieces of rag, which can be at once burned.

Glasses, cups, dishes, &c., must be scrupulously cleaned in the carbolic acid solution, or in boiling water, before they are carried away from the room. The discharges from the bowels and kidneys are to be received at once into vessels containing some disinfectant, such as a solution of two pounds of green vitriol (sulphate of iron) in a gallon of water, or the carbolic solution, and immediately removed. A sheet kept moistened with carbolic acid solution (double strength, or half a pint to the gallon), should be hung over the door outside, or beyond in the passage way, for the purpose of catching any germs of the disease which might otherwise escape. Boiling is the surest way of disinfecting contaminated clothing, or it may be baked in an oven heated to about 240° Fahrenheit.

After the disease is over, the patient should be kept isolated for ten days after all the scabs fall off in small-pox, or after desquamation (that is "peeling" of the skin) is complete in scarlet fever: for the last week of his seclusion, baths should be given daily, or every other day, containing carbolic acid, sanitas or other disinfectant, and every part of the body should be bathed, especially the scalp, as the disease poison is apt to linger about the roots of the hair among the dandruff.

To purify the apartment, wash the furniture, woodwork, floor and walls (scraping off the paper) with the carbolic acid solution and soap. Then shut up tightly, and burn in it a pound of sulphur for every thousand cubic feet of space it contains, and allow the fumes to remain in the closed room for twenty-four hours. Lastly, open doors and windows so as to ventilate freely for a week, at the end of which time disinfection may generally be considered complete.

3539. ***Small-pox or Variola.***—This is a febrile, eruptive and contagious disorder, which in past time raged with much violence in this country, but in recent periods has been vastly controlled by the discovery of vaccination. About its origin not much is known. The earliest records mention a disease which was probably small-pox, as far back as the sixth century; since this period it has appeared with more or less virulence at various periods. The most common varieties are:—The *discrete*, in which the pustules are distinct; the *confluent*, in which the pustules run together; the *malignant*, which is often associated with purpura and an eruption resembling measles—a very dangerous form; the *modified*, which comes on in those partially protected by vaccination, and a kind that runs a very mild course. In cases of small-pox there is:—1. The stage of incubation, which lasts twelve days, from the date of receiving the poison. 2. The stage of eruptive fever and invasion, lasting forty-eight hours. 3. The stage of maturation, wherein the rash is fully developed, lasting about nine days. 4. The stage of secondary fever or decline, lasting a variable time, according to the severity of the disease. Discrete small-pox is the simplest form of the disease, and is rarely attended with danger to human life; confluent small-pox destroys the greatest number of lives, and may prove fatal to as many as 50 per cent. In the discrete or distinct form, the primary fever is less intense than in the confluent form; in the latter there is often delirium, and more especially in those who are intemperate, such as draymen and potmen. The malignant variety is terribly fatal; the blood seems profoundly poisoned from the first, and is more fluid than usual; bleeding from the mouth, nose and bowels is not uncommon; in women there is also bleeding from the womb, and if they are pregnant, abortion will ensue. In modified small-pox the patient is often able to go about the whole time, and the rash may suddenly decline on the fourth or fifth day, and recovery follow.

Symptoms.—The disease begins with shivering or rigors, pain in the back, vomiting, thirst, headache, and a general feeling of indisposition; in children, convulsions may come on. In many cases the rash of small-pox in vaccinated cases is preceded by a more or less scarlet or roseolous rash which is mottled

over the body. If the finger be pressed on the forehead, a shotty feeling may be noticed, for the rash of small-pox generally commences there; at first a pimple forms, but afterwards a pustule, and then it dries or scabs over, and leaves a pit or depression behind. When the rash comes out the temperature falls, but rises again about the eighth or ninth day; in mild cases, however, the secondary fever is hardly perceptible. The eruption usually appears first on the forehead, face and wrists, then on the rest of the body, coming out on the legs and feet two days later. The eruption takes about eight days to arrive at its full development; during this time there is much swelling of the face and eyelids, so that the patient cannot see for a few days; in bad confluent cases the face seems covered with a mask, and a disagreeable odour proceeds from the body. Boils are apt to form in cases of confluent small-pox; they are also very subject to pleurisy, pneumonia, and bronchitis; sometimes the tongue is much swollen and dry, and the patient may be unable to close the mouth or to speak; this is a very bad symptom. Inflammation of the ear, followed by an abscess, is not uncommon in this disorder. Erysipelas, gangrene, and pyæmia are now and then met with. Inflammation of the eye and ulceration of the cornea may add to the general mischief.

Treatment.—There is no medicine which can check this disorder. The patient should be at once isolated, and it is best when an epidemic is about, that small iron hospitals should be built away from other dwellings where these cases can be treated, and the spread of the disorder diminished. For diet they may have milk, tea, gruel, beef-tea and chicken broth. The room should be thoroughly ventilated without causing too much draught, and the temperature should be kept about 60° Fahrenheit. All linen, clothes, &c. must be disinfected after being used. Bed-curtains, carpets and hangings must be dispensed with. Flour, starch or hair powder may be abundantly peppered over the face and body to relieve the itching and discomfort, and to absorb any acrid discharge. Olive oil, cold cream, and glycerine and water give relief when applied locally.

3540. ***Scarlet Fever or Scarlatina.***—This is an acute febrile disease, producing a scarlet rash upon the skin, attended by a sore throat, and often swelling of various glands and sometimes followed by dropsy. It is more common in childhood than in adult life, and one attack confers great, if not complete, immunity from another. This disease gives rise to a great deal of mortality, and chiefly in those under ten years of age; the following is the number of deaths from this cause in England and Wales for each of the ten years, 1860-70.

Year.	Deaths.	Year.	Deaths.
1860	9,681	1865	17,700
1861	9,077	1866	11,685
1862	14,834	1867	12,300
1863	30,475	1868	21,912
1864	29,700	1869	27,641

Contagion is the main, if not the only cause of scarlet fever; measles and whooping cough are more contagious; typhus fever and diphtheria less contagious. The poison may be retained in clothes for a year or more and then give rise to fever. Both sexes are equally liable to an attack; between eighteen months and five years is the most common time to have the fever; no season has much influence upon it, but in this country it is perhaps most common between September and November. Many people confuse the terms scarlet fever and scarlatina, and imagine the latter is a milder and less dangerous affection; this is a great mistake, for scarlatina is only the Latin name for scarlet fever, and not a different form; the term is too often adopted when there is some doubt as to the nature of the

case, and then it is used to conceal ignorance. Scarlet fever may be very mild, or malignant, or latent. The period of incubation is generally about a week, but may be only twenty-four hours.

Symptoms.—1. *Mild Scarlet Fever.*—The onset is sudden; there is sore throat with tenderness at the angles of the lower jaw, and stiffness at the back of the neck; vomiting is very common and chiefly so in children; shivering and rigors come on and occasionally convulsions in young children. The temperature rapidly rises and will go up to 104° or 105°; the pulse is very quick, the tongue is covered with a thin white fur; there is thirst and loss of appetite. This stage lasts from twelve to thirty hours, and then a rash comes out. Sometimes the earlier symptoms are so slight that the rash is the first thing noticed. The rash consists of small scarlet dots, almost running together so as to give a flush all over the skin; the colour disappears on pressure, but rapidly re-appears when the pressure is removed. It generally appears at first on the sides of the neck and upper part of the chest and in the bends of the joints; it then spreads downwards and is found to come out last on the legs; it begins to fade on the fourth or fifth day and is generally quite gone within a week. The sore throat is always present to a degree; there is redness and swelling of the tonsils and soft palate, so that it is very painful to swallow, while the glands beneath the jaw also swell and are painful. The temperature is generally higher than in measles, and much higher than in diphtheria, but it rarely exceeds 105°; the fall of the temperature is usually on the sixth or seventh day, but it may be earlier or it may be prolonged. In no fever is the pulse quicker than in this disorder, and it may be 140 or 160 in a minute. Moderate delirium and headache are often present in these cases. After the rash has gone the epidermis is dry and harsh, and about the ninth or tenth day it begins to peel and is sometimes cast off in large flakes, and this desquamation or peeling may last a few days or occupy several weeks. 2. *Malignant Scarlet Fever* is characterised by an increased severity of the above symptoms; there is great prostration, delirium and sleeplessness; the rash does not always come out well; the face may be livid and stupor and coma come on, and end in death; the throat is ulcerated and there is much difficulty in swallowing. 3. *Latent Scarlet Fever* is when the disease is so mild that until the sequelæ appear one is not aware of having had scarlet fever. There is no relation between the abundance of the rash and the danger to the patient. However mild the disease may be, the sequelæ may come on with great severity; one is just as liable to catch the fever from a mild case as from a severe one. 4. *Sequelæ*—After the fever has passed, there may follow a train of symptoms which are very inconstant in their character and of much danger to the patient. The throat may continue to be affected and the glands outside may be inflamed and swell, so that the child's head seems encased in a "collar of brawn:" often these glands suppurate, and a large ulcerated surface is then seen. Deafness may come on and a discharge from the ear. Bronchitis and pneumonia are not so common as in measles. Sometimes convalescence is retarded by abscesses forming in various parts of the body; at other times there is a painful affection of the joints, which much resembles rheumatic fever. Renal dropsy is also one of the most usual sequelæ, but it frequently varies in different epidemics; the face and loose parts of the skin are very pale and puffy, and this is best seen under the eyes and on the insteps; the urine is scanty, and dark from containing blood; there is often headache, loss of appetite and perhaps convulsions; this complication often comes on two or three weeks after the first appearance of the rash.

Treatment.—Most cases recover in a week except those which are malignant, and those where the woman is at the same time pregnant; the latter condition much increases the danger, and hence women should then be extremely careful not to go near a case of scarlet fever. The mild cases must be nursed simply and there is no remedy which will cut short an attack. The patient must be put to

bed and have a milk diet. Hot flannels or cotton wool, or spongio-piline, should be wrapped round the throat, and steam may be inhaled into the mouth. When dropsy comes on it shows the kidneys are affected, and the patient must be put to bed again if he has been up previously. A hot bath and purgatives must be given to remedy this state of things. Exposure to cold too soon after an attack of scarlet fever is often a cause of dropsy, so that care should be taken to keep the patient in the house for at least three weeks after the rash and until the peeling has quite finished. During the stage of peeling, baths containing an antiseptic such as sanitas should be occasionally given, care being taken to see that the water is as warm as the patient can comfortably bear it, and that a warm bottle is placed in the bed, or other precaution used, to ensure his freedom from chill. When there is great prostration ammonia may require to be given. The throat may he brushed over with tannin and glycerine. During convalescence tonics should be administered, and for this purpose quinine and iron are probably the best. In regard to the disinfecting measures to be used, the reader is referred to the remarks under the head of "Contagion."

3541. ***Typhoid Fever.***—Typhoid fever is a continuous and infectious fever, caused chiefly by the influence of bad drains and sewer-gas, lasting an uncertain period of from four to six weeks, and sometimes followed by a relapse. It is also known by the names of low, enteric, gastric and drain fever. It seems to have been known from the earliest times. It is always endemic in the British Isles, but seems to be most common in England.

Causes.—Among the predisposing causes are age, mode of prevalence, months and seasons, temperature and moisture, idiosyncrasy, mental emotion and fatigue, residence in an infected locality, overcrowding and deficient ventilation, occupation and station of life. 1. Typhoid fever appears to attack one sex as readily as the other. 2. The disease is chiefly met with in youth and adolescence. Persons under thirty are nearly twice as liable to typoid fever as those above thirty, because there are so many more persons alive of the previous age. 3. Typhoid fever is always endemic amongst us, and the cases treated in the London hospitals do not vary greatly from year to year. 4. It is most common in the autumn and winter. 5. It is most common after a dry and hot summer, and unusually scarce in summers that are cold and wet. 6. It does not appear that intemperance, fatigue and mental emotions predispose to this disease. 7. Some people, owing to what is called a peculiar idiosyncrasy, are more liable to it than others. 8. All classes are alike subject to it when exposed to the exciting cause. 9. Fresh comers in an affected locality take the fever more readily than the ordinary residents of the place. 10. There is no clear evidence that occupation has much influence; those who work in sewers are, however, very subject to it. 11. No station in life is exempt from this insidious malady; rich as well as poor are attacked by it. The exciting causes are contagion and spontaneous degeneration. Numbers of cases go to prove that those nursing the sick from this disease very frequently catch it, and they probably do so from the emanations of the stools. Whenever any drainage soaks from the surface into a well used for drinking purposes, or when sewer gases escape into a house by a leaky pipe, or when the traps are out of order, or when one drinks foul or stagnant water into which any drainage from manure can enter, then arise the conditions which excite the disease. Very many houses are improperly drained, and whenever a storm occurs and the sewers are suddenly flushed, the gases escape upwards into the waste-pipes of the houses along the route and overcome the resistance of the traps, so that a most noxious smell arises whenever the handle of a water-closet is raised. It is of the utmost importance that all water-closets should be outside the house; that the waste-pipe should not communicate with the main sewer unless there be first a communication with the open air, so that the backward pressure will never

cause the gases to regurgitate into the house; that just beneath the pan of the water-closet the waste-pipe should communicate with the open air and be carried up above the house-top; that a cistern with a continuous supply of water should be supplied close to and above each water-closet, and that the cistern for the drinking water should be quite distinct from the other cisterns. In small places the dry earth system should be adopted, and care must be taken that no leakage from an old cesspool can escape into the well for drinking purposes.

Symptoms.—The onset of typhoid fever is always very gradual and insidious; it begins with feeling out of sorts, aching pains in the limbs, headache, loss of appetite and chilliness; for many days the sufferer is able to go about and think there is not much the matter. Sometimes there is diarrhœa; then the pulse is quicker, the skin hot, and the tongue red and dry. At the end of the first week or later he is feverish, has no appetite, is thirsty and the bowels are generally relaxed. The urine is scanty and high-coloured; there is still more restlessness at night. Between the seventh and twelfth day an eruption, consisting of a few slightly-raised, rose-coloured spots, makes its appearance. These disappear in two or three days, but fresh crops come in their place. Pain may be experienced and gurgling felt on pressing over the right side of the abdomen. About the middle of the second week delirium comes on. The tongue is dry, red and glazed, and often cracked. As the disease advances the patient loses flesh and strength; he lies prostrate and perhaps unconscious of what is going on around, and if it end fatally, he will become quite insensible, have a high temperature and fumble at the bedclothes. If the disease progress favourably, the amendment is very gradual.

Complications.—Diarrhœa may be profuse and exhaust the patient. Bleeding from the nose may occur, but is not often a bad symptom. Perforation of the bowel may occur from an error in diet; it is attended by collapse, and is very fatal. Inflammation of the peritoneum adds greatly to the danger. Bronchitis and pneumonia may supervene and increase the mischief.

Treatment.—Place the patient in a well-ventilated room. Remove all curtains, carpets, and bed-hangings. Prevent exertion on the part of the patient. The greatest cleanliness must be observed, and all excreta removed at once, Condy's fluid, carbolic acid, sanitas, or chloride of lime being mixed with them. The diarrhœa need not be checked unless the motions are very frequent, and then a little starch injection may be given. The diet must be very light, and no solid food should be taken under six weeks or two months, because, in consequence of the ulceration of the bowels, the coats are very thin and liable to burst. Absolutely nothing should be given to the patient beyond what has been ordered by the medical attendant. Milk must form the main article of diet, and then an egg or two may be beaten up in it, or a custard may be given, and beef-tea. If there is much distension of the bowels, hot flannels sprinkled with turpentine will be useful.

3542. ***Typhus Fever.***—This is a highly contagious fever (attacking people of all ages) which occurs in an epidemic form, and generally in periods of famine and destitution.

Causes.—In the individual, sex and age have no influence in determining an attack. Nearly equal numbers of both sexes catch it, and children, as well as adults and old people are liable to it. Depressing mental influences, over-work, and anxiety render the system more liable to contagion; those who are badly fed, and those who suffer from loss of a harvest; people who have suffered the hardships of war, of civil strifes, and commercial distress, are often its chief victims. Overcrowding, dirt, and bad ventilation, are important predisposing causes to this affection. The chief cause of typhus is contagion; the other causes only render the system more liable to the action of the poison

Symptoms.—It is difficult to say how long the disease may be incubating in the system before it appears, but the period is certainly not constant, and seems to vary from a few hours to several days. The onset is marked by a severe headache, loss of appetite and langour, and aching of the limbs. For three or four days the patient gets worse, being unable to get about, and feeling chilly and prostrate: he then is worse at nights, and restless; the skin is hot, the tongue coated; there is thirst and sometimes vomiting. The patient then lies prostrate on his back, with a dull and weary, if not stupid look; the eyes are suffused and watery, and a dusky flush overspreads the face. As the disease progresses, the eyes are half shut and the mouth open; the tongue dry, brown or black, and marked with cracks. The temperature rises from the first, and reaches 103° or 104° Fahrenheit by the middle of the first week; the highest temperature reached in the fever is seldom less than 105°, although it may be higher. The fever may slightly abate, in favourable cases, about the ninth or tenth day; no marked fall, however, takes place until the end of the second week, and generally on the fourteenth day, when defervescence may take place suddenly, and the normal temperature be reached in twenty-four hours, but more commonly it takes two or three days. A rash appears in nearly every case. Sometimes it looks as if it were a general mottling just beneath the skin, or distinct spots may appear of small size and purplish colour. The rash appears on the fourth or fifth day, rarely later; it comes on the back of the wrists first, in the armpits, and over the epigastrium; then it more or less covers the trunk; it seldom comes on the face and neck.

Duration.—The duration of typhus may be from three to twenty-one days, but about fourteen or fifteen days is the average time. Unlike typhoid fever, there is no relapse, so that when once the temperature has come down, the best hopes may be entertained.

Treatment.—Have the patient placed in a large and well-ventilated room, so that draughts may be avoided: he should always have the bed so placed that the light will not fall upon his face. All curtains, &c., should be removed, the bed should not be too soft, and a draw-sheet or mackintosh must be put under the patient. He should not be allowed to exert himself at all. The greatest cleanliness must be observed, and all excreta should be at once removed, antiseptics being placed in the vessel, and all soiled linen being put in a tub of water in which there is carbolic acid, Condy's fluid, or other disenfectant. Bedsores are apt to form on the back, so that great care is necessary on the part of the nurse. All creases of sheets should be smoothed, and the back rubbed with Balsam of Peru or lavender water, but a water-bed or cushion is better still. All noises must be stopped, and great quiet enjoined. Milk must be the chief article of diet, and is best given cold; an egg or two may be beaten up in it, and three or four pints of milk may be given in the twenty-four hours; this must be done regularly every two hours in equal quantities, and more especially must this be done at night or in the early morning when the prostration is greatest. Beef-tea and broths, jellies, extract of beef, custards, &c., may be given if the patient can take them and wants them. For drinks in the early stage, lemonade, cold tea, soda-water, &c., may be given, but effervescent drinks must be given sparingly. If stimulants are necessary, the kind and quantity will be specified by the medical attendant. When the crisis has passed and the tongue cleans, some boiled mutton or a sole may be given; also jellies, light puddings, custards, &c. A trip in the country, plenty of good food, and fresh air, will complete a cure.

DISEASES AND THEIR REMEDIES.

3543. ***Fomentations.*** — Sometimes these are medicated and rendered more soothing by the addition of opiates, as in the well-known decoction of chamomile flowers and poppy heads, but the principal object for which they are employed is to convey warmth to a part. The best application of this kind is made by wringing flannel—by means of two sticks turned in opposite directions —out of boiling water, and then, shaking it up, apply it lightly to the part. In this way the heat may be retained for a considerable time. In order to do this thoroughly, two pieces of flannel should be made use of, each of the pieces being about three yards long, and having the ends sewn together so as to admit of the boiling water being wrung *out* of them. One of these should always be getting ready while the other is being applied. The coarser the flannel the more efficiently does it act; owing to its diminished power of conducting heat, warmth is longer retained.

3544. ***Lotions:*** *Lotion of Vinegar.*—One part of vinegar to three of water is a commonly-used lotion for sponging. Equal parts of vinegar and water may be usefully employed for bruises.

Evaporating Lotion.—Sal ammoniac, half an ounce; vinegar, five ounces; rectified spirit, five ounces; water, a pint. Mix together. A useful application in sprains, bruises and to the head in inflammation of the membranes of the brain. Rags wet with the lotion should be kept constantly applied.

Arnica Lotion.—Tincture of arnica, in the proportion of a teaspoonful to two ounces of water, is a useful application in sprains and contusions.

Anodyne Lotion.—Mix an ounce of soap liniment, an ounce of laudanum and eight ounces of water together. This forms a useful soothing application to an inflamed and painful part, but care must be taken to see that the skin is not broken.

Another.—Take two drachms of sugar of lead, an ounce of laudanum, and eight ounces of water; mix them together and apply to the pained part.

Stimulating Lotion.—An ounce of compound camphor liniment, mixed with an ounce of soap liniment, may be rubbed upon the chest with the hand in cases of chest cold, or applied on a flannel round the throat in quinsy.

3545. ***Poultices.***—There are few applications more constantly in demand in sickness than poultices, and yet few people make them well. Poultices, when made well, should be sufficiently thick to retain their humidity, but not too thick, as they may then press injuriously upon the part to which they are applied. They should be of uniform consistence throughout, and ought to be applied at a proper temperature. This last can generally be ascertained by applying the poultice to the back of the hand or to the face before putting it to the part.

Linseed Meal Poultices.—That which is of most frequent use is a poultice of linseed meal. It should be boiled till it is of the consistence of a thick pap, when it will retain heat and moisture longer Instead of using water alone a decoction of mallows may be employed, by which the emollient properties will be increased. The surface may be smeared with olive oil or lard. A piece of gauze may be applied over the surface of the poultice, if it is considered necessary to interpose anything between it and the skin.

Besides poultices made from linseed meal, there are others in frequent use, such as those made from bread and water, oatmeal, arrowroot, bran; and others, which are much less often employed, made from carrots, potatoes, onions, &c.

In addition to these there are poultices more strictly medicated, such as those made of foxglove or hemlock. As these may prove dangerous if carelessly employed, they ought only to be made use of when ordered by the medical attendant.

Mustard Poultice.—This is ordinarily made by sprinkling the surface of a linseed meal poultice with mustard and covering it with muslin to retain the mustard in its place.

3546. ***Anæmia.***—This is a condition in which there is an impoverished state of the blood; the red cells being deficient in quantity and the blood becoming more watery than in health. It arises under conditions in which the individual is deprived of the materials necessary for the making of good blood, as for example, when the food supplied is insufficient in amount or kind, or the greater part of the day is spent in close badly-ventilated workshops. It also arises in the course of exhausting diseases.

Symptoms.—There is, in those who suffer from this affection, a pale, pasty appearance of the skin; the lips and gums have lost the rosy look of health, and become of a delicate pink colour. Exertion is difficult, and going up stairs or climbing a height out of doors gives rise to breathlessness. Palpitation of the heart, headache, pain in the back and in the left side are frequently complained of. In women, menstruation often ceases.

Treatment.—Have the patient removed, if possible, from all influences that tend to injure the health. Well-ventilated rooms and workshops with plenty of light are desirable. A moderate amount of exercise in the open air is helpful in giving tone to the system. Change of air from the town to the country, or more particularly, to the sea-side is often beneficial, and cold sponging, especially with salt water, is also helpful. The diet should be plain and nourishing, and a moderate amount of animal food should form a part. Under ordinary circumstances there is no necessity for stimulants. In regard to medicines, the one thing needful is iron. This may be given in the form of steel drops or Bland's pills; ten to twenty drops of the former, and one or two of the latter three times a day.

3547. ***Asthma,*** from a word signifying to gasp for breath, is a nervous disease, depending upon contraction of the circular muscular fibres surrounding the bronchial tubes. Occasionally it is connected with, and dependent upon, original malformation of the heart, or an unnatural conformation of the chest, in which case, it usually makes its first appearance in childhood; otherwise it is most frequently met with about the middle period of life.

Symptoms.—Asthma, whether connected with malformation or not, is a hurried, oppressed and noisy state of the breathing, coming on in paroxysms, and leaving the patient comparatively well in the intervals; although in some there may be observed wheezing and a more confined dilitation of the chest than is natural in inspiration. In a typical asthmatic attack, the patient wakes up in the small hours of the morning with a sensation of suffocation; the difficulty of breathing continues, and a terrible struggle begins. He sits up in bed, or gets up and goes to the window, where he stands struggling for breath. The wheezing is attended with successional coughing, and at length the expectoration of some viscid phlegm gives him great relief; he breathes tolerably easily for a while, and after a little more coughing and expectoration the paroxysm ends. A peculiar state of the atmosphere is an exciting cause; damp, foggy weather, will induce it in some, a north-east wind in others; some asthmatics are liable to attacks while spending a single night in a large town; others enjoy freedom from attacks while similarly circumstanced. A single indigestible meal, particularly a hearty supper is another frequent cause.

Treatment.—Avoid everything likely to set up an attack, particularly indigestible articles of diet. During the attack, if there is reason to believe that the stomach is at fault, an emetic of twenty grains of powdered ipecacuanha, or the same of sulphate of zinc, may be given to an adult. Relief may be obtained by getting the patient to take a few whiffs from a pipe of tobacco or stramonium. Ozone papers are useful, as are also the *Cigares Anti-asthmatiques de Mr. Joy.* In the interval, the health of the patient should be carefully attended to. Change of air is often beneficial, and tonics, such as cold sponging and the shower-bath, when there is no other reason preventing their employment.

3548. ***Bright's Disease.***—This is a name applied to several affections of the kidneys, which are dependent on an altered condition of the blood, and generally associated with dropsy and with albumen in the urine. It may be either acute or chronic.

Symptoms.—Acute Bright's disease may occur from cold, from a blow, from taking substances such as turpentine or cantharides, which irritate the kidneys, but more usually it follows some acute febrile disturbance, and more especially scarlet fever.

Treatment.—Hot baths do good by causing sweating, and giving free action to the excretory power of the skin. They may be given at bedtime and repeated every night; the water should be about 95° to 98° Fahr., and the patient may remain in it for from five to ten minutes, then be quickly dried and put to bed. Purgatives should be given, such as compound jalap powder, twenty to thirty grains of which may be given to an adult. Rest in bed in a warm room is most important, nor ought the patient to think of leaving his room until all the dropsy and acute symptoms have subsided. Light nourishing food may be taken, as bread and milk, beef-tea, fried sole, broth, rice pudding, arrowroot and gruel. During convalescence, great care must be taken to avoid cold, and flannel should be worn. Tonics containing iron and quinine are useful.

In *Chronic Bright's Disease* even if an unskilled person were able to detect it, little can be done except under medical direction.

3549. ***Bronchitis.*** — This is an inflammatory disease of the lining membrane of the bronchial tubes. It may be acute or chronic.

Symptoms.—Acute bronchitis is very liable to attack persons in the winter, and during the prevalence of east or north-east winds. It begins like an ordinary cold, then there is a feeling of chilliness, and aching pains in the limbs. The patient is thirsty and feverish, with languor and headache, loss of appetite and restlessness; there is an uneasy feeling of soreness behind the breast bone. At first there is a dry, hacking cough, and very little phlegm is brought up: in two or three days the cough becomes looser, and the expectoration is more abundant. Wheezing sounds are heard in the air passages.

Treatment.—When the chilly feeling is experienced, the patient should go to bed and keep there till he is warm again; in this way, an attack may be checked in a short time. The air should be warm, and for this purpose a fire should be lighted and the temperature kept about 60° Fahr. A kettle of boiling water placed on the fire, and the steam allowed to pass into the room, will help to keep the air moist. A warm bath before going to bed is also useful, as it encourages free perspiration. A hot linseed meal poultice may be placed on the chest, and renewed every few hours if necessary. A piece of gutta percha tissue may be placed over the poultice to prevent the moisture from wetting the clothes. Turpentime stupes and sinapisms may be useful, should milder measures fail to give relief. A mixture such as this may be given:—ipecacuanha wine, two drachms; concentrated infusion of senega, one ounce; water to make eight ounces: a tablespoonful to be taken every three or four hours. Should the case be

one in which stimulation seems necessary, as in old or debilitated subjects, carbonate of ammonia may be given with advantage in doses of three to five grains. A drachm to a drachm and a half, added to the above mixture would answer very well. In children, this disease is at all times to be regarded gravely. The above treatment should be adopted with the modifications necessary to the child's age, and the avoidance of turpentine stupes and sinapisms unless ordered by a medical practitioner. The diet should consist of milk, beef-tea, veal broth, milk, arrowroot, or cornflour.

3550. ***Chronic Bronchitis*** is a very common disease, and is very prevalent during winter, causing considerable mortality. It is most usually met with in middle-aged or old people. Cough, shortness of breath and expectoration, are the three most constant symptoms of chronic bronchitis. This disease may occur as a consequence of old age merely, or it may come on as a sequel to an attack of acute bronchitis. Cabmen, porters, costermongers, bargemen and others, whose occupation exposes them to all kinds of bad weather, are extremely subject to this disease.

Treatment.—It is well for those who suffer from this complaint to be able to leave this country during the winter and spring months, and spend the time in some sunnier clime, but unfortunately it is not possible for the majority of those who suffer from chronic bronchitis to do so, and the treatment must be directed to avoiding, as much as possible, any exposure to cold, or any of the exciting causes of the disease. For those who are engaged in out-door occupations and exposed to all the inclemency of the weather, but little can be done to alleviate any distressing symptoms that may arise. Thick boots should be worn, clothes changed when wet, and the patient be told to breathe through the nose, to be out as seldom as possible at night and use a respirator.

3551. ***Cholera.***—Cholera, as known to us, is of two kinds—what is known as British cholera, a desease bad enough, but not particularly fatal, and that terribly-fatal disorder, Asiatic, malignant, or epidemic cholera. This last disease seems to have been known in India for centuries, and to have its natural home or head-quarters in the Delta of the Ganges. In this country the disease has almost always prevailed in its worst form, in poor, crowded dwellings, among those whose food supply was bad and whose hygienic conditions were otherwise unfavourable: but especially among those who had a tainted supply of water. Very frequently when cholera prevails, diarrhœa also does.

Symptoms.—In a case of ordinary intensity, the disease is ushered in by an attack of diarrhœa. This may last a longer or shorter period, but speedily the matters passed by the bowel assume a flocculent or rice-water character. Vomiting, too, comes on, the fluid being thin and colourless. Then follow severe cramps, especially of the abdominal muscles and legs. The flow of urine ceases, the body becomes icy cold on the surface, the tongue is cold, and so even is the breath. The lips are blue and shrivelled, the face pinched, the voice is hardly audible. This is called the cold or algid state of the disease. The condition may go on getting worse till the heart stop, the patient being quite conscious to the end. Frequently it is impossible to tell whether the patient is to live or die, when suddenly the sickness lessens, the body begins to get warm, the face flushes, and restlessness subsides. The patient seems on the very verge of getting well. But sometimes the urine does not flow, or there may be congestion of the lungs or brain, and so, though re-action has set in, the man may yet perish. Thus, in an ordinary mild case of cholera, a man will pass through three stages: Firstly, that of premonitory diarrhœa; secondly, that of collapse; and thirdly, that of reaction, probably in about forty-eight hours.

Causes.—The disease is produced by some particular poison, which may be

transmitted through the air, by water, or communicated by one individual to another. There can be no doubt that the discharges are one main source of this poison, and hence should be most carefully disinfected.

Treatment.—He who would avoid cholera during a cholera season ought to live by rule and method. First, see that his water-closets are in good order, and that every precaution is taken in cleansing and disinfecting them. Calvert's carbolic acid powder answers very well for this purpose. See that the house is clean, sweet and airy; let no foul and decaying matters remain upon the premises. See that the water supply is pure. Let no stale meat or vegetables, no sausages, game or substances likely to create digestive disturbance be used: avoid unripe fruit, prolonged abstinence from food and excessive fatigue. Avoid strong aperient medicines of every kind. The astringents to be used should not be powerful; chalk mixture, sulphuric acid, lemonade, or these with a little opium added, are best.

No Diarrhœa in Cholera time is to be neglected. Try to keep up the bodily heat in every way that will not disturb or fatigue the patient. The patient is consumed with thirst and there is no reason for refusing him drink if it is of a wholesome kind. Should reaction occur he must be kept quiet. If his head trouble him, and his face is flushed, apply cold to it. If there is much sickness, let him have a little ice or ice-water. If his lungs get gorged, warm poultices or turpentine stupes will be best. But the great anxiety is the kidneys. If they do not act, warmth must be tried, perhaps as a warm bath, but this requires caution. If they are acting well and the patient requires a stimulant, let him have some sal volatile. The food given is of especial importance; broths, soups and jellies may be given, but certainly not meat. Small quantities must be given at a time and repeated as frequently as necessary.

3552. ***Cold,*** of which catarrh is the most prominent symptom, is, perhaps, the most frequent malady in this country. Its causes are manifold, and as its causes, so the consequences of catching cold are infinitely various, from merely a slight temporary inconvenience to speedy death. Colds are very frequently felt to date from some particular period, but frequently their onset is not appreciated for a time.

Symptoms.—Very likely there is some shivering and sneezing, with lassitude, pains in the back, loins and limbs, with tightness of the forehead, and an unnaturally dry state of the lips and nostrils. These speedily give way to excessive discharge from the nostrils, first watery and acrid, later mucus or mucous and purulent matter. There is hoarseness and slight sore throat, the eyes water, feverishness, loss of appetite, thirst, and quick pulse. Sometimes small vesicles, called herpes, appear on the lips or about the nose. These symptoms do not last long; they either pass away, or become aggravated if the inflammation passes onwards into the interior of the lung.

Treatment.—Put the feet in hot water and, if an adult, give him ten grains of Dover's powder, a cupful of gruel, and then straight into bed. The following is also useful, and may be given instead of the Dover's powder:—Sweet spirits of nitre, twenty drops; mindererus spirit, a teaspoonful; camphor-water sufficient to make one ounce. To be taken as a draught at bed time. Ten to fifteen drops of spirit of camphor taken on a lump of sugar, and repeated in two or three hours, is also a useful remedy in cases of cold.

3553. ***Colic*** is a griping pain in the bowels, chiefly about the navel, and often accompanied with a painful distension of the whole of the lower region of the bowels, with vomiting, costiveness and spasmodic contraction of the muscles of the abdomen.

Causes.—The complaint is produced by various causes, such as crude, indigestible

fruits, long continued costiveness, cold, or it may be due, as in painter's colic, to poisoning by lead.

Treatment.—If caused by some indigestible article of food, a dose of castor oil had better be given, say a tablespoonful for an adult, to which from ten to fifteen drops of laudanum may be added. If the pain is very severe, a turpentine stupe may be applied over the abdomen. The following mixture will be found very useful in such cases: Solution of the muriate of morphia, two drachms; spirit of chloroform, half an ounce; water to make two ounces. A teaspoonful to be given every two hours till the pain is relieved.

3554. ***Constipation*** is a symptom which may be due to disease of the bowels, or to an imperfect performance of their function. Any disease, as ulceration or cancer, which obstructs the passage of the food, will cause constipation, and any condition which produces a paralysed or sluggish state of the muscular walls of the bowel will likewise cause constipation by removing or interfering with the propelling power. With rare exceptions, people can never enjoy good health while they suffer from constipation: liver complaint, dyspepsia, headache, vertigo and piles are some of the direct results of constipation, and they give rise to a great amount of misery.

"Of all the causes which originate and establish habitual constipation," says a writer on this subject, "there is none certainly so general as inattention to the calls of nature" Men of literary pursuits are naturally more prone to the error of inattention to regular times of relieving the bowels than practical men; so every variety of general and local disorder of the stomach and bowels is more prevalent among them. Ladies often fall into the same error as literary men in the neglect of regularity. Habitual constipation is not unusual in women after a confinement, in people of a nervous temperament and in those who lead a sedentary life; those, also, who are in the habit of taking opening medicine, pills, &c., are liable to it. In such cases an altered diet will nearly always suffice.

Treatment.—By the aid of diet much may often be accomplished. A glass of cold water taken on rising in the morning, will, in some, promote an action of the bowels. A light breakfast to those who are sedentary will favour this action. Coarse brown or bran bread is very useful; figs, prunes and ripe fruits are also beneficial; exercise in the open air and a cold sponge in the morning are also helpful. An occasional aperient may be required, and then Friedrichshall water, in the dose of a wineglassful taken fasting may be employed. In children a similar treatment may be adopted, with such modification as the age will require; while in infants an altered diet and a little magnesia occasionally, mixed with the milk, will suffice for a cure.

Clysters or Enemata are now in frequent use to procure evacuations of the bowel. It is not, however, advisable to use them daily. Where they are employed, care should be taken to see that the fluid is bland in nature, as barley-water, thin gruel, linseed tea, or milk and water. Warm water used alone has a tendency to injure the mucous membrane of the bowel. The injection of a teaspoonful of glycerine is a simple and efficacious means of relieving the bowels.

3555. ***Consumption.***—This is that disease to which, technically, the name of Phthisis is applied. By it is meant that form of lung disease, where, first of all, there is a deposit of new material in the substance of the lung. After a time this softens and breaks down. It is expectorated and leaves behind cavities. This process is accompanied by fever of a peculiar kind, and general wasting of the body. The processes which lead to this deposit are inflammation of the lung substance and tubercle. Most frequently the two processes are associated, for the deposit of the tubercle sets up inflammation and its consequences. The disease may assume a very acute form, or it may steal on in-

sidiously. The consequence of such an inflammation is the choking up of the little cavities of which the lung consists in a portion of its substance, and the material thus deposited may either remain there for a length of time, or at once proceed to soften and break down.

Symptoms.—The earliest symptoms of consumption are probably connected with digestion. The appetite becomes capricious, there are pains in the chest, with some cough, often dry and hacking, with a small quantity of frothy expectoration. There is debility, flushing of the face on slight exertion; at other times the countenance is pale, unless there be a hectic patch of red in the middle of the cheek. There is some fever at night, and a tendency to night-sweats. Very likely there is some spitting of blood. As the disease advances emaciation becomes more marked, and the fingers become clubbed at their points. The night-sweats, diarrhœa and expectoration reduce the bodily strength and substance; at the same time the capricious appetite and the imperfect digestion leave the bodily supply very deficient. Usually, if the disease be not arrested, the patient dies of exhaustion.

Treatment.—The first and greatest point of all is the selection of the condition under which the patient is to live. On the continent of Europe there may be found in different health resorts people who have all their lives had bad chests, but who, by wandering from one health resort to another, according to the season of the year, are able to maintain life comfortably. The first great thing in selecting a house, is the avoidance of damp. It should be situated on a dry and porous soil. These patients should live plainly, but their food should be nourishing. They must avoid excitement, but cheerful society is of the greatest value. They must not fatigue themselves, but daily exercise is essential. They must not be exposed to too great heat, but cold is even more to be dreaded. Such patients should always wear flannel, and the clothing must at all times be warm. There are a great many health resorts that might be mentioned, but only a few are given here. The south coast of England or that of France, Torquay and South Devon, Hastings, Ventnor and Penzance are all places frequented by consumptives. A sea voyage to South Africa, Australia or New Zealand is useful in the early stages of the disease. When well advanced, it is unwise to send patients from home. Fat is one of the articles of food to which consumptive patients have a great aversion; and it is a great pity, for it is to them the most necessary. If we cannot get them to take fat in the ordinary way as food, we must give them cod liver oil, which, indeed, is rather food than medicine. It ought to be given cautiously and after a meal. When oil cannot be taken by the mouth, it may be rubbed into the skin. The hypophosphites have proved useful in this disease. Fellows' syrup is an excellent preparation, and may be given in doses of a teaspoonful to an adult three times a day. Oil of eucalyptus is useful; it may be dropped on the sponge of one of Dr. Yeo's respirators and inhaled; three to five drops may be used at a time. Should bleeding come on, the patient should be kept at rest and the liquid extract of ergot given in fifteen-drop doses in water every two, three or four hours, according to severity. Ice, if it can be had, should be taken internally. Ten grains of gallic acid along with fifteen drops of aromatic sulphuric acid may be given every three hours instead of the ergot, if more convenient. Dry-cupping over the upper part of the chest is also useful. It may be done by burning a piece of blotting-paper in a wine-glass, and while it is lighted, turning it upside down upon the chest; the air is thus exhausted, and the deeper structures relieved by the local congestion that is caused. All food should be given cool. The night-sweats may be relieved by the administration of dilute sulphuric acid in fifteen-drop doses in water at bed-time, or ten drops of tincture of belladonna may be given in water. If the diarrhœa is troublesome, ten to fifteen drops of laudanum may be given along with fifteen drops of dilute sulphuric acid every four hours in water.

3556. ***Diarrhœa.***—Diarrhœa is a symptom of disease rather than a disease itself.

Causes.—Exposure to cold not unfrequently gives rise to diarrhœa by driving the blood from the surface of the body to the internal organs, thus producing in the bowel an excess of blood (congestion) which is relieved by the escape of the watery parts into the bowel, and an increased production of fluid by the intestinal glands. Exposure to intense heat may also occasion diarrhœa, as also may over-exertion. Among other causes may be mentioned malarial influences; the inhalation of sewer-gas, the emanations from cesspools, from decaying animal and vegetable substances, errors of diet, exhaustion, and the disarrangement of the regular habits of life.

Symptoms.—Pain is usually present, often of a colicy nature, and relieved by an action of the bowels. It is occasionally unattended by pain.

Treatment.—It is of great importance to ascertain the cause, and if possible remove it. Give the body rest; give bland food such as milk, arrowroot, corn-flour. If caused by some undigested food, give a dose of castor oil with ten or fifteen drops of laudanum for an adult. Apply a mustard poultice or mustard leaf over the bowels if there is much pain.

3557. ***Erysipelas.***—Erysipelas of the face is a disease of pretty frequent occurrence. It is rarely seen in children, but it attacks adults of both sexes. It comes on without apparent cause in many cases, but sometimes a blow or exposure to a cold and cutting wind sets up the inflammation.

Symptoms.—It usually begins at the ear or one side of the nose, and then the redness and swelling extend over that side of the face; more rarely it crosses over the median line and affects the whole of the upper part of the face. Pain and tingling precede the inflammation, and when the latter has reached its height, the eyelid is so swollen that it cannot be opened; the ear is large, red and flabby, while the skin adjacent is swollen, red and painful. Erysiplas is, in fact, an inflammation of the skin, and it is severe according to the depth to which this tissue is implicated. Sometimes only the upper layer is affected, and then the appearance is like that seen in erythema. There is but slight swelling, and the constitutional symptoms are not severe; but if the whole thickness of the skin be attacked, and, in addition, the loose cellular tissue beneath, then the inflammation is of graver import, and may spread over a large area. There is from the first a high temperature, quick pulse, thirst, often a sore throat, loss of appetite and a thickly-coated tongue. The patient feels very restless and sleeps badly at night: in many cases delirium comes on towards evening, and this is mostly observed in those previously addicted to intemperate habits. The bowels are often constipated, and the urine high-coloured and containing a little albumen. Erysipelas of the face; without any other complication, usually runs a course of six or seven days, when the temperature rapidly runs down, the tongue begins to clean, and all the febrile symptoms disappear, leaving the patient weak and anaemic. But if the inflammation has affected the deeper layers of the skin, or if the patient has been previously in bad health, matter or pus may form beneath the scalp from extension of the disease upwards; when this occurs the pus soon burrows about under the scalp, and, therefore when this takes place, an opening must be made to let the matter out at once.

Treatment.—The patient must be kept in bed and fed on light and nourishing diet. The light should be kept off the patient's eyes, and the access of air to the inflamed skin prevented by dusting the surface with flour, or smearing the part gently with a mixture of equal parts of castor oil and collodion, or castor oil alone may be used. It effectually keeps off the air and relieves the tightly-stretched skin. Some opening medicine may be given at first, if the bowels are confined and the tongue much coated. Steel drops is a useful medicine in this disease; it

must, however, be given in doses of from fifteen to twenty drops every three or four hours, taken with the same quantity of glycerine in water. Larger doses are frequently administered, but it is better not to give these unless ordered by a medical man. During convalescence, tonics, containing iron and quinine, may be given, and for some time any exposure to cold winds, &c., should be avoided.

3558. ***Flatulence.***—Flatulence, or the undue collection of gas or air in the stomach or bowels, may be brought about in various ways. It may be swallowed, formed from the food, or apparently be secreted from the walls of the stomach and bowels. It is a common and very unpleasant symptom of indigestion. In a great number of instances flatulence is due to improper food, or the abuse of certain articles of food, especially tea.

Symptoms.—There may be a feeling of faintness, giddiness or choking, accompanied by trouble; some belching.

Treatment.—Such turns of flatulence are best treated by dieting, mainly solid food with stale bread, but no vegetables, tea, beer or pastry. Flatulence may often be only the symptom of dyspepsia, and it is often capable of relief by a slight stimulant, as aromatic spirits of ammonia. Spirituous liquors should be avoided. The following may be used with benefit:—Three drachms of bicarbonate of potash, or the same of bicarbonate of soda, an ounce of the concentrated infusion of Calumba, and sufficient water added to make eight ounces. A tablespoonful of this mixture to be taken three times a day in water. From one to two drachms of tincture of nux vomica, with an ounce of the concentrated infusion of Calumba, and water as before added to make eight ounces, is another useful combination. This mixture should be taken in tablespoonful doses as the other. From two to five drops of pure terebene, taken on sugar, and repeated two or three times a day, is also a most useful remedy in cases of flatulence.

3559. ***Gastric Ulcer.***—This is a disease most frequently met with in young women of the servant class.

Symptoms.—Pain, vomiting of coffee-ground material; the colour of the vomited matter being due to the presence of blood.

Treatment.—When there is bleeding, give ice; this is also most useful in checking vomiting. To relieve the pain, opium in one or other of its forms may be given. Small doses of morphia with bismuth may be given thus:—Five or ten minims of the solution of the muriate of morphia with ten or fifteen grains of subnitrate of bismuth may be given two or three times a day. The best food is milk. If the patient is very sick and pained, it may be necessary at first to withold food from being given by the mouth, in which case it ought to be administered in the form of enemata. The writer has found a teaspoonful of Carlsbad salts given in water three times a day useful in this disease.

3560. ***Hæmorrhoids or Piles.***—These are swellings situated in the region of the anus. They are liable to irritation and inflammation, in consequence of which they give rise to a good deal of suffering. *External piles* consist in a collection of rounded hard tumours, and of prominent ridges of skin situated just without the margin of the anus. When these become irritated and inflamed they give rise to very acute pain, with throbbing and a sense of great heat, and to a constant desire to go to stool. This affection originates in distension of the veins about the anus, in consequence of obstruction to the circulation. They are generally met with in those who follow sedentary employments, and those who, in consequence of highly-seasoned foods and indulgence in alcoholic drinks, suffer from congestion of the liver. The presence within the anus of large, rounded and soft tumours covered by red mucous membrane (*internal piles*) is attended with more serious symptoms. These are very apt to weaken by giving rise to frequent bleedings.

Treatment.—The diet should be carefully regulated, and all highly-seasoned dishes, alcoholic liquors and pastry be avoided. Walking exercise is highly beneficial. Bathe the affected region every morning with cold water, and carefully dry. Hazeline is a useful application in bleeding piles. Gall and opium ointment smeared over the parts often gives relief. A quarter-grain morphia suppository may answer when the ointment fails. The bowels should be kept open, and for this purpose the confection of sulphur, confection of senna, or the compound liquorice powder answers well.

3561. ***Liver Complaints.***—The liver, like the kidneys and other organs, is liable to various acute and chronic diseases. Amongst the *acute* changes may be classed catarrh, or inflammation of the bile ducts, acute atrophy of the liver, congestion and inflammation of the liver, and the presence of gall-stones in the hepatic duct.

Catarrh.—Symptoms.—Jaundice, loss of appetite, coated tongue, slight sickness and a feeling of retching: the motions are pale, the urine dark, the skin and eyes become yellow, and there may be, in some cases, a troublesome itching of the skin. Pain is not a very troublesome symptom, and it is generally felt in the right shoulder-blade and along the lower edge of the liver, being often worse on pressure. *Treatment.*—The best treatment is to open the bowels freely by means of purgative medicines; a dose of calomel at bed-time with a rhubarb draught twice a day will generally suffice. The diet must be very light, and capable of being easily digested: all rich food should be avoided, while milk, broth, beef-tea, toast and biscuits, or a light pudding may be taken. No stimulants ought to be given, as they would only tend to increase the congestion of the liver. Effervescing solutions may be given with benefit, as they allay thirst and sickness; those containing soda salts are the best, and those also which have an aperient action; for this reason effervescing Carlsbad waters often prove beneficial. In three or four days a mixture containing extract of dandelion, hydrochloric acid and gentian may be given three times a day, and the bowels must be kept open daily; active exercise should be taken daily, if the patient can bear it, and for some time care must be taken to avoid indigestible food.

Acute atrophy of the liver is a very formidable disease, and, fortunately, is of rare occurrence. The patient becomes hot and feverish, vomits often, and the skin assumes a deep yellow tint; the liver rapidly shrinks inside so as sometimes to lose half its weight. Headache comes on quickly, followed by delirium and insensibility; the patient lies in a prostrate condition, and there is picking of the bed-clothes and low-muttering delirium; bleeding may take place from the nose and mouth, and small hæmorrhagic spots may be seen in the skin. Death generally occurs in four or five days, and treatment is not of much avail.

A "sluggish" or congested liver is generally associated with catarrh of the bile ducts, and arises often from want of exercise and eating and drinking too much, but congestion may go on to inflammation in tropical countries, and end in the formation of an abscess. This may be known by the pain over the region of the liver, the swelling of the abdominal wall on that spot, and the frequent shiverings; the patient loses flesh, strength and appetite, and his skin becomes of a sallow tint. Such people generally come back to this country invalided, and if they get over the illness, they seldom recover their former state of health.

A gall-stone in the hepatic duct will cause great pain over the liver, chiefly referred to one spot, much sickness and distress, and a feeling of faintness. A hot bath and the administration of chloroform will ease the pain, while purgative

medicines may be taken, and all means used to get the stone to pass onwards to the bowels. Jaundice will come on from the obstruction to the flow of the bile, but this will disappear when the stone has escaped. Amongst *chronic* changes may be enumerated cancer, cirrhosis, fatty and waxy degeneration, passive congestion, syphilitic deposits, and the presence of hydatid cysts.

Cancer of the liver is a most fatal and serious disorder, carrying the patient off within a year, or a year and a half, from the first appearance of any symptoms. There is at first loss of appetite and pain over the abdomen; the latter begins to swell as the cancer increases in size, and becomes extremely tender; rapid emaciation goes on, but the temperature is generally no higher than usual, and there is no attendant fever. The loss of flesh, the hollow temples, the great prostration, the pain and swelling or enlargement of the liver are the chief symptoms, and these gradually become worse, and finally cause a lingering and painful death. Jaundice is not often present, nor does the patient suffer from shivering. Cancer of the liver may occur in both sexes, and be met with at any period of life: more frequently, perhaps, between thirty and fifty years of age. The treatment must be directed to the relief of the patient, as no cure can be looked for. The pain may be alleviated by the administration of opium or morphia, and this may be given internally as a draught, or a small quantity may be injected under the skin with a syringe. Chloral is of much use in easing the pain. The diet must be light and nourishing, and must be varied from day to day to please the fancy of the patient, whose appetite will be small and capricious.

Cirrhosis of the liver comes on more generally in middle life; at first it may be mistaken for cancer, as there is loss of flesh and appetite, and pain in the abdomen, but the symptoms come on more gradually, the liver does not increase in size, but rather shrinks, and dropsy of the abdomen soon comes on: jaundice also is very common, and the distended abdomen becomes marbled over with blue veins, as the stream of blood through them is impeded.

Fatty degeneration of the liver is commom in many disorders. It may be very fatty, and give rise to no symptoms, as in cases of consumption. The symptoms come on very gradually, and the liver is generally much diseased before any notice is taken of the mischief; the disease is often very chronic, and will last for years unless there be much mischief in other organs; dropsy is a bad symptom, and, when general, will frequently point to disease in the kidneys. Attention must be given to the diet, and any indigestibe food be avoided. If dropsy be present, purgatives must be given, so as to remove the fluid, and the general health must be kept up by tonic medicines, as iron and quinine.

Waxy degeneration of the liver is a less frequent disease; it rarely, if ever, occurs alone, and is generally associated with similar disease in the kidneys, spleen and intestines. It occurs in persons who have long suffered from diseased joints and chronic abscesses, in the scrofulous, and those who have suffered from syphilis or ague, and some other wasting disorders. There is seldom pain or jaundice, or loss of flesh; the appetite is good, or but slightly impaired, and the mischief may go on for a long time and cause no symptoms. In this disease change to dropsy seldom occurs, diarrhœa is often present, the spleen enlarges, and the patient passes a large quantity of pale, limpid water, in which is contained a good deal of albumen. The liver also attains larger dimensions than in the case of a fatty change, and its lower border comes lower down, and can usually be easily felt. The treatment will consist in improving the general health by liberal diet, and by the administration of tonics.

Passive congestion of the liver often occurs in heart disease, and some disorders of the lungs, and depends upon the fact that since the course of the circula-

tion is disturbed at these points, the veins become too full all over the body; now the hepatic vein shares in this fulness, and so the liver is stuffed with blood, and the stream flows through sluggishly. From a similar cause the veins in the leg and kidney are full, and so there results dropsy of the lower extremities and a scanty flow of urine, which will contain a variable amount of albumen. There will be pain over the liver, but not of marked intensity, and, frequently, there is some yellowness of skin from the presence of jaundice. After a time dropsy of the abdominal cavity will come on, and then a fatal result follows. Since this state of liver depends upon the disease of the heart or lungs, the treatment must be directed to allaying any tumultuous or irregular action of the heart and removing any dropsy by purgatives or small punctures in the leg; then by diminishing the quantity of fluid in the circulation, relief may be temporarily given.

Syphilis will produce various changes in the liver, and cause a hardening of that organ and thickening of the capsule. Sometimes rounded masses, something resembling cancer, are met with in that organ. The health, in such cases, must be improved by a visit to the seaside, if possible, or a sea voyage, by liberal diet and regularity of living. Preparations containing iron and quinine are valuable, and may be given in conjunction with iodide of potassium.

Hydatid cysts occur more commonly in the liver than in any other organ, although they are by no means very often met with. They may occur in the liver either as small, round and firm tumours, formed of a fibrous capsule, with putty-like contents; these are hydatid cysts which have undergone spontaneous cure, and can do no more harm; or as cysts with a tough, fibrous capsule, enclosing much fluid, and a greater or less number of smaller cysts floating about. These cysts may attain a great size; they are seldom attended with pain, unless there is inflammation outside setting up adhesions. The general health is seldom affected, so that the nature of the disease is chiefly recognised by the presence of a tumour in the liver and the absence of any constitutional symptoms. The treatment will consist in having resort to surgical aid, whereby the contents may be evacuated and the cyst allowed to shrink. If allowed to grow, such cysts may cause death by bursting into the abdominal cavity, or into some neighbouring organ.

3562. ***Lumbago.***—This is a form of chronic rheumatism affecting the lower part of the back and loins. The individual moves stiffly and has pain in getting up from the sitting posture or in turning over in bed at nights.

Treatment.—The application of a menthol plaster often gives relief, so does ether sprayed upon the part. Should it be impossible to apply either of these remedies, hot baths will be found useful and wrapping the part up in flannel.

3563. ***Meningitis (Cerebral).***—By this is meant inflammation of the membranes covering the brain. It is always serious.

Symptoms.—In children there is disturbed sleep, a cast or rolling of the eyes, dilated pupils, convulsions. With older persons, who can tell their symptoms, there is severe headache, intolerance of light, want of sleep, mental disquietude, sometimes unnaturally acute hearing; constipation; sometimes sudden loss of speech and delirium.

Treatment.—Keep the patient in a darkened room; apply cold to the head by means of cloths wrung out of cold water; send at once for the doctor; purgatives are generally required to combat the constipation; the greatest quiet must be maintained. Milk is the best food.

3564. ***Meningitis (Tubercular).***—This disease is associated with a scrofulous constitution, and occurs in children of different ages up to twelve or

thirteen years. Bad air, insufficient or unnourishing food, exposure to cold, want of sufficient clothing, all increase the unhealthy tendencies which go to produce the disease.

Symptoms.—Loss of appetite and spirits, child not caring to join others in play, constipation, gradual wasting of the body, drowsiness, squinting of the eyes, vomiting, enlarged and glassy look of pupils.

Treatment.—Keep the child quiet in a dark room and give milk as food. The one medicine which the writer has found of benefit in this disease is iodide of potassium given in doses of two grains every four hours to children from two years up. It is needless to say that medical assistance should be procured as speedily as possible.

3565. ***Peritonitis.***—Inflammation of the membrane called the peritoneum, which lines the abdominal cavity, is usually caused by diseases or wounds of the abdomen, but in the opinion of many may also result from cold.

Symptoms.—Severe pain is complained of, increased by pressure; the knees are generally drawn up and the patient lies on his back, the abdomen is puffed up, there is obstinate constipation, sometimes continued vomiting.

Treatment.—Keep the patient at rest in bed; do not give purgatives and do not be uneasy because the bowels are constipated. Opium is generally the medicine resorted to in the treatment of this disease. It may be given in the form of the solution of the muriate of morphia in doses proportioned to the patient's age. When the patient is convalescent great care must be exercised regarding his food, and only bland, unirritating substances, such as milk, beef-tea, beat-up eggs, &c., given.

3566. ***Pleurisy.***—This is an inflammation of the pleura or serous membrane which covers the lungs and lines the greater part of the cavity of the chest. It is generally brought on by exposure to cold and wet, but may be the result of an accident in which the ribs are broken.

Symptoms.—Severe catching pain in the affected side, made worse by breathing deeply or coughing. The pain is usually confined to one spot, and, if the ear be placed against the side, a fine, rubbing sound will be heard, which goes by the name of friction, and resembles that produced by rubbing a lock of hair between the finger and thumb. The pulse is quick, the tongue is coated; there is thirst and loss of appetite, and the temperature is raised. In a day or two the breathing becomes worse owing to fluid being infused into the pleural cavity and pressing upon the lungs; this fluid after a time becomes absorbed, when the breathing grows easier.

Treatment.—Place the patient in bed without delay, in a room, the atmosphere of which is kept moist by boiling some water in a kettle on the fire, and allowing the steam to pass into it, and whose temperature should not be under 60° Fahr. 63° or 64° would be better. He should be kept as free from talking as possible. Linseed meal poultices may be applied to the chest, and milk, beef-tea, broth and such like should be given in the early stage, and later, when the fever has passed away, light puddings, eggs, white fish, &c. During recovery, cold and damp must be carefully avoided.

3567. ***Pneumonia.***—This is an inflammation of the lung substance proper. It generally is ushered in with a rigor which is often very severe; in children convulsions may take the place of the rigor. The temperature rises and may reach 104° or 105° Fahr. There is pain and loss of appetite; the face is flushed, breathing is rapid, and there is a short, hacking cough; the matter expectorated is tenacious and rusty-coloured.

Treatment.—Keep the temperature of the room at about 65° Fahr., or rather higher, but not lower, if it can be avoided. Support the shoulders well with

pillows, this will assist breathing. Give milk, beef-tea, white of egg, custards, Brand's jelly, strong chicken tea, &c. Cold water may be given to allay thirst. Medical aid should be sought at once.

3568. ***Quinsy.***—This is a severe inflammation of the throat, chiefly involving the tonsils and frequently going on to suppuration. It is usually ushered in by chilly feelings, which are succeeded by fever. The speech becomes nasal in character, and there is pain and difficulty in swallowing.

Treatment.—In the early stage this disease may be cut short by the administration of an emetic of twenty grains of powdered ipecacuanha or by small doses of tincture of aconite frequently repeated, say a quarter or half a drop every fifteen minutes or half hour till the patient is in a good perspiration, when the medicine may be given less frequently. Medicated sprays are much more useful than gargles. A mixture containing the following ingredients may be given with advantage:—Steel drops, three drachms; sulphate of quinine, half a drachm; chlorate of potassium, two drachms; glycerine, half an ounce; water added to make eight ounces. A tablespoonful in water every four hours. The food should consist of milk, eggs, beef tea, cocoa, &c.; pieces of ice may be given to suck.

3569. ***Rheumatic Fever.***—This disease begins with restlessness and fever; there is a white or creamy condition of tongue, and the bowels are deranged. Presently the joints begin to ache, the pain increases till there is great swelling and tenderness all over one or more of the large joints of the body; the temperature rises, and, in some cases, becomes excessively high; the urine deposits a thick, brickdust sediment on cooling. As there is a great risk of the heart becoming affected in this disease it must always be regarded with apprehension.

Treatment.—Absolute rest must be enjoined, and milk and potass water, alone or together be given along with beef tea, beat up eggs, &c. The following medicines may be usefully given:—Salicylate of sodium, three drachms; iodide of potassium, half a drachm; water added to make up to eight ounces. A tablespoonful of this mixture may be given every three hours. The joints should be wrapped in cotton wool, and the patient wear woollen in preference to linen articles of clothing next the skin.

3570. ***Spasms,*** in the ordinary sense of the word as used by the vulgar, mean gripes, and commonly depend on indigestion and constipation.

Treatment.—In many cases relief may be obtained by the administration of a purgative. Sometimes, when the pain is very severe, it may be necessary to relieve it, that is, treat the symptoms and attend afterwards to the correction of the diet, &c. For this purpose fifteen drops of laudanum, or the solution of the muriate of morphia may be given along with twenty drops of spirit of chloroform in a little water. As soon as the pain is relieved, the general condition of the patient must be attended to, and anything in the diet that has been known to give rise to pain should be scrupulously avoided, and only simple, plain kinds of food given.

WHAT TO DO IN CASE OF ACCIDENT OR SUDDEN ILLNESS.

3571. ***Apoplexy.***—*Treatment.*—When a person is in an apoplectic fit prevent all unnecessary movement: raise the head and remove everything tight from the neck, then apply ice or cold water cloths to the head; put the feet in mustard and water or apply mustard leaves or poultices to the calves of the legs.

BREATHING IMITATED BY DR. SYLVESTER'S METHOD.—THE ACT OF INSPIRATION.

BREATHING IMITATED BY DR SYLVESTER'S METHOD.—THE ACT OF EXPIRATION.

3572. ***Bruises.***—These are caused by blows, the skin remaining unbroken *Treatment.*—Apply tincture of arnica, spirit and water, vinegar or sal-ammoniac and water. The following is a useful combination :—Chloride of ammonium (sal-ammoniac), one ounce ; rectified spirit, lavender water, or eau-de-cologne, two ounces ; vinegar, three ounces ; water to make sixteen ounces. Rags dipped in this should be laid over the bruise and kept constantly wet.

3573. ***Choking.***—*Treatment.*—If the substance causing choking be at the upper part of the throat thrust the finger and thumb into the mouth and endeavour to seize it. If this cannot be done, take a penholder, a quill, or piece of whalebone—anything, in fact, that will do, and endeavour to push it down the gullet. A smart blow on the back will sometimes dislodge a foreign body from the throat.

3574. ***Concussion of the Brain.***—*Treatment.*—Move the patient as little as possible ; remove all tight articles from the neck. Apply hot bottles to the feet and sides, or hot bricks wrapped in flannel and a mustard poultice or mustard leaf over the stomach.

3575. ***Croup.***—*Treatment.*—Take the child out of bed and put it into a bath of 100° Fahr. and keep it there for half an hour, or wrap it in a sheet wrung out of warm water, with dry blankets on top, and keep it in this for an hour. Give a teaspoonful of ipecacuanha wine every quarter of an hour in tepid water, and give drinks of tepid water between till vomiting takes place. Keep the atmosphere moist by causing steam to pass into the room.

3576. ***Dislocations.***—*Treatment.*—If medical assistance is at hand do not touch a dislocation : in any case do not use or submit to rough handling. If skilled assistance cannot be had, get some one to seize the part of the limb nearest the body, and then apply gentle, steady traction upon that furthest removed.

3577. ***Drowning.***—*Treatment.*—Place the patient on the floor or ground with the face downward, and one of the arms under the forehead. If there be only slight breathing, or no breathing, or if the breathing fail, then turn the patient instantly on the side, supporting the head, and excite the nostrils with snuff, hartshorn and smelling salts, or tickle the throat with a feather. Rub the chest and face warm, and dash cold water or cold and hot water alternately on them. If there be no success, imitate breathing and, in order to do this, place the patient on his back, supporting the head and shoulders on a small, firm cushion or folded article of dress. Draw the tongue forward and slip an elastic band over it and under the chin, or tie a piece of string or tape in the same way. Grasp the arms just above the elbows and draw them gently and steadily upwards above the head, and keep them stretched upwards for two seconds ; then turn them down and force them gently and firmly for two seconds against the sides of the chest. Repeat these measures about fifteen times in a minute. When breathing is restored, rub the limbs upwards with firm grasping pressure and energy, using handkerchiefs, flannels, &c. Apply hot flannels or bottles, bladders of hot water or heated bricks to the pit of the stomach, the armpits, between the thighs and to the soles of the feet. On the restoration of life a teaspoonful of warm water should be given, and then small quantities of warm coffee.

3578. ***Epilepsy.***—*Treatment.*—At the onset of a fit the patient should be caught in the arms of a bystander and laid gently down upon his back, with something under his head for a pillow, and everything tight should be removed from his neck. Insert a cork between the teeth to prevent the tongue being bitten, then wait patiently till the fit is over.

3579. ***Fainting.***—In this affection there is pallor of the face, coldness, perspiration, feeble, shallow and irregular breathing, noises in the ears, indistinctness of vision and giddiness. *Treatment.*—Lay the patient at once upon the back: remove all constricting articles of clothing from about the neck and apply strong smelling salts to the nostrils. Sprinkle cold water over the face: give half a teaspoonful of spirit of sal volatile by the mouth in a little water.

3580. ***Foreign Bodies.***—*In the Nose.*—These are peas, beads, sweets, cherry-stones and such like. *Treatment.*—If old enough get the child to forcibly blow down the obstructed nostril after taking a deep breath, while the finger is pressed tightly against the free nostril. Failing this, grasp the nostril behind the seat of obstruction and introduce a small flat article such as the handle of a salt spoon beyond it and endeavour to scoop it out.

In the Ear.—Treatment.—If an insect has found its way into the ear, fill it with olive oil, when it will generally float on the top. If a pea, bead or cherry-stone use the head of a hair pin as a snare and *with the utmost gentleness* endeavour to insinuate it beyond the object it is intended to remove.

In the Eye.—Treatment.—If the offending substance is not imbedded in the globe of the eye it will generally be easily removed, either with or without everting the lid, by using the corner of a soft pocket handkerchief, or a camel's hair pencil moistened with water or olive oil. If the substance is imbedded in the globe of the eye, a camel's hair pencil dipped in water or oil may be passed over it and an effort made to dislodge it. Should this fail, and medical assistance is not at hand, a blunt-pointed instrument may be carefully passed across the surface. Should quick-lime get into the eye, wash it out as thoroughly as possible with water, then bathe with a lotion consisting of a teaspoonful of vinegar to a wineglassful of water, or drop a little sweet oil into the eye. In case of injury by acid, bathe with milk or one part of lime water to three of water.

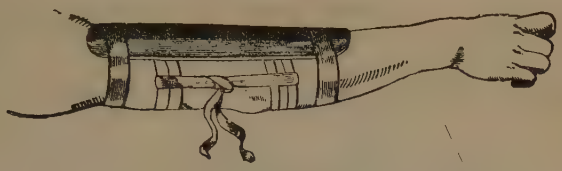
3581. ***Fractures.***—*Treatment.*—When a fracture has taken place the object is to bring the ends of the bone that has been broken as nearly as possible to the condition they were in previous to the accident. In order to do this, the part nearest the body must be steadied by some one, while that furthest removed is gently stretched out, the sound limb being uncovered and acting as guide. Having got the limb into good position splints must be applied to fix it in the position in which it has been placed.

3582. ***Hæmorrage or Bleeding.***—Bleeding from an artery is distinguished from that of a vein by being brighter in colour, and by its coming out of the wound in a saltatory or jumping way. *Treatment.*—If from a vein make a compress by folding a piece of lint or a small handkerchief up, and apply it to the wound with a bandage over it. This treatment also generally answers in bleeding from small arteries, although the pressure requires to be greater.

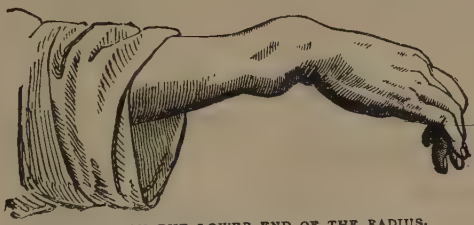
From Varicose Veins.—Treatment.—Place the patient on his back, and apply a compress and bandage, or put half-a-crown or a penny in a handkerchief, place it over the wound, and tie it.

From the Nose.—Treatment.—Apply cold water cloths or ice to the forehead; raise the arms above the head; seize the nose between the fingers, and squeeze the sides together; syringe the nostrils with vinegar or hot water and salt. One or other of these methods may be tried, or they may all be tried in turn if the bleeding is difficult to check.

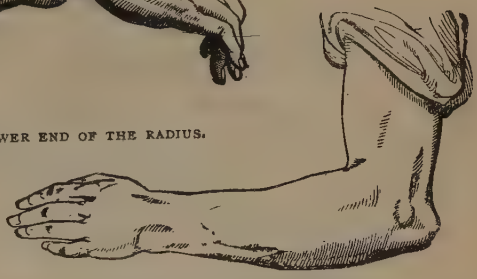
From Leech-bites.—Treatment.—Lay a crystal of iron alum upon the wound. Dried alum and tannic acid may be used in a similar manner. Two strong



FRACTURE OF THE ARM.

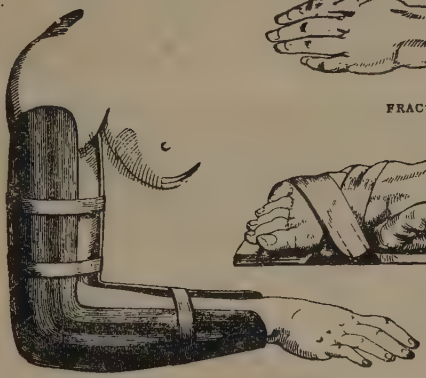


FRACTURE ON THE LOWER END OF THE RADIUS.



FRACTURE OF THE HUMERUS.

POTT'S FRACTURE.



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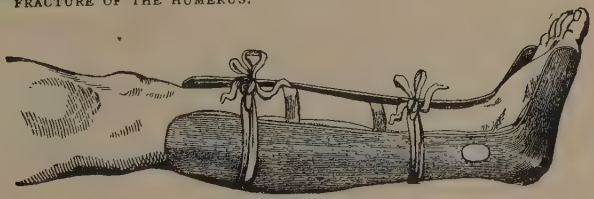


FORM OF SPLINT USED IN THE TREATMENT OF FRACTURE OF BONES IN THE LEG.

needles run through the skin cross-wise, passing beneath the wound, and a piece of linen thread tied round them, will frequently answer when the simpler means fail.

After Tooth Extraction. — *Treatment.* — Press a small crystal of iron alum into the cavity left by the removal of the tooth, and bleeding will generally be checked.

After Confinement.—*Treatment.*—Keep the patient at absolute rest on her back, and remove the pillows so as to keep her head low; cover very lightly with bed-clothes. Place the hands on the lower part of the belly, and press deeply down with a kind of kneading motion. If the womb is felt contracting into a hard lump under the hands, grasp it and keep it tight till the arrival of the doctor. Give a little tepid milk and water.

From the Umbilical Cord.—When bleeding takes place from the umbilical cord, the child generally becomes restless, and blood may saturate its clothing. *Treatment.*—Undress the child immediately, and tie a ligature of three or four thicknesses of worsted or linen thread behind the other.

Internal Bleeding.—Instances of this form of bleeding are seen in hemorrhage from the lungs and stomach. That from the lungs is generally bright scarlet in colour and frothy in appearance, owing to the admixture of air; that from the stomach is dark in colour, and is not frothy. *Treatment.*—Keep the apartment cool and the patient quiet in the recumbent posture. Ice may be given, or cold water when ice cannot be had. Five to ten grains of gallic acid may be given along with ten or fifteen drops of aromatic sulphuric acid every three or four hours.

3583. ***Hysteria.***—This may manifest itself by intense sobbing or immoderate laughter, or these may alternate with one another. There is frequently wild tossing about of the arms, the hair is dishevelled, the face is generally pale and complaint is made of a suffocating feeling in the throat. *Treatment.*—The patient must be spoken to kindly, yet firmly, and be told to stop any eccentricities. Loosen the dress and remove anything tight from the neck. Give a teaspoonful of spirit of sal volatile in water. If no heed is taken in regard to what is said, dash cold water upon the face.

3584. ***Intoxication.*** — *Treatment.* — When loss of consciousness has occurred from this cause, give an emetic of mustard and water (a tablespoonful in tepid water) or twenty grains of sulphate of zinc or powdered ipecacuanha. Remove to a warm atmosphere and give strong tea or coffee.

3585. ***Poisons.***—*Treatment.*—Many of these give rise to vomiting and are thus got rid of. In such cases the vomiting should be encouraged by giving draughts of tepid water. An instrument that may be used with much benefit, if it is at hand, is the stomach syphon—easier to use a good deal than the stomach pump—by which the poison may be got rid of. Care must be taken to pass the tube along the *back* of the throat, as, otherwise, harm may result. If the poison has not given rise to vomiting, a handful of salt in lukewarm water may be given and draughts of tepid water afterwards. Mustard is a good emetic when the poison taken is not irritant in character. Twenty grains of powdered ipecacuanha or the same quantity of sulphate of zinc may be used in the same way.

General Directions.—When an *alkali* is the poison, give weak vinegar, chalk and water, whiting, plaster from the walls. When an *acid*, give white of egg or milk; if a *narcotic*, give strong coffee and do everything to keep the patient awake.

3586. ***Particular Poisons:—***

Aconite, Monkshood or Blue Rocket.—Treatment.—Give a tablespoonful of mustard in water or twenty grains of sulphate of zinc in water: then a dose of castor oil. Hot bottles should be applied to the feet, and a teaspoonful of spirit of sal-volatile in water or strong coffee be given.

Alkalies, such as potash, soda, ammonia, met with as pearl ashes, soap lees, common washing soda and ammonia in vapour, solution and solid form. *Treatment.*—Give drinks containing vinegar, or lemon juice or olive oil may be given.

Arsenic.—Treatment.—Give large quantities of sugar and water or linseed tea.

Barytes.—Treatment.—Give two teaspoonfuls of Epsom or Glauber's salts every two hours till the bowels act.

Belladonna.—Treatment.—Give twenty grains of sulphate of zinc or a tablespoonful of mustard in water; then drinks of tepid water. Afterwards give strong coffee.

Carbolic Acid.—Treatment.—Use the stomach syphon if at hand, otherwise give large quantities of olive oil or melted butter.

Copper.—Treatment.—Give white of egg, afterwards, enemata to act upon the bowels.

Corrosive Sublimate.—Treatment.—Give white of egg beaten up with water. Milk or sugar and water may be given if eggs are not at hand.

Foxglove.—Treatment.—Give an emetic of mustard and water or twenty grains of sulphate of zinc in water, then give a dose of castor oil and a cup of strong tea.

Fungi.—Treatment.—Give an emetic of mustard and water, afterwards a dose of castor oil.

Hemlock.—Treatment.—Give a tablespoonful of mustard and water or twenty grains of sulphate of zinc; afterwards a dose of castor oil and strong tea.

Henbane, Thorn Apple and Tobacco.—Treatment.—The same as for belladonna.

Hydrochloric Acid.—Treatment.—The same as for sulphuric acid poisoning.

Laburnum.—Treatment.—Give a tablespoonful of mustard in water; then ten or fifteen drops of spirit of sal-volatile in a little water.

Laudanum.—Treatment.—Give twenty grains of sulphate of zinc or a tablespoonful of mustard in water, then drinks of tepid water. Afterwards give strong coffee and keep the patient constantly in motion till the drowsy feeling wears off.

Lead.—Treatment.—Give an emetic in the first place; then two teaspoonfuls of Epsom or Glauber's salts every two hours till the bowels act. When this has been accomplished continue the salts in smaller doses, after which large doses of iodide of potassium may be given.

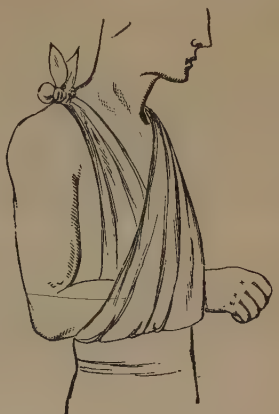
Nitric Acid or Aquafortis.—Treatment.—Give bicarbonate or carbonate of soda or potash; in other respects the treatment is the same as for poisoning by sulphuric acid.

Oxalic Acid or Acid of Sugar.—Treatment.—Give magnesia or chalk mixed with water.

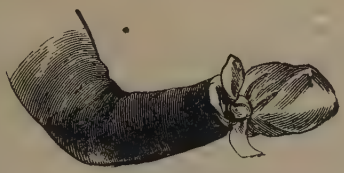
Phosphorus.—Treatment.—Give twenty grains of sulphate of zinc in water; then give lime water, barley-water, linseed tea or white of egg and water.

Prussic Acid.—Treatment.—Dash cold water from a height upon the head: apply smelling salts and employ artificial respiration.

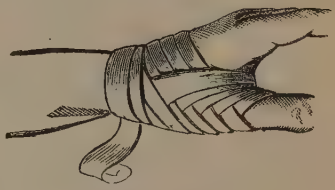
LARGE SLING FOR ARM.



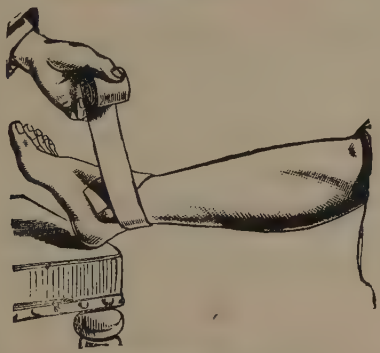
SMALL SLING FOR ARM.



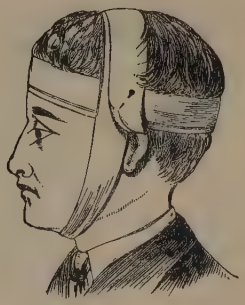
HAND BANDAGE.



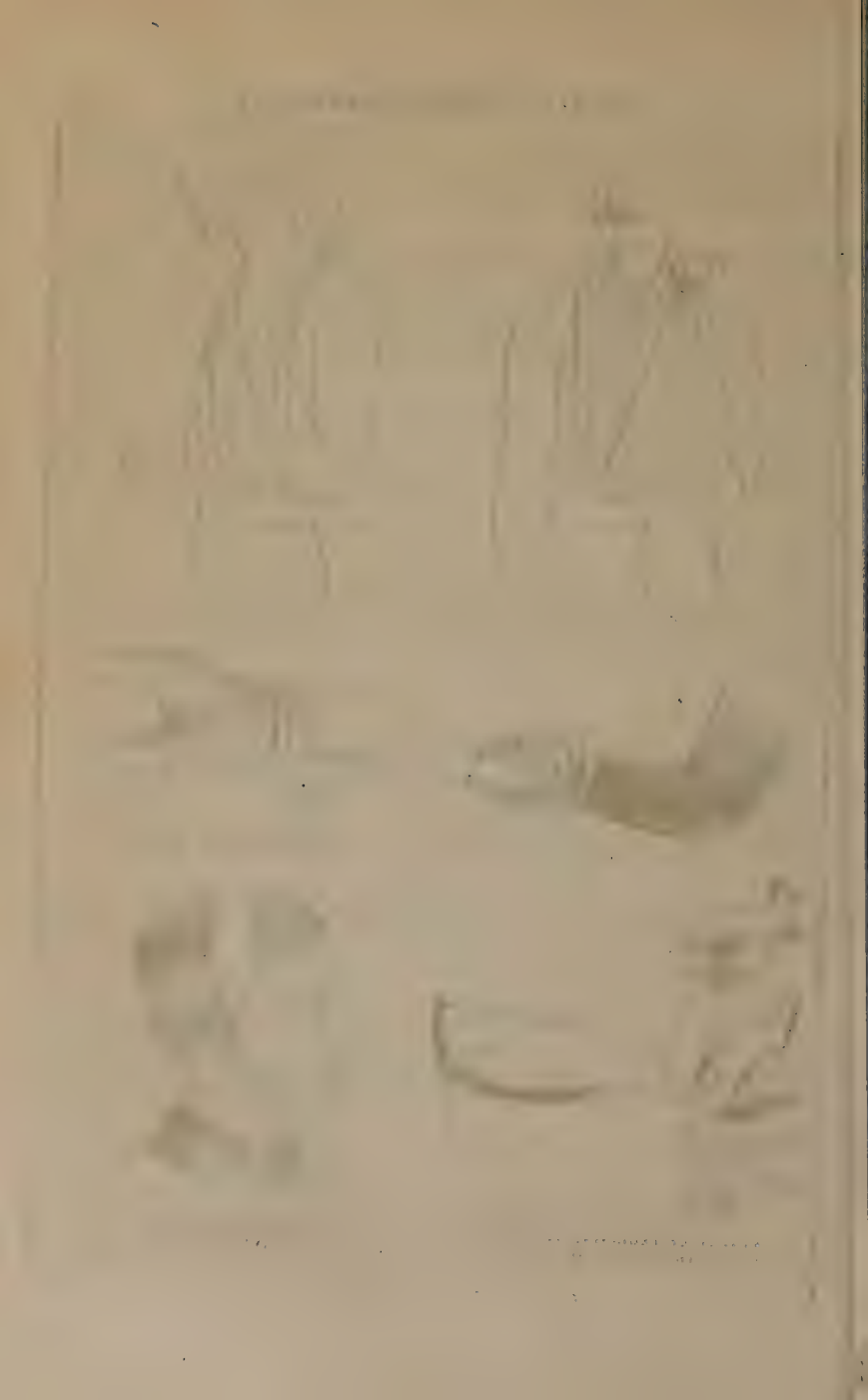
BANDAGE FOR THE THUMB.



METHOD OF BEGINNING TO BANDAGE THE ANKLE AND LEG.



SIMPLE BANDAGE FOR THE HEAD.



Shell Fish.—Treatment.—Give an emetic, then a purgative, afterwards twenty or thirty drops of spirit of sulphuric ether on a lump of sugar.

Sulphuric Acid or Oil of Vitriol.—Treatment.—Give bicarbonate or carbonate of soda or potash. If these are not at hand, chalk or magnesia will do instead. Olive or almond oil may also be given.

3587. ***Scalds and Burns.***—*Treatment.*—When a part has been scalded, immerse it in cold water or pour cold water over it, or dust bicarbonate of soda over it and apply a wet cloth above this. When blisters have formed, prick them with a needle or pair of scissors and press the cuticle carefully down, after which apply the bicarbonate of soda as before, or chlorate of potassium ointment (5 grains to the ounce of lard) or carron oil: thymol or carbolic oil (1 part to 100 of olive oil) answers well.

3588. ***Sprains.***—*Treatment.*—Foment the part well with warm water, then brush tincture of arnica over it several times a day. When the more acute symptoms have passed, wrap the part in cotton wool and apply a good firm bandage, india-rubber if it can be had, so as to diminish the swelling and give a feeling of security when the patient comes to move about. Later on, if not quite right, use the cold douche and friction with a rough towel.

3589. ***Suffocation.***—*Treatment.*—If the person is found hanged he should be at once cut down, and artificial respiration employed. If the suffocation results from articles of food blocking up the throat the treatment recommended in choking must be had recourse to. If the suffocation is the result of breathing coal-gas or sewer-gas, or by being in a room in which charcoal has been burnt, the first thing to do is to get the patient out as speedily as possible.

3590. ***Sunstroke.***—*Treatment.*—Dash cold water over the face and head; apply ice or ice cloths or cold water to the head, and give a teaspoonful of spirit of sal volatile in water. Tea or coffee may be given afterwards.

3591. ***Wounds.***—The simplest are those in which the tissues are clean cut through, and where the edges, when brought together, fit accurately the one to the other. *Treatment.*—Remove all dust or dirt, and bring the edges carefully together by means of a bandage or strips of plaster. Keep at rest for a few days.

Contused or lacerated wounds should be treated by cleansing the parts with sanitas and water, carbolic acid and water (a teaspoonful to eight or ten ounces of water), or Condy's fluid and water, then place a piece of lint or rag soaked in carbolic oil (one part to twenty of olive oil) or boroglyceride over the wound, and keep the edges as nearly as possible together.

Perforating wounds are dangerous because of their depth. *Treatment.*—Keep the part at rest, and apply ice-bags or cloths soaked in cold water, to which some sanitas or carbolic acid has been added, to the wound.

Gun-shot Wounds.—Treatment.—If a stimulant is necessary, give a teaspoonful of spirit of sal-volatile in water. Remove pieces of clothing, wadding, or bits of paper that may be found in the wound, then bathe it with sanitas and water, carbolic acid and water, or Condy's fluid and water, then soak a piece of lint in carbolic oil or sanitas vaseline, and lay it into the wound.

Poisoned wounds may result from a number of causes, such as stings of insects, snake-bites, the bites of rabid animals, &c.

Dog-bites.—When anyone is bitten by an animal supposed to be mad, unless the actual fact of the animal's madness is known, it should be kept and carefully

watched, and if it is found not to be suffering from rabies, no harm will result to the patient. This will soon make itself apparent, for, if mad, it will be seen snapping at imaginary objects, with a copious flow of saliva from the mouth, and a convulsive closing of the jaws. *Treatment.*—The wound should be at once sucked, and a red-hot wire or a cinder laid upon it as a cautery, and then some soothing alkaline lotion, as ammonia water or lead and opium, applied. Stimulants, such as the spirits of sal-volatile in teaspoonful doses, may be given every two or three hours.

Snake-bites.—Bites from serpents received abroad are exceedingly formidable injuries, and may be followed by death within a few hours, so that prompt action is necessary. *Treatment.*—The part should be at once sucked. A tight bandage should be applied above the wound, either by means of an elastic band, a leather strap, or a handkerchief twisted tightly by means of a stick. The wound should then be freely cauterised by means of a red-hot wire or a red-hot cinder, or the part may be cut out with a knife, or caustic, such as nitrate of silver, may be applied to the wound; a red-hot wire is, however, the best. Stimulants, especially preparations of ammonia, must be freely given. A teaspoonful may be put into a wineglassful of water, and the patient given a tablespoonful every quarter of an hour. If those present are afraid to suck the wound, a wineglass, into which a piece of burning paper has been put to exhaust the air, shall be inverted over it.

Stings.—If the sting still remains in the wound, it must of course be removed; then some alkaline lotion should be applied to the part, such as a little ammonia water or liquor potassæ and water, or bicarbonate of soda and water.

DOMESTIC MEDICINES AND WHAT ILLNESSES AND COMPLAINTS THEY SHOULD BE USED FOR.

All drugs should be kept in bottles under lock and key and should be properly stoppered and carefully labelled.

3592. ***Alum (Dried).***—This substance may be used with advantage in case of bleeding piles, leech bites or slight cuts. It should be freely dusted over the part after wiping it dry.

3593. ***Arnica.***—This is a useful application in sprains and bruises. The tincture should be freely brushed over the part three or four times a day.

3594. ***Borax.***—This substance is used either dissolved in water or mixed with glycerine or honey in the treatment of the white mouth of infants or the small ulcers that are often met with on the mucous surfaces of the lips and gums. It may be freely applied to the part with a feather or small brush.

3595. ***Camphorated Oil.***—This is a useful application in chest colds and glandular swellings of the neck. It should be warmed at the fire or by placing the bottle in hot water and then rubbed into the part with the hand.

3596. ***Castor Oil.***—This is a gentle but efficient purgative. *Dose.*—A teaspoonful to children; a tablespoonful to adults. It is useful in cases of constipation or where an indigestible article of diet is giving rise to griping pain in the bowels.

3597. ***Dill Water.***—This is frequently given to children during teething, when they appear to suffer from flatulence and are griped and uncomfortable. *Dose.*—A teaspoonful to a child a year old.

3598. ***Epsom Salts.***—The dose for an adult is half an ounce. They should be taken first thing in the morning and warm drinks given afterwards. They are useful in cases of lead-poisoning or where it is desirable to increase the flow of bile.

3599. ***Ergot.***—In the form of the liquid extract, this drug is useful in an eminent degree in cases of blood-spitting or flooding after confinement. For the former it may be given in doses of fifteen drops every three hours; for the latter a teaspoonful, to be repeated in a quarter of an hour if necessary.

3600. ***Gallic Acid.***—This is useful in cases of spitting or vomiting of blood. *Dose.*—Ten grains, along with fifteen drops of dilute aromatic sulphuric acid in the former, in water; and alone in milk or water in the latter.

3601. ***Ipecacuanha.***—Given as powder, twenty grains at a time, it is a useful emetic in the case of adults; in children, in the form of wine, it is useful for the same purpose in doses of a teaspoonful in tepid water, repeated every quarter of an hour, and drinks of tepid water given between, and is often so administered in croup. In bronchitis and bronchial catarrh it may be given in doses of two to five drops every three hours, on a lump of sugar to children, and a proportionately larger dose to adults.

3602. ***Iron Alum.***—This is a powerful astringent. It is useful in checking bleeding after extraction of teeth or in case of bleeding from wounds. A crystal should be laid into the cavity or wound.

3603. ***Laudanum.***—This must be given with extreme caution. It should only be given under medical advice to children. In adults it is useful for the relief of such pain as colic, when it may be given along with a dose of castor oil or fifteen drops of spirit of chloroform in water. The dose for an adult is twenty drops. A similar quantity of spirit of chloroform may be given.

3604. ***Lime Water.***—This is a useful preparation to give children along with their milk when they are suffering from acidity or diarrhœa. A tablespoonful may be mixed with a wineglassful of milk. In cases of vomiting in adults it is also most useful mixed with milk.

3605. ***Magnesia.***—This may be given in doses of twenty or thirty grains to an adult, or five to twelve to those under twelve years. It is very useful in acidity of the stomach.

3606. ***Mindererus Spirit.***—This is useful in cases of cold to promote sweating. *Dose.*—A teaspoonful to children from six to twelve, a tablespoonful to adults, in water.

3607. ***Mustard.***—A tablespoonful in tepid water is a useful emetic. Applied as a poultice or leaf to the chest in bronchial colds it is useful, or to the calves of the legs in infantile convulsions.

3608. ***Quinine.***—This is an excellent tonic in cases of debility, and may be given in doses of one or two grains three times a day dissolved in a little steel drops or made into pills. It is useful in the same or larger doses in neuralgia, and the combination with steel drops will materially assist. In ague, given in large doses—eight or ten grains—it is most useful.

3609. ***Rhubarb.***—This may be kept in powders in a stoppered bottle, each containing from ten to fifteen grains. One given with the same quantity of

magnesia will act as a mild purgative in the case of an adult. It is useful in dyspepsia.

3610. ***Spirit of Sal Volatile.***—This is useful in fainting, hysteria, flatulent colic and after anyone has been bitten by a venomous animal. *Dose.*—A teaspoonful in water for an adult, which may be repeated in two or three hours.

3611. ***Steel Drops.***—This is a useful preparation of iron, and may be given with advantage in cases of debility where there is anæmia or poverty of blood. Ten to fifteen drops may be given to an adult three times a day in water. It should be taken through a glass tube. In cases of erysipelas it has to be given in larger doses; twenty drops in a teaspoonful of glycerine mixed with water may be taken every three hours.

3612. ***Sweet Spirit of Nitre.***—This is useful in cases of fever, and acts upon the kidneys as well. It should be given in doses of five to ten drops, largely diluted with water, every three hours.

COMMON COMPLAINTS AND WHAT MEDICINES ARE USUALLY TAKEN FOR THEIR CURE.

3613. ***Acidity.***—Give equal parts of lime water and milk. Ten to twenty grains of magnesia may be given in a little milk three times a day. The following mixture is useful in this affection: bicarbonate of soda, three drachms; subnitrate of bismuth, two drachms; water, eight ounces; shake the bottle and take a tablespoonful three times a day.

3614. ***Ague.***—Give four or five grains of the sulphate of quinine every four hours during the interval of the fit.

3615. ***Anæmia.***—For this complaint Bland's pills will be found most useful. They should be taken one or two three times a day after food. Steel drops may be given in doses of ten to fifteen drops after each meal.

3616. ***Asthma.***—Sometimes the smoking of a pipe of tobacco will give relief. Joy's cigars, nitre-paper and ozone paper fumes are also useful.

3617. ***Bed-sores.***—Dust the sores with iodoform and then apply lint soaked in glycerine.

3618. ***Bites of Insects.***—Apply ammonia water to the part.

3619. ***Boils.***—Brush tincture or liniment of belladonna over them before they are broken, to cause them to abort; this may be done night and morning. If very painful, and not likely to be thus got rid of, poultice with linseed meal.

3620. ***Bright's Disease.***—Give occasional hot baths and purgatives. Twenty grains of compound jalap powder may be given for this purpose from time to time.

3621. ***Bronchitis.***—Apply a mustard leaf or poultice to the chest and give five or ten drops of ipecacuanha wine, thirty drops of syrup of squills and a teaspoonful of glycerine, mixed together, every four hours. If the bronchitis is *chronic*, give two to five drops of pure terebene on a lump of sugar to an adult twice or three times a day.

3622. ***Carbuncle.***—Apply belladonna, as recommended in the treatment of boils, or paint collodion over the swelling.

3623. ***Chapped Hands.***—Rub them with lanoline or glycerine at bed-time, and put gloves on.

3624. ***Chilblains.***—Paint them with tincture of iodine, or apply camphor ointment to them.

3625. ***Cold in the Head.***—Pour some of the alcoholic solution of camphor into boiling water, and inhale by the nose, taking at the same time four or six drops on sugar, and repeating in half an hour if necessary.

3626. ***Colic.***—Give for an adult a tablespoonful of castor oil along with twenty drops of laudanum. Apply a mustard leaf or poultice, or a turpentine stupe to the abdomen.

3627. ***Constipation.***—Encourage regular habits. Take a glass of cold water first thing in the morning. Eat ripe fruit, such as prunes and figs, oat-meal porridge, brown bread. If medicine is required, give a wineglassful of Friedrichshalle water in the morning, or a teaspoonful of the compound liquorice powder.

3628. ***Convulsions.***— Apply cold to the head, put the feet in mustard and water, and give a teaspoonful of the following mixture to a child two years old :—Bromide of potassium, two drachms; syrup of orange-peel, four drachms; water sufficient to make four ounces: repeat every three hours. A warm bath or a pack may be employed with advantage.

3629. ***Croup.***—Give emetics of ipecacuanha wine—a teaspoonful in water followed by drinks of tepid water may be given to a child every fifteen minutes till vomiting is brought about. Give a warm bath. Steam the room, and apply a sponge wrung out of warm water to the throat.

3630. ***Diarrhœa.***—Regulate the diet if it appears to be at fault. Give lime water and milk, one tablespoonful of the former to three of the latter, or a like proportion, in the case of children; arrowroot, rice, &c., may also be given. Small doses of laudanum may be given to adults if there is pain, say ten or fifteen drops with an equal quantity of spirit of chloroform. Bismuth is useful, and may be given in doses of five to ten grains three times a day to adults.

3631. ***Diphtheria.***—Steam the room. Slake a lump of lime in the room, and get the patient to inhale the fumes. Spray the throat with lime water, or blow some flowers of sulphur through a clay pipe into the throat. Give steel drops and chlorate of potassium with glycerine: five drops, two grains and ten drops of each every two hours to a child six or eight years old.

3632. ***Dyspepsia.***—Give powders of bismuth and soda: ten grains of the subnitrate of bismuth and the same of bicarbonate of soda twice or thrice a day. A teaspoonful of Benger's Liquor Pancreaticus may be taken with advantage an hour or two after each meal: it will materially assist digestion. The diet should be carefully regulated, and all indigestible articles of food avoided.

3633. ***Epilepsy.***—Give bromide of sodium in twenty-grain doses in water twice or three times a day.

3634. ***Erysipelas.***—Give fifteen to twenty drops of the tincture of the percloride of iron (steel drops) along with a similar quantity of glycerine in half a wineglassful of water every four hours.

3635. ***Fainting.***—Give a teaspoonful of spirit of sal volatile in water.

3636. ***Flatulence.***—Give bismuth and soda powders as in dyspepsia. Spirit of sal volatile in fifteen-drop doses given in water every hour or two is also useful. For children, a teaspoonful of dill water will be found of service.

3637. ***Hemorrhage.***—Give ice. Keep the patient at complete rest. The liquid extract of ergot, in doses of ten to fifteen drops every two hours in water, will also be found useful. Ten grains of gallic acid with fifteen drops of aromatic sulphuric acid may be given every three hours in bleeding from the lungs. The others may be given for this, and bleeding from the stomach as well.

3638. ***Heartburn.***—Bismuth and soda powders as in dyspepsia (q.v.) may be given, also bismuth tablets.

3639. ***Neuralgia.***—Give quinine and iron—two grains of former and ten drops of latter (steel drops) three times a day in water. Menthol may be applied externally; also the ether spray. Tonga is often useful when other remedies fail.

3640. ***Nightmare.***—Give twenty grains of bromide of potassium in water at bedtime.

3641. ***Night Screaming of Children.***—Give three to five grains of bromide of potassium to children from six to eight years old at bedtime.

3642. ***Otorrhœa—Running at the Ear.***—Lay the child on its side and fill the ear with glycerine of tannic acid. This may be repeated in a few days if necessary.

3643. ***Piles.***—Bathe the part with cold water night and morning. Apply gall and opium ointment if there is much pain. Take plenty of walking exercise. If the bowels are constipated, take a teaspoonful of the compound liquorice powder or confection of sulphur occasionally.

3644. ***Sciatica.***—Rub the part with belladonna liniment, or spray some ether upon it. Give iodide of potassium in three-grain doses two or three times a day. It may be combined with thirty drops of the compound tincture of cinchona.

THE REARING AND MANAGEMENT OF INFANTS AND CHILDREN.

3645. ***The infantine management of children,*** like the mother's love for her offspring, seems to be born with the child, and to be a direct intelligence of Nature. It may thus, at first sight, appear as inconsistent and presumptuous to tell a woman how to rear her infant as to instruct her in the manner of loving it. Yet, though Nature is unquestionably the best nurse, Art makes so admirable a foster-mother, that no sensible woman, in her novitiate of parent, would refuse the admonitions of art, or the teachings of experience, to consummate her duties of nurse. It is true that, in a civilised state of society, few young wives reach the epoch that makes them mothers without some insight, traditional or practical, into the management of infants: consequently, the cases wherein a woman is left to her own unaided intelligence, or what, in such a case, may be called instinct, and obliged to trust to the promptings of nature alone for the well-being of her child, are very rare indeed. Again, every woman is not

gifted with the same physical ability for the harassing duties of a mother; and though Nature, as a general rule, has endowed all female creation with the attributes necessary to that most beautiful, and, at the same time, holiest function—the healthy rearing of their offspring—the cases are sufficiently numerous to establish the exception, where the mother is either physically or socially incapacitated from undertaking these most pleasing duties herself, and where, consequently, she is compelled to trust to adventitious aid for those natural benefits which are at once the mother's pride and delight to render to her child.

3646. ***The Lungs.—Respiration.***—The first effect of air on the infant is a slight tremor about the lips and angles of the mouth, increasing to twitchings, and finally to a convulsion of the lips and cheeks, the consequence of sudden cold to the nerves of the face. This spasmodic action produces a gasp, causing the air to rush through the mouth and nostrils and enter the windpipe and upper portion of the flat and contracted lungs, which immediately expand. This is succeeded by a few faint sobs or pants, by which larger volumes of air are drawn into the chest, till, after a few seconds, and when a greater bulk of the lungs has become inflated, the breast bone and ribs rise, the chest expands, and, with a sudden start, the infant gives utterance to a succession of loud, sharp cries, which have the effect of completely filling the lungs with air.

At the same instant that the air rushes into the lungs, the valve, or door between the two sides of the heart—and through which the blood had previously passed—is closed, and the blood taking a new course, bounds into the lungs now expanded with air, where it becomes oxygenated and made fit to nourish the different organs of the body.

What the key is to the mechanical watch, air is to the physical man. Once admit air into the mouth and nostrils, and the lungs expand, the blood rushes to the remotest part of the body; the mouth secretes saliva, to soften and macerate the food; the liver forms its bile, to separate the nutriment from the digested ailment; the kidneys perform their office; the eye elaborates its tears, to facilitate motion and impart that glistening to the orb on which depends so much of its beauty; and a dewy moisture exudes from the skin, protecting the body from the extremes of heat and cold, and sharpening the perception of touch and feeling. At the same instant, and in every part, the arteries are everywhere laying down layers of muscle, bones, teeth, and, in fact, like the coral zoophyte, building up a continent of life and matter; while the veins, equally busy, are carrying away the *débris* and refuse collected from where the zoophyte arteries are building, —this refuse, in its turn, being conveyed to the liver, there to be converted into bile.

All these, and they are but a few of the vital actions constantly taking place, are the instant result of one gasp of life-giving air. No subject can be fraught with greater interest than watching the changes which are wrought upon the living body the moment the external air acts upon it.

3647. ***The Stomach.—Digestion.***—Next to respiration, digestion is the chief function in the economy of life, as, without the nutritive fluids digested from the aliment, there would be nothing to supply the immense and constantly recurring waste of the system, caused by the activity of the vital processes, especially during infancy and growth.

In infancy (the period of which our present subject treats), the series of parts engaged in the process of digestion may be reduced simply to the stomach and liver, or rather its secretion, the bile.

The stomach is a thick muscular bag, connected above with the gullet, and, at its lower extremity, with the commencement of the small intestines. The duty

or function of the stomach is to secrete a sharp, acid liquid called the *gastric juice*, which, with a due mixture of saliva, softens, dissolves, and gradually digests the food or contents of the stomach, reducing the whole to a soft pulpy mass, the *chyme*, which thus passes into the first part of the small intestines, where it comes in contact with the bile from the gall-bladder, which converts it into a white, creamy fluid called *chyle*, which is taken up by proper vessels called lacteals, and conveyed to the blood to enrich it and fit it for supplying the various organs of the body with nutriment.

Now, as Nature has ordained that infantine life shall be supported on liquid aliment, and as without a digestion the body would perish, some provision was necessary to meet this difficulty, and that provision was found in the nature of the liquid itself, or, in other words, the milk.

The process of making cheese, or fresh curds and whey, is familiar to most persons; but, as it is necessary to the elucidation of our subject, we will briefly repeat it. The internal membrane, or the lining coat of a calf's stomach, having been removed from the organ, is hung up, like a bladder, to dry; when required, a piece is cut off, put in a jug, a little warm water poured upon it, and after a few hours it is fit for use; the liquid so made being called *rennet*. A little of this rennet, poured into a basin of warm milk, at once coagulates the greater part and separates a quantity of thin liquor called *whey*.

This is precisely the action which takes place in the infant's stomach, immediately converting the milk into a soft cheese. It is gastric juice, adhering to the calf's stomach, and drawn out by the water, forming rennet, that makes the curds in the basin. The cheesy substance, being a solid, at once undergoes the process of digestion, is converted into chyle by the bile, and goes to form new blood and so to build up the various tissues of the body. This is the simple process of a baby's digestion: milk converted into cheese, cheese into *chyle*, chyle into blood, and blood into flesh and bone.

3648. ***The Infant.***—We have already described the phenomena produced on the new-born child by the contact of air, which, after a succession of muscular twitchings, becomes endowed with voice, and heralds its advent by a loud but brief succession of cries. But though this is the general rule, it sometimes happens (from causes it is unnecessary here to explain) that the infant does not cry, or give utterance to any audible sound, or if it does, they are exceedingly faint, and indicate that life, as yet, to the new visitor, is neither a boon nor a blessing: the infant being in fact in a state of suspended or imperfect vitality.

As soon as this state of things is discovered, the child should be turned on its right side, and the spine be rubbed with the fingers of the right hand, sharply and quickly till heat is evoked and till the loud and sharp cries of the child have thoroughly expanded the lungs and satisfactorily established its life.

Another method that is frequently adopted to bring children, born in this condition of suspended or feeble animation, round, is to take a basin of very hot water and another of quite cold water and, placing them upon the floor, immerse the child for a moment first in the one and then in the other. If this has the desired effect, and the child begin to cry lustily, it should be at once taken out and dried, but if not it may be slapped rather smartly a few times on the chest, back and buttocks.

Sould these efforts prove ineffectual, recourse must be had to *artificial respiration*. This may be performed as follows:—The hands of the infant are seized by the attendant and raised from the side until they are lifted above its head as far as they will go, by doing which the act of inspiration or drawing of air into the chest is imitated, after which the hands and arms are to be depressed until they are

brought to the side again, by which the air will be driven from the chest, and the act of expiration be thus imitated.

3649. ***Washing and Dressing.***—Provided there is nothing to hinder it, so soon as the child has been removed, in the flannel receiver already referred to, the process of washing and dressing may be at once begun. The various articles of clothing which is to be put on the child should have been hung upon a chair at the commencement of labour in proximity to the fire.

The child is generally washed upon the nurse's knee, the basin with soap and water being placed upon the floor, but it is better, if it can be done, to use an oval wooden bath, having a place scooped out at one end to allow of the child's head being supported during the process.

The bath should be sufficiently filled with warm water to cover the body, by which means it will not be exposed to the influence of the atmosphere till ready to be dried.

The soap that is employed should be of the most unirritating kind, and great care must be taken that none is allowed to enter the infant's eyes. Many of the inflammatory affections of the eyes occurring in infants may be traced to carelessness in this respect.

If the body at birth is covered with a soft, cheesy-looking substance, it had better be anointed with lard preparatory to washing, as soap and water alone will not remove it.

When the process of washing is over, the infant should be laid upon a pillow covered with warm cloths upon the nurse's knee and dried by means of warm soft towels.

A piece of soft old linen should then be taken and a hole cut in the centre. Through this the cord should be drawn, and the lower part folded up against the other, so as to be brought in contact with the child's abdomen. It will thus lie between the two folds of linen. The cord is maintained in position by means of the flannel binder, which should now be applied. The binder is on no account to be too tight.

Next to the flannel binder is placed a shirt, which preferably should be made of wool, as it will afford greater protection against cold. Above this the petticoat is placed, and then the infant's frock or slip. A shawl or piece of flannel shall also be provided to throw over the shoulders. The head is better left without any covering. A linen diaper is next applied, and the process of dressing is complete.

3650. ***Nursing.***—It should be regarded as a part of every mother's duty to bring up her child at the breast, unless, of course, there are obstacles in the way which prevent her doing so. The only consideration that ought to weigh with a mother should be the welfare of her child; if it is her intention of nursing, the allurements of pleasure should not be allowed to interfere with the discharge of her duty. If the breasts are large and the nipples depressed they must be drawn out by suction. Before applying the infant to the breast it should be sponged with tepid water and then dried, and this should be again done when the child has finished suckling. Those who ought not to suckle are women who are consumptive, women who are very nervous and excitable, and those whose nipples are so depressed that they are obliged to give up all attempts at nursing. The diet of the nursing mother should be wholesome and nourishing, while at the same time it is easy of digestion. Stimulants are quite unnecessary and will, in the majority of cases, do more harm than good. Cheerful occupation and exercise in the open air have a beneficial effect upon the milk. Personal cleanliness should be attended to, and the clothing should be warm and permit of the most perfect freedom of movement.

3651. ***The Milk.***—It has been already pointed out that if nothing in the mother's condition prevents her suckling her infant, it is her duty to do so; but certain conditions must be complied with in order that it may be beneficial to the child and not hurtful to the mother.

During the first few days, until the milk comes to the breasts, the infant should not be applied more frequently than once in every six hours, but should have a little cow's milk, diluted with boiling water and sweetened with loaf sugar, given occasionally instead.

When the milk has come to the breasts all artificial nourishment must cease, and the child be put to the breast regularly. The frequency with which this should be done during the first month is once every two hours during the day, and once every three or four hours during the night.

The best time to give the child the breast is when it awakes out of sleep, and, on its hunger being appeased, it will generally fall asleep again without further trouble.

After the first month the breast should not be given more frequently than once every two and a half or three hours during the day, and during the night once every three or four hours. As the child grows older, the time which is allowed to intervene between each meal should be increased.

Till the appearance of the first or milk teeth, the child should be fed exclusively on the breast milk; after that, which is nature's indication that the stomach has become fit to digest other substances, the child may be given rusks, Chapman's entire wheat, Hard's farinaceous food, or Robinson's groats.

About the ninth or tenth month the mother should begin to wean her child. The artificial feeding begun on the appearance of the teeth should now be increased in the frequency of its administration, while the breast should be at the same time gradually withdrawn.

It is difficult to determine the quantity of food to be given at any one time, but it may be laid down, as a rule, that not more than about three ounces of fluid shall be given at any one time. When larger quantities are given the stomach is apt to become overloaded and the digestive powers impaired.

Should the breasts become swollen after weaning, gentle saline medicines should be administered, such as Friedrichshalle water, a seidlitz powder, or a little Epsom salts, and the breasts be bathed with a lotion of eau-de-Cologne and water.

3652. ***The Wet-Nurse.***—For reasons that have been already stated it may be found necessary to obtain the services of a wet-nurse. As this is a very important matter, it generally devolves upon the medical attendant, but it is as well that the unprofessional should know at least some of the qualifications that are deemed necessary in those who are to hold this post. The age at which a woman is best suited to perform the duties of wet-nurse is between the twentieth and thirtieth year. Preference is to be given to the woman who has already had one or two children of her own, for the reason that the milk is richer and more nourishing in those who have already borne children, and she is likely to be more experienced. It is necessary that the ages of the children should nearly correspond; where there is any great disproportion, as when the age of one child is a few weeks, while that of the other is six or seven months, the woman should be rejected. As the health of the woman is a matter of primary importance, the opinion of a medical man should always be obtained. If there is any evidence of constitutional disease, such as consumption or syphilis, the woman is unfit to undertake the duties of wet-nurse. As the moral qualities of the woman are no less essential than the physical, these should be inquired into most carefully. She should be strictly temperate cleanly, cheerful, willing and obliging, frank and outspoken. Her diet should be plain and nutritious. Over-

feeding should be avoided. It must be remembered that there is a tendency on the part of such women to this. Butcher's meat once a day is quite sufficient and, at any rate, two meat meals should never be exceeded. Exclude stimulants.

3653. ***Rearing by Hand.***—When from one or other of the causes already mentioned the mother is unable to nurse her child, and when, as frequently happens, especially among the working classes and the poor, the services of a wet-nurse cannot be had, nothing remains but to bring the child up artificially, or "by hand" as it is called.

This is the most difficult kind of bringing up to accomplish satisfactorily, and many more hand-fed children die than those brought up at the breast.

There are three kinds of milk, any one of which may serve as a substitute for the breast milk. These are the milk of the ass, the goat and the cow, in the order given. Cow's milk is the substitute generally adopted, but in order to make it more closely resemble human breast milk, it must be diluted with water and sweetened with sugar.

For the first ten days or so equal parts of milk and water may be given, after which, till about the third month, the proportion should be two-thirds milk and one-third water, the amount of water should then be gradually diminished until the fourth or fifth month, when pure milk should be given. The milk should be given at a temperature of 96° Fahr. which is that of the human breast milk. The quantity given at a time will have to be increased with the growth of the child, but after the first few days are over it may be laid down, as a rule, that three or four ounces are sufficient at each meal. Of course, when the teeth begin to appear, other articles of food require to be given as well.

A regular method of feeding should be practised from the first, and a sufficient interval must be allowed to elapse between one meal and another, in order that the act of digestion may be completed.

For the first month the child may be fed every two and a half or three hours during the day, and every four hours during the night. From this time onwards the child should be fed at regular intervals of four hours.

There are two methods that may be employed in this artificial system of feeding—the one is to give the child its meals from a spoon, the other is to allow it to suck from a bottle. Of these the latter is preferable.

It is most essential to the success of this method of feeding that the bottle or bottles be kept scrupulously clean, as dirty bottles frequently give rise to "thrush." After the bottle is used it is to be scalded with hot water, the tube and other parts of the bottle to be dealt with in like manner; then it is to be placed in water, to which a little sanitas or Condy's fluid has been added, till wanted.

No more food should be made than will serve for one time.

When the teeth begin to appear, which is usually about the seventh month, the diet requires alteration, but milk must still constitute the chief item of food. In addition, the child may have Chapman's entire wheat, Nestlé's milk food, Liebig's infant's food, Robinson's groats, Hard's farinaceous food or rusks.

When the larger double teeth make their appearance, it is regarded as a sign that a further change in the diet is now become necessary. Milk should continue to form a large part of the child's food, but, in addition, some beef-tea, chicken-tea or mutton broth may be given once a day in the forenoon. As a change, a little meat gravy with a mealy potato mashed up in it may be given. An egg, lightly boiled, or one that has been placed for two minutes in boiling water, forms a very useful article of diet for young children, and one that is very nourishing. A little piece of some ripe fruit will not prove hurtful to most children, and so may be given sparingly, care being taken to remove all stones. Nuts and other husk fruits, which are difficult of digestion, should be avoided.

Children should not be allowed to eat between meals.

DISEASES OF INFANCY AND CHILDHOOD.

3654. ***Chicken Pox.***—This is a contagious but harmless disease of childhood, unattended by any constitutional disturbance, as a rule, and after running its course for a few days ends in complete recovery. Often several children of the same family have it, one after the other. It affects both sexes alike and all classes indiscriminately. After a period of incubation, the length of which is doubtful, a number of little red points suddenly appear on the skin, and in the course of twenty-four hours each has become a small blister, or vesicle, raised above the surface and surrounded by a pink areola or zone. The next day more red spots appear, which also form blisters, and so on for about three or four days fresh crops appear, the previous ones attaining a maturer stage. The eruption is most abundant on the back and front of the body. In about a week the vesicles begin to wither and dry up, and in a week or ten days longer the scabs fall off, leaving as a rule no scar.

Treatment.—As a rule, the child need only be kept in the nursery and not in bed all day long; occasionally the little patient is restless and feverish, but in most cases it will play about as cheerfully as usual and appear to have nothing the matter with it. For a few days the child may be kept indoors and the diet should be plain and simple.

3655. ***Convulsions.***—Some children are much more liable to suffer from convulsions than others, owing to the more impressionable nature of the nervous system.

Causes.—Difficulty in teething is a very frequent cause, the irritation of the gums affecting the brain; and when that irritation is removed, the convulsions disappear. Indigestible articles of food are another very frequent cause; fright may cause convulsions, and anything profoundly affecting the mother, such as anger, terror, grief, may so act upon her milk as to give rise to convulsions in the infant.

Symptoms.—Sometimes the convulsions are *partial*, thus an arm may twitch or certain portions of the face. The writer recollects being called to a child suffering from partial convulsions, whose mother, recognising, from the inflamed condition of the gums, that the teething was at fault, took out her pen-knife and scratched the surface, which was really just what was required. Again, the convulsion may be *general*, when the muscles of the face, eyes, eyelids and limbs are in a violent state of rapid contraction alternating with relaxation. Froth may appear at the mouth, and if the tongue has been bitten it will be tinged with blood. The head is generally thrown back, and the thumbs pressed in upon the palms of the hands.

Treatment.—If the teeth are plainly at fault, the gums must be scarified, and three grains of bromide of potassium may be given in a little water. If due to some indigestible article of diet, then the best thing to do is to get rid of it as soon as possible. The writer gave a child that took a very severe fit during or immediately after dinner an emetic of mustard and water, which answered very well. Perhaps a safer emetic would be a teaspoonful of ipecacuanha wine in tepid water; drinks of tepid water being afterwards given. This, of course, is only to be given if it is thought that some indigestible article of food has given rise to the convulsions, and if too long a time has not elapsed since it was swallowed. If some hours have elapsed, it will be better to give a teaspoonful of castor oil. The following mixture will be found useful; it may be given to children from one to three years old: Bromide of potassium, two drachms; iodide of potassium, half a drachm; syrup of orange peel, an ounce; water to make four ounces. A teaspoonful every three hours, till all tendency to

twitching of the muscles has passed away. Another very useful item of treatment is a warm bath or a pack. A sheet should be wrung out of hot water and wrapped round the child from the neck downwards, and over this one or two blankets. The child should remain in this for an hour, after which it may be taken out and dried with warm towels. Or the child may be immersed in a warm bath up to the neck, or put in a tub or hip-bath with as much water as can be got into it, so as to cover as much of the body as possible. It should remain in this for about fifteen minutes, during which cold cloths may be applied to the head.

3656. ***Croup.***—Croup is an inflammatory disease of the larynx, or upper part of the windpipe, and occurs in children, being very common between two and five years of age.

Symptoms.—It is attended by very noisy inspiration on account of the narrowed condition of the glottis preventing the free entrance of air into the lungs. The child feels as if it were going to be choked, and it makes violent efforts with the muscles of the chest, so as to increase the supply of air within. Croup is a disease in which no delay should take place in treatment, as imminent danger may ensue from suffocation.

Treatment.—Give the child a warm bath if possible, and wring sponges out of hot water, and apply them constantly to the throat. Give a teaspoonful of ipecacuanha wine every fifteen minutes, with drinks of tepid water in between till the child vomits. After it has been made sick, or if the symptoms appear so mild that an emetic is not given, the following mixture will be found of use :—Ipecacuanha wine, one drachm ; iodide of potassium, one drachm ; syrup of orange peel, an ounce ; water to make four ounces ; a teaspoonful to be given every three hours to a child from two to five years old. It is not necessary to say that medical aid should be sought at once. After an attack, care should be taken not to expose the child to draughts ; flannel should be worn next to the skin, and a comforter wrapped round the throat.

3657. ***Diarrhœa.***—The causes of diarrhœa in children being very varied, it is necessary, as far as possible, to determine what it is in each case ; thus, for instance, *teething* is a very frequent cause when it is difficult and accompanied by a good deal of irritation. When the tooth is cut, the irritation ceases, and the diarrhœa passes away. Again, *cold* may give rise to diarrhœa, from the impression made upon the nerves of the skin. This is frequently seen in children who toss the bed-clothes off during sleep. *Fright* may also give rise to diarrhœa, and of course, the eating of *indigestible articles of food* will do the same. A frequent cause of diarrhœa in infants is an overloaded condition of the stomach, or the giving of unsuitable articles of diet.

Treatment.—Diarrhœa in children ought never to be neglected, as, if allowed to run on from day to day, it weakens the child and may pass into inflammation of the bowels, a much more serious disorder. If the diet appear to be at fault, it must be corrected. Suppose, for instance, that the child, previous to the cutting of the teeth, has been given solid food, the probability is that it will disagree, and set up irritation in the bowels, which will cause diarrhœa. In such a case nothing but milk should be given for food, and a little lime water may be added to it with advantage. If the diarrhœa has continued for any length of time it is necessary to check it at once. For this purpose the compound powder of chalk and opium may be given in two-grain doses every three hours to an infant one year old, or a little chalk mixture may be given—half to one teaspoonful every four hours to a child two or three years old. This may be combined with a little opium as follows :—Laudanum, four drops ; tincture of catechu, two drachms ; chalk mixture to make two ounces. A teaspoonful to be given every four hours.

3658. ***Measles.***—This is a contagious, febrile disorder. It is nearly always more or less prevalent in this country; but at times it spreads with great rapidity and causes many deaths. As a rule, children and young people are attacked, but the exemption of adults and older people is probably due to the fact that most of them have had the disease in childhood. Sometimes people have a second attack.

Symptoms.—Before the appearance of the rash there are some precursory symptoms; the patient feels languid and hot, there is shivering, followed by a rise of temperature, a quick pulse, thirst, loss of appetite and sickness. The eyes become red and watery and give the patient the appearance of having cried; the membrane which lines the nose, throat, larynx and trachea is red and swollen and pours forth a watery secretion, thus the affected person appears to have a severe cold, with running from the eyes and nose; hence there is generally much sneezing, with a slightly sore throat and a dry, harsh cough. Convulsions occasionally occur in children. After these symptoms have lasted three or four days the rash appears. It begins in very small papules or minute pimples which rapidly multiply, and these run together into patches which have a tendency to a horse-shoe, or crescent, shape, while the portions of skin between are of a natural colour. Commencing on the face and neck, it spreads to the arms, then the trunk of the body and gradually reaches the lower extremities. When the eruption has disappeared the part of the skin affected becomes covered with a dry scurf.

Complications are liable to occur. Convulsions at the commencement are usually without danger; if they come on at the end of the disease they may lead to a fatal issue. Inflammation of the lungs is very common in measles, and bronchitis, which may prove fatal to young children, adds to the danger.

Treatment.—The child must be kept in bed. The room should be airy and well ventilated, but the patient must not be exposed to draughts. All offensive excreta and dirty linen should be removed and disinfected. A fire should be kept burning and the temperature should be about 60° or 65° Fahrenheit. The blinds should be kept down on account of the patient's eyes, and he should lie with his back to the light. In all cases it is advisable to give the patient a hot bath at the very onset of the disease; then dry the surface of the body and put the child to bed directly. All sources of annoyance and irritation and all noises should be avoided. Food of the simplest nature should be given. Milk, milk-and-water, chicken broth, beef-tea and toast-and-water may be given. When the fever subsides a small piece of chicken or fried sole may be given, toast or bread and butter, with a fresh egg may also be given, and, as the tongue cleans and the appetite returns, the patient may be allowed to resume his ordinary diet. Although children generally recover rapidly, yet there are times when much debility ensues and the general health becomes impaired, although the fever has quite left. Such children as are in bad health are liable to lumps or glandular swellings of the neck and under the jaws, or they may remain weak for a long time. In these cases chemical food may be given with advantage; Parrish's Syrup is another name for this. It may be given in doses of five to ten drops three times a day in a little water to children two or three years old. Fellow's syrup of the hypophosphites is a very useful preparation in such cases and may be given in doses of five drops largely diluted with water, three times a day, immediately after food. The following mixture is useful:—Steel drops, one drachm; solution of chloride of calcium, three drachms; glycerine, half an ounce; water to four ounces. A teaspoonful for a child from three to five years old in water three times a day. A visit to the seaside is very beneficial.

3659. ***Ringworm.***—This disease is caused by the growth in the skin of a low form of vegetable life allied to ordinary mould. When some of the

scales of a hair affected with ringworm are placed in liquid, and magnified about 300 times, we can then very readily see the *spores* or seeds, and the *mycelium* or thread of the fungus.

Ringworm of the scalp shows itself as a dry scurfy or scaly condition of some portion of the scalp, generally in separate patches more or less circular, on which the hairs are broken off, and the surface presents a dirty appearance, with some redness beneath.

On the face, body or limbs the disease appears in the form of rings of various sizes, generally pretty round and of a reddish colour; they commence as minute points, and increase in size pretty rapidly, healing in the centre as the disease progresses centrifugally. As this disease is contagious, children suffering from it should not go to school or play with others till they are cured.

Treatment.—Amongst the popular remedies used in the treatment of this disease are ink and vinegar. The strong acetic acid is a useful preparation. It should be used once and well rubbed in. The liniment of iodine is a most useful preparation. It should be applied by means of a camel's hair brush or feather, and may be repeated in a few days if necessary. Great cleanliness is necessary in this affection, and if the disease is situated on the scalp, the hair must be cut away for some little distance round the diseased patch before applying the remedy.

3660. ***Teething.***—The period of teething is one which is looked upon by many mothers with dread. Owing to the greater irritability of the system usually found to exist at this time, there are diseases which are more liable to attack the child; and in order that everything may be done on the mother's part to guard against these, it will be well that she should be made familiar, with the usual time of appearance of the teeth, and with a few hints that may be of service in maintaining the health of the child during this period.

The first, or temporary, teeth, generally begin to make their appearance between the fifth and eighth month, in the following order:—The two central front teeth of the lower jaw, called central incisors; the corresponding teeth in the upper jaw, the lateral incisors; the four anterior molars; the four canines, the two upper of which are popularly called *eye-teeth;* and, lastly, the four posterior molars.

During the cutting of the temporary teeth, the infant's head should be kept perfectly cool, and for this purpose all caps and wraps of every kind must be removed. The clothing should be light and warm. The apartments occupied by the child should be kept rather cool at this time. If the bowels are confined, the diet should be altered, and a little calcined magnesia may be given.

3661. ***Thrush.***—This is a common affection in children. It may be seen in the mouth as small white specks on the lining membrane, but this may be so also in various parts of the intestimal canal. It is often due to mal-nutrition and bad feeding, and often when the milk is sour. The swallowing of food becomes difficult, there is thirst, and the water is scanty and high-coloured.

Treatment.—If the infant is bottle-fed, have everything scrupulously clean. Give a little lime water in the milk, in the proportion of one part to four. Paint the mouth frequently with glycerine and borax, using a feather or small camel's hair brush; or dissolve some powdered borax in water and apply in the same way. Should this fail, thirty grains of chlorate of potassium may be mixed with one ounce of glycerine, and applied in the same manner as the glycerine and borax. Great attention must be paid to the diet, and any errors must at once be corrected. If the bowels are disordered and the motions offensive, benefit may be derived by giving the child one of the following powders twice a day: Grey powder, six grains; bicarbonate of soda, eighteen grains; powdered rhubarb,

eight grains. Mix and divide into six powders. One twice a day to a child a year old.

3662. ***Whooping Cough.***—This is a disease of great frequency in childhood, and a large proportion of infant mortality is due to this cause.

Symptoms.—The earliest is a common cold or catarrh, accompanied by a cough; there is also a slight amount of fever, restlessness and sometimes running at the eyes and nose. The cough in a few days becomes most troublesome, and some glairy fluid may be brought up from the chest; in a week or ten days, but often later, the child will begin to have the characteristic whoop; the cough comes on in paroxysms and is more frequent by night than by day, each paroxysm begins with a deep and loud inspiration, followed by a succession of short and sharp expirations, again followed by a deep inspiration, and the repeated expirations; this may go on several times, and last one or two minutes, according to the severity of the case. Just before each attack comes on, the child clings to its nurse or mother; it sits in an erect position. During the paroxysm the face is flushed, the veins in the head and face prominent, the eyes suffused and watery, and generally there is some glairy fluid expelled from the mouth, or vomiting may come on. After the paroxysm the child will rest for a time, and appear pretty well until the next attack comes on. These symptoms last for three or four weeks, and then the cough abates in severity and frequency, and finally ceases altogether. In most cases there is some bronchitis attending this complaint, and this is shown by the hurried breathing, rise of temperature, and by hearing rattling noises over the chest. The more mischief there is in the lungs, the greater is the danger to the child. Convulsions are a sign of bad import, and are generally the immediate cause of death in such cases.

Treatment.—In all cases it is best for the child to be kept in the house as soon as the malady has declared itself; in a very mild case it need not be kept in bed, but it should be in a room of warm and even temperature, and protected from draught; it can then be allowed to play about as it likes. If there is any lung affection, it must be put to bed and treated according to the requirements of the case. Other children must not be allowed to come near it, unless they have had an attack previously, in order that its spreading may be prevented. The child must be fed in the usual way, but solid food should be given sparingly. Steel wine is very valuable in cases of whooping-cough, and more especially when there is no fever and during convalescence: it may also stop the diarrhœa, which is now and then present. Numberless remedies have been tried for whooping-cough, but as many of them are powerful and require careful watching, they ought only to be given under medical direction. Some sweet mucilaginous fluid may be given, such as the mucilage of gum acacia mixed with glycerine in the proportion of a teaspoonful of the latter to a tablespoonful of the former; a teaspoonful of this being given to a child three or four years old three or four times a day. The spine may be advantageously rubbed with a mixture of opodeldoc and belladonna liniment, two drachms of the latter to an ounce and a half of the former; it may be applied night and morning. Warm clothing ought to be worn, and during convalescence a nourishing diet, moderate exercise in the open air when fine, a tepid bath in the morning, and a tonic, as steel wine or cod-liver oil, must be enjoined.

SICK-NURSING.

3663. ***Ventilation.***—One of the foremost subjects to be treated of in a chapter on sick nursing is that of ventilation. It is impossible to deal successfully with disease if fresh air is debarred from entering the sick-room; because impure air not only depresses those already weakened by disease, but the poison in the

case of infectious diseases becomes concentrated, and in consequence more injurious both to patient and nurse. In order to ventilate in the true sense of the word, fresh air must be admitted without giving rise to draughts, and impure air must be got rid of. Perhaps the most efficient means capable of general employment is by means of a window and open fire. The lower sash of the window may be raised an inch or two and boarded up; the fresh air will then enter at the centre, and be diffused without causing draught.

3664. ***Light.***—An abundant supply of light may, with one or two exceptions, be regarded as essential in the sick-room. The exceptions are cases of eye disease and affections of the brain, when it becomes necessary to moderate the light admitted to the sick-chamber. In most other instances the sun's rays must be looked upon as beneficial; they exert a great oxidizing power upon organic matters, and render them innocuous. The patient's bed should be so placed that he can easily see out of window. All lights employed for purposes of artificial illumination should be so placed that the eye does not suffer.

3665. ***Temperature.***—A good fire in the sick-room kept burning equally will suffice to maintain a uniform temperature, but care must be taken to see that the chimney is acting well. The temperature which answers best in the sick-room in most cases is one about 60° Fahrenheit. It is well to regulate it by means of a thermometer. Should it be necessary to increase this, it can be done by permitting steam to pass into the room from a kettle: or if it is necessary to cool the air of the apartment, this can be readily accomplished by placing a shallow dish containing pieces of ice in the room or by suspending a piece of cloth that has been previously moistened with water.

3666. ***Furnishing of the Sick-Room.***—No unnecessary article of furniture should be found in the sick-room. If there is space to accommodate two beds so much the better as the day can be passed in one and the night in the other. An iron bedstead is the most convenient, the mattress should be of hair and the pillow the same. All curtains should be removed. Light blankets only should be used as a covering for the sick. In addition to the bed or beds there should be two tables, a wash-stand a chest of drawers, one or two chairs and a sofa. The wash-stand should be provided with one or two basins and a plentiful supply of water. The room is perhaps better uncarpeted; if carpeted, the carpet must be removed in cases of infectious disease. If there is a mirror in the room it had better be taken away. Flowers may be placed about the room and the walls should be hung with pictures.

3667. ***Food.***—Food must be properly cooked and given at regular intervals to be determined by the nature of the case. Everything intended for the invalid's use should be made ready out of his sight and be brought on scrupulously clean dishes and not too much at a time. Punctuality must be attended to and strict quiet enjoined at meal times.

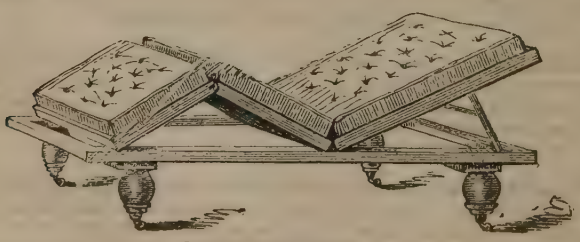
3668. ***Cleanliness.***—In the treatment of disease attention to cleanliness is of the utmost importance. If the sick-room is carpeted it should be swept with a soft hair-broom; if without carpet it can be gone over with sponges wrung out of hot water and dried by means of the floor-brush. Damp cloths may be used instead of sponges. The articles of furniture may be dusted by means of damp cloths. The walls should be painted or white-washed with lime. The body linen ought to be frequently changed and the hands and face washed daily. The hair should also be combed out at the same time. The body should also be fre

quently washed with a sponge or flannel and tepid water; only small portions being exposed at one time. It should be rapidly dried with a heated towel.

3669. ***Tranquillity.***—This is most essential to speedy recovery. Whispering is objectionable in the sick-room; so also is talking outside the patient's door. All slamming of doors should be avoided. The room immediately over the sick-room should, if possible, remain unoccupied. The admission of too many people into the sick-room is another fruitful source of harm to a patient.

3670. ***Influence of Mind on Body.***—Anything that weighs upon a patient's mind producing care or anxiety exerts a depressing influence upon the nervous system and retards recovery. Everything of this kind should, therefore, be carefully guarded against. It is a part of the duties of those who wait upon the sick to cheer them and instil hope into their minds; otherwise fear may take possession of them and add to their danger.

3671. ***Convalescence.***—This is that condition in which the period of active disease being at an end, the powers of nature are exerted towards repairing the waste of structure that has occurred during disease. During convalescence the greatest care is necessary, as relapses may occur and the disease end fatally, or it may assume a chronic form. It is now that the injudiciousness of friends begins to manifest itself, and unless firmness be exercised on the part of those in attendance, the patient may suffer through their mistaken kindness. One of the most frequent signs of returning health is the return of the patient's appetite, but it must be remembered that his desire for food should never be fully satisfied. The time which the patient must remain in bed varies in individual cases and can only be satisfactorily determined by the medical attendant. When a person gets out of bed for the first time after a severe illness he is generally only allowed up for a short time, and the effect produced upon him must be carefully watched. The clothing of the patient should be warm and comfortable. A change to the sea-side will often work wonders. During convalescence, if the patient is at all intellectually inclined, much pleasure may be given him by reading to him or by supplying him with literature of an interesting nature. A little more caution during convalescence than is usually found, and the chances of relapse occurring would be greatly lessened, an otherwise precarious time rendered comparatively safe, and the patient's recovery be made more permanent and complete.



LOUNGE FOR INVALIDS.

CHAPTER LXXIV.

THE HOMŒOPATHIST.

3672. ***Homœopathy Defined.***—In a work in which it is sought to give information on every branch of Household Management, and in which even the treatment of diseases and their prevention and cure, must of necessity be briefly discussed, it is manifest that the important mode and means of medical treatment known as Homœopathy must not be ignored. In order to arrive at a correct idea of what Homœopathy is, it is necessary first of all to ascertain the meaning of the word itself, and to understand why it is used to designate that form of medical practice to which it was applied by the founder of this system of medicine, Dr. Samuel Hahnemann, who first announced his discovery to the medical world in 1796. Theory, generally speaking, forms the basis of practice in every art and science, and in no science is this more perceptible than in the science of medicine. Thus in medical practice it has arisen that there are two great and opposing schools of medicine each of which is based on a widely different theory; that of the ordinary medical practitioner being *Contraria contrariis curantur*, a sentence in Latin which means, when rendered as simply and concisely as possible, "Opposites are cured by opposites;" and that of the homœopathic practitioner, *Similia similibus curantur*, another sentence in Latin which means "Likes are cured by likes." Going a little deeper into the matter the first of these sentences implies that in the treatment of any disease, be it what it may, drugs should be used which will produce in the body of the patient a condition *opposite* to that induced by the disease to be cured, or in other words that it is needful to counteract the disease and arrest its progress by the administration of medicines that will produce effects different from those resulting from the disease itself. The second, on the contrary, implies that in the treatment of any disease, be it what it may, drugs should be used which would produce in a healthy person symptoms resembling or *like* to those occasioned by the disease by which the patient is affected. Hence Hahnemann was led to apply to the generally accepted mode of medical treatment the term ALLOPATHY from two Greek words, *allos*, another, and *pathos*, suffering; and to his own method the term HOMŒOPATHY also from two Greek words, *homoios*, similar, or like, and *pathos*, suffering. Thus Allopathy, to be perfectly clear and plain even at the risk of repetition, implies that mode of medical practice, which consists in using drugs to produce in the body a condition opposite to the disease to be cured, and which has been treated in this work under the heading "The Doctor;" and Homœopathy a mode of treating diseases by the administration of medicines capable of exciting in healthy persons symptoms closely similar to those of the disease for which they are given.

3673. ***The Principle of Homœopathy.***—It is possible that some persons may entertain an idea that the medicines given by the homœopathist would produce in a healthy person precisely the same diseases as those which they are given to counteract in any one suffering from disease. This is altogether erroneous for the symptoms produced by any particular drug or medicine in a healthy person are only *similar* or *like* those resulting from the disease itself, and not in any way the same as the symptoms excited by the disease or *identical* with them. It must be noted that the great principle of homœopathy is that *Likes cure likes*, not that *Identicals cure identicals*, and this must never be lost sight of. "Homœopathy," to quote the words of Dr. Richard Epps, "is the practical application of the law, *Likes are cured by likes*, to the cure of disease. This law as an axiom would read, *It is impossible for two similar diseases to exist in the same individual and at the same time.*" The morbific matter, state or condition, call it which you will, which has caused the disease, or generated the sickly state into which the patient has lapsed, is counteracted and neutralised by the action of the drug which, in a healthy person, would produce symptoms similar to, but not identical with, those which are excited by the disease.

3674. ***The Principle Supported.***—The principle of homœopathy having been enunciated, it is now desirable to see if any results of general experience can be cited in its support. In the case, for example, of a severe burn is it the custom to apply cooling lotions or any substance that happens to be a good conductor of heat to the part affected? Certainly not, must be the reply; for although cooling applications of any kind may be soothing for a time and a source of comfort to the sufferer, it is well known that they tend to increase inflammation in the long run and to render the pain of the burn more acutely felt. Then the theory that, "Opposites are cured by opposites" does not hold good in this case. No; but the contrary theory that "Likes are cured by likes" does most assuredly, for such burns are most quickly cured by the application of oil of turpentine or heated spirits of wine, both of which, when applied to the skin, cause a burning or tingling sensation, and by wrapping the part affected with wadding or cotton wool which is a good non-conductor of heat, and maintains warmth in the part burnt, preventing the atmospheric air from obtaining free access to it. Again, in cases of frost-bite the best thing to be done is to rub the part that is frost-bitten with snow, which is frozen water, and not to hold it to the fire or bathe it with warm water, which would spoil any chance that might otherwise exist of restoring the injured part to its former condition. Now what are these but direct evidence in favour of the homœopathic theory "Likes are cured by likes," and in opposition to the allopathic theory that "Opposites are cured by opposites."

3675. ***The Practice of Homœopathy.***—At the introduction of homœopathy it was the general practice of medical men who favoured and adopted the new theory to give medicines in the doses usually employed, but it was found that these acted too powerfully, and thus did injury, because patients who exhibited the morbid symptoms of the disease to counteract which the drugs were given, were all the more disposed to yield to the medicinal effects of the drugs themselves, which, as experience soon showed, were not required in such strong doses. Hence the quantities given were gradually reduced until a minimum was attained, which was possessed of power sufficient to counteract the morbid symptoms and effect a cure, without causing inconvenience, and often suffering, by excess of medicinal action. Thus it is that small doses have become the rule in homœopathic practice, not because large doses would fail to effect a cure, but because when it was discovered that small doses would do the work as well and even better, it was doing harm to the patient and really wasting power to persevere in a course which was found to be altogether unnecessary.

3676. ***The Practice Supported.***—Following the course that has been adopted in the consideration of the principle of homœopathy, let us now see what reasons can be adduced in favour of small doses *versus* large doses in addition to those which have just been given. It is a well known fact that children have sometimes got hold of a bottle of homœopathic globules or pilules and have swallowed the bottleful without inconvenience or any palpable effect, and because no harm has resulted from this wholesale consumption of medicine that is represented to be possessed of great power to cure certain ailments it has been argued that because it has done no harm in the cases to which reference has been made, it is equally impossible for it to do any good. But homœopathic medicine, be it remembered, will only act homœopathically, that is to say it will only produce the desired effect in persons who are suffering from any disorder, which may be counteracted by its use. The children in question were in no way predisposed by morbid symptoms to yield to the influence of the medicine, which, if taken even in single globules, was of sufficient strength to benefit any one who really needed it, but was not sufficiently strong, even collectively, to produce any effect on a healthy person, larger doses being required to produce medicinal effects than are required to counteract and cure morbid symptoms.

3677. ***Preparation of Homœopathic Medicines.***—These are supplied in two forms, namely in globules or pilules and in tinctures, the latter form being considered preferable. Soluble drugs are prepared homœopathically by what is termed succussion or shaking, that is to say a mode of treatment which effects the dispersion of a drug through liquid, generally alcohol, until the drug is equally diffused through the whole of the liquid; and insoluble drugs by trituration, or rubbing up in some vehicle, generally sugar of milk, until the whole of the vehicle used is equally and thoroughly permeated by it. Thus it is that every individual globule or drop in medicine homœopathically prepared is of equal strength with its fellows. The potency of such minute subdivisions is ascribed to the extension of surface brought about by succussion or trituration, as the case may be. It is argued that the active power of any drug is enormously increased by this so called extension of surface, and as a piece of gold leaf one inch square may be hammered out into a thinner leaf ten inches square, its surface being thus increased a hundredfold, so mercury which may be taken in large quantities almost with impunity, because in too great bulk to be active in proportion to its bulk, has its active properties marvellously increased by rubbing it up with some vehicle so as to procure its equal subdivision or, in other words, extension of surface. It is, then, from this extension of surface that homœopathic medicines derive their power and active properties. Evidence of this is obtained from the fact that the nutritive properties of the soil are brought into a better condition for their reception and assimilation as plant food by plants, by the action of the frost—God's plough—which breaks up the clods into minute pieces, setting free its various constituents by subdivision of matter. Now what is this but increasing the active properties of the soil by extension of surface.

3678. ***Advantages of Homœopathy.***—Broadly stated, allopathists for the most part give copious doses of nauseous drugs which disgust the adult patient and terrify children, and by severity of action often tend to reduce bodily strength. Homœopathists, on the contrary, give medicines which, although they are sufficiently powerful to produce the effect that is desired, are in no way calculated to induce weakness or interfere with any susceptibility peculiar to the patient, and have the merit of being perfectly tasteless. Surely these are good points sufficient to induce every parent who has viewed with pain and sorrow the prolonged reluctance of children to swallow ordinary medicine, and every one who has any respect for his own palate and sense of taste, to give the system a fair trial.

3679. ***Diet.***—In homœopathy strict attention to diet is required, and unquestionably this is most helpful in the treatment of all diseases, and in some ailments of a minor kind sufficient to effect a cure, although this is denied by homœopathic practitioners, who assert that attention to diet can never be effectual in effecting a cure, but is useful in allowing the full curative action of the medicine given. It is almost needless to add that close attention to diet is necessary only during treatment, though it is at all times desirable for everyone, whether man, women or child to be temperate and prudent both in eating and drinking if they desire to keep in good health.

3680. ***Medicines used in Homœopathy.***—For home treatment medicine chests are supplied by all homœopathic chemists, and chemists and druggists in general, with the medicines that are most commonly used. The following list of such medicines is taken from Dr. Epps's "Epitome of the Homœopathic Family Instructor," a most useful manual for home use and home practice :—

Aconitum napellus.	Cina.	Ipecacuanha.
Antimonium tartaricum.	Cocculus.	Mercurius.
Arnica montana (*).	Coffæa cruda.	Nux vomica.
Arsenicum album.	Cuprum.	Opium.
Belladona.	Drosera.	Pulsatilla.
Bryonia.	Dulcamara.	Rhus toxicodendron (*).
Camomilla.	Hepar Sulphuris.	Spongia.
China.	Ignatia.	Sulphur.

The medicines marked above with an asterisk, with Calendula, Cantharides, Concentrated Tincture of Camphor and Ledum Palustre, are also used for external applications.

HOMŒOPATHIC TREATMENT OF DISEASES.

In so brief a notice of the principles and practice of homœopathy it is manifestly impossible to give even a list of the diseases to which human beings are unfortunately subject, and the special remedies that are used for their relief. The utmost that can be done under the circumstances, and the limited amount of space at command, is to enumerate in alphabetical order a few of the most common ailments that man is subject to, and briefly indicate the treatment that they require and the medicines that are employed to counteract them.

3681. ***Appetite, Failure of.***—For loss of appetite, accompanied by constipation of the bowels, pain in the stomach, especially a feeling of fulness at the pit of the stomach after eating, with broken and unrefreshing sleep, *Nux vomica* is needed, which may be taken in alternation with *Sulphur* in doses of one drop of the tinctures in a tablespoonful of water every three hours.

3682. ***Biliousness.***—For an ordinary bilious attack which frequently follows indulgence in what is called good eating and drinking and is often the outcome of sedentary occupations, the usual remedies are *Mercurius* and *Nux vomica* in alternation in doses of one drop of the tinctures in a tablespoonful of water every two hours till relief is obtained. *Pulsatilla* is prescribed for persons of fair complexion, especially women, instead of *Nux vomica*. The ordinary symptoms of such an attack are a foul tongue with nausea and frequently actual vomiting.

3683. ***Bruises.***—For simple bruises and contusions make a lotion of one teaspoonful of *Arnica* tincture to four tablespoonfuls of water and apply to the part affected by lint doubled twice or thrice and soaked in the lotion. Cover with oiled silk and change the lint or renew the dipping as soon as the lint is dry.

3684. ***Catarrh, or Cold in the Head.***—The chief symptoms of this disorder are to be found in watering of the eyes, which feel hot and inflamed; a general feverishness, especially in the head, stoppage of, and running from the nose, accompanied with sneezing, all these being sometimes followed by a troublesome cough. The principal remedies, in conjunction with general abstinence and the promotion of perspiration by a warm bath, are *Aconitum napellus* for symptoms as named above; *Belladonna* for sore throat and tickling in the throat causing cough; *Mercurius* for running from the nose and frequent sneezing; and *Nux vomica* for stoppage in the nose accompanied by constipated bowels. The dose for either remedy is one drop of the tincture in one tablespoonful of water every two, three or four hours, according to the severity of the attack.

Camomilla in the same proportions and at the same intervals of time is a favourite and useful remedy for this complaint in women and children.

3685. ***Colic, or Pain in the Bowels.***—This is occasioned by a variety of causes which induce severe pain in the region of the bowels, accompanied by vomiting and cold perspiration all over the body. The sufferer should have a warm bath and be well covered up with clothes in bed, and have flannels, plunged in warm water and wrung out as dry as possible, applied to the bowels. If the abdomen be very tender when touched and the patient be feverish, *Aconitum napellus* is indicated. For colic accompanied by severe spasmodic pains, *Belladonna* is required; for colic arising from partaking of food too plentifully, accompanied by restlessness and grinding of the teeth in sleep, *Coffæa;* for intensification of pain at night, with nausea and loose greenish evacuations, *Mercurius;* for spasms and pain mainly caused by indigestion, *Mercurius;* for colic in children *Camomilla*. *Doses* for adults, one drop of the tincture in one tablespoonful of water every three hours; for children, half the quantity; for infants, one-fourth the quantity.

3686. ***Constipation.***—The symptoms of constipation are too well known to require mention here. Where the constipation is habitual and obstinate an enema of warm water or of warm water gruel is of great assistance. For persons who have a bilious temperament and suffer from rheumatism, or when the constipation is accompanied by a chilly feeling, *Bryonia* is desirable; for constipation that is occasioned by sedentary occupation and accompanied by headache and a tendency to piles, *Nux vomica* is indicated, in alternation with *Sulphur* where constipation is habitual. *Pulsatilla* is better suited for women than *Nux vomica*, and *Opium* is useful when constipation is the result of lead poisoning, with great difficulty of evacuation or utter inability in this direction. The doses in every case and of every remedy are one drop of the tincture in one tablespoonful of water administered every four hours till relief is obtained.

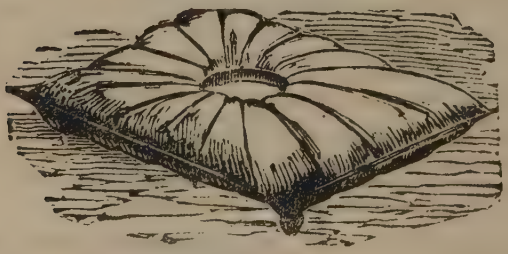
3687. ***Cough.***—For a hard, dry cough *Aconitum napellus* is required; for a cough with wheezing, difficulty of expectoration and need of keeping the head high in bed, *Antimonium tartaricum;* for a dry, spasmodic cough, with sore throat and thirst, or for a nervous cough, *Belladonna;* for cough with expectoration and pain, especially between the shoulders when coughing, *Bryonia;* for cough accompanied with constipation and fulness at the pit of the stomach, *Nux vomica;* for cough in children the most suitable remedy is *Ipecacuanha*. *Dose*—one drop of the tincture in one tablespoonful of water, given every two, three or four hours as needful.

3688. ***Diarrhœa.***—For this disorder, when accompanied by great pain in the stomach and bowels, watery stools, and exhaustion, *Arsenicum* is required; when caused by drinking cold water when heated, *Bryonia;* for griping pains and indications of dysentery, *Mercurius*; when caused by indigestion and indulgence in rich food and pastry, *Pulsatilla*. For diarrhœa in children *Camomilla* is a useful remedy. *Dose.*—One drop of the tincture in one tablespoonful of water to be given after each evacuation as it occurs.

3689. ***Fever.***—For feverish attacks of a simple character *Aconitum napellus* is an effectual remedy, given every two, three or four hours, in doses of one drop of the tincture to one tablespoonful of water. For fever of a dangerous character, *Bryonia*, *Rhus toxicodendron* and *Arsenicum* are the remedies, with *Belladonna*, *Mercurius* and *Sulphur* in scarlet fever.

3690. ***Headache.***—There are many kinds of headache, excited by various causes and presenting various symptoms, but the most common are headache proceeding from indigestion, nervous headache and sick headache. For the first of these the remedy is *Nux vomica* or *Pulsatilla;* for the second, *Ignatia*, and for the third and last, *Belladonna* and *Ignatia*, with *Ipecacuanha* when the headache is accompanied by vomiting. *Dose.*—One drop of the tincture in one tablespoonful of water at intervals of six hours.

3691. ***Indigestion.***—For this complaint in nervous and hypochondriacal patients, *Arnica montana* is usually prescribed; in bilious and rheumatic patients, *Bryonia;* for chronic dyspepsia, *Hepar Sulphuris;* and for indigestion, produced by over eating or sedentary occupation, *Nux vomica*. *Dose.*—One drop of the tincture in one tablespoonful of water administered every two, three or four hours, according to circumstances.



AIR-CUSHION.

LEGAL MEMORANDA.

CHAPTER LXXV.

3692. ***Humorists*** tell us there is no act of our lives which can be performed without breaking through some one of the many meshes of the law by which our rights are so carefully guarded; and those learned in the law, when they do give advice without the usual fee, and in the confidence of friendship, generally say, "Pay: pay anything rather than go to law;" while those having experience in the courts of Themis have a wholesome dread of their pitfalls. There are a few exceptions, however, to this fear of the law's uncertainties; and we hear of those to whom a lawsuit is an agreeable relaxation—a gentle excitement. One of this class, when remonstrated with, retorted, that while one friend kept dogs, and another horses, he, as he had a right to do, kept a lawyer, and no one had a right to dispute his taste. We cannot pretend, in these few pages, to lay down even the principles of law, not to speak of its contrary exposition in different courts; but there are a few acts of legal import which all men—and women too—must perform; and to these acts we may be useful in giving a right direction. There is a house to be leased or purchased, servants to be engaged, a will to be made, or property settled, in all families; and much of the welfare of its members depends upon these things being done in proper legal form.

3693. ***Purchasing a House.***—Independently of the strictly legal aspect of this subject, nothing demands more caution than deciding upon the purchase of a house. Locality and accessibility must in many cases depend upon where a suitable and satisfactory house can be found, for if the intending purchaser insists upon whereabouts the house is to be, an inferior house must probably be submitted to, because it is one of the perversities which belong to the fitness of things that, in almost every locality, all the houses worth having are already purchased and occupied by earlier operators.

The better way, perhaps, is to look out for the kind of house desired, and to consider whether it is tolerably situated afterwards. Old houses, with all the undoubted recommendations of many of them, are liable to inherent defects, which must in that case be jealously investigated. Supposing the general appearance of the house to be sufficiently acceptable, the defect most likely to be present is dampness of the foundations, especially where built upon clay, owing to precautions against damp being omitted at the time of building. There are also likely to be inherent defects in the drainage which are sometimes almost incurable, and a general inferiority in all, or nearly all, the domestic fittings, together with a total absence of many of the appliances and conveniences which a really good

modern house includes. Upon the whole the purchase of an old house should not be entertained unless the price is low enough to leave a margin for the rectification of what may ultimately prove to be intolerable.

Modern houses, though inevitably superior in some points of neatness and general appearance, are liable to defects peculiar to them. The practice of laying a foundation of concrete which now prevails, and should be insisted upon, is pretty good security against ground-damp, and the system of draining and arrangement of domestic fittings will be superior to ancient ones except in the extremest cases of jerry-building, evidences of which should be keenly observed. The great general defect of modern houses, however, is the meagreness and weakness of almost everything, including walls, roofs, floors, doors, staircases, window-frames and window-glass, and the insufficiency and perishable character of the ceilings and the plastering in general, paints, varnishes and minor fittings. In addition to the exercise of a watchful eye with reference to all these things, it should be regarded as indispensable to employ a trusty architect to make a rigorous examination and report. Indeed, for the reasons hereafter referred to, the architect is of more importance than the solicitor, and mechanical considerations take rank before legal requirements.

3694. ***The Purchase-Money.***—Where there is money enough in the control of the purchaser to pay for the desired house, no more need be said upon that point; but, in probably a large majority of instances, houses are purchased by the payment of only a comparatively small amount. The inducements prominently put forward by building societies very commonly prevail with those who desire to purchase house property. The system of contributing periodical sums, which are designed to eventually complete the intended purchase, possesses charms for those who are at present without any money, and for them there is no better course; but where the intending purchaser has already money enough to cover one-third of the amount required for the purchase, it is a financial mistake to resort to a building society. That course inevitably involves delays, pending an appropriation, which may depend upon the chances of a drawing, or upon the offer of a premium which it is not always desirable to give.

The possessor of anything like a reasonable proportion of the money would do better to arrange for a mortgage, money being thus attainable upon good security at very moderate rates of interest, the only objection being the expense of the mortgage-deed. To avoid that expense it is often preferable to arrange with a bank to advance the required amount upon deposit of the deed. Such advances are usually charged with higher interest than in the case of a mortgage, but the expense of the mortgage-deed is then entirely saved, and the desirability of subsequently effecting a mortgage at a lower rate of interest can be considered at leisure.

3695. ***The Formalities of the Purchase.***—Purchase of a house or any kind of landed property cannot be legally completed without the proper execution of a deed. Any person who is not a solicitor who prepares, or assists in preparing or executing, a deed for or in the expectation of any reward, is liable to a penalty of £50; consequently, except in cases so rare as to have no practical bearing, a purchase cannot be effected without resorting to a solicitor.

The very general reluctance to employ a lawyer is likely to subside, or to disappear entirely, so far as regards the mere uneventful transfer of property, in consequence of the revolutionary changes that have been made by Act of Parliament in reference to such matters.

In the first place, all the old forms for legal documents are virtually abolished. As prescribed by the existing law, there is no longer any object or sense in the old-fashioned spun-out and interminable legal writings which formerly pre-

vailed, with their long-drawn words and phrases, repeated over and over again, to the endless perplexity of non-professional readers. Instead of all that, a writing of a dozen or twenty lines legally suffices for a transaction which would formerly have required a square yard of parchment and some thousands of words, which have no longer any use or significance.

3696. ***Remuneration of Solicitors.***—Under the old system, every solicitor was interested in making documents as long as he could decently make them, because he was allowed to charge according to the quantity of writing to be done. He was also interested in having as many interviews and processes and consequent delays as he could contrive to have, because he was allowed to charge each act of his as a separate item of costs. All that is now done away with; the solicitor, even more than the client, is directly interested in having as little to do in the matter as possible, and to get the business completed in the shortest possible time.

As compensation to solicitors for the numerous items for which they were formerly allowed to charge, each solicitor is entitled to a fixed sum for every completed transaction, and, unless before the business is entered upon, or prior to any subsequent stage of it, he expressly stipulates to be paid extra on account of exceptional circumstances, and the client assents in writing to such extra or special payment, any more than the prescribed charge is illegal; with this proviso, that an agreement to accept a stated sum, on condition that the business is carried through, and to forego payment if it be not carried through, or abiding any event, is void.

The prescribed charges which a solicitor may make in connection with a purchase are governed by the amount of the purchase money, as next shown:—

	(1.) For the 1st £1,000	(2.) For the 2nd and 3rd £1,000.	(3.) For the 4th and each subsequent £1,000 up to £10,000.	(4.) For each subsequent £1,000 up to £1,000,000.
	Per £100.	Per £100.	Per £100.	Per £100.
	s.	*s.*	*s.* *d.*	*s.* *d.*
Purchaser's solicitor for negotiating a purchase of property by private contract ..	20	20	10 0	5 0
" for investigating title to freehold, copyhold or leasehold property, and preparing and completing conveyance (including perusal and completion of contract, if any) ..	30	20	10 0	5 0

When the purchaser has previously agreed with the vendor upon the terms and amount, the solicitor is not entitled to charge for the negotiation; but if any matter of detail concerning the negotiation is referred to the solicitor to complete, he may be entitled to his full charge as though he had conducted the negotiation all through.

Journeys from home, which are strictly necessary, and not stipulated for by express agreement, are chargeable extra, per day of seven hours, five guineas; for less than seven hours, 15*s.* per hour. Fixed charges are also prescribed for every form of business where there is no dispute or legal contention.

Whether the charges be those prescribed, as before stated, or under any special agreement, the client is entitled to submit the amount to a taxing-master, who is empowered to reduce the amount if he consider there is ground for doing so.

3697. ***Responsibility of Solicitors.***—Notwithstanding the fixing of the charges of solicitors, every solicitor is liable to his client for the consequences of

any professional neglect, error or omission he may make in conducting his client's business, and the client is entitled to recover damages for any loss or liability he may consequently incur. This applies with great force to the subject of title, which it is the clear duty of the solicitor to thoroughly investigate, and to report against if not good.

3698. ***Stamps.***—In addition to the solicitor's legal fees the purchaser has to pay for stamps.

A purchase deed must be stamped according to the amount of the purchase-money; not exceeding £5, 6*d.*; 6*d.* for every additional £5 or any fraction thereof up to £300; and 5*s.* for every additional £50 or fraction thereof. Any conveyance, when the amount is not ascertainable, 10*s.*

A mortgage deed is chargeable for stamps, if not above £25, 8*d.*; not above £50, 1*s.* 3*d*; £100, 2*s.* 6*d.*; £150, 3*s.* 9*d.*; £200, 5*s.*; £250, 6*s.* 3*d.*; £300, 7*s.* 6*d.*; for every additional £100, or fraction thereof, 2*s.* 6*d.*

A lease is chargeable with stamp duty according to the rentals and terms as shown in the following table:

	If the term is definite and does not exceed 35 years, or is indefinite.	If the term being definite exceeds 35 years, but does not exceed 100 years.	If the term being definite exceeds 100 years.
	£ s. d.	£ s. d.	£ s. d.
Not exceeding £5 per annum	0 0 6	0 3 0	0 6 0
Exceeding £5 and not exceeding £10	0 1 0	0 6 0	0 12 0
„ £10 „ „ £15	0 1 6	0 9 0	0 18 0
„ £15 „ „ £20	0 2 0	0 12 0	1 4 0
„ £20 „ „ £25	0 2 6	0 15 0	1 10 0
„ £25 „ „ £50	0 5 0	1 10 0	3 0 0
„ £50 „ „ £75	0 7 6	2 5 0	4 10 0
„ £75 „ „ £100	0 10 0	3 0 0	6 0 0
„ £100, for every full sum of £50, and also for any fractional part of £50 thereof..	0 5 0	1 10 0	3 0 0

An agreement for a tenancy of three years or less is chargeable at the same rate as a lease for not more than 35 years.

An agreement upon any subject not creating a tenancy must have a sixpenny stamp.

If an adhesive stamp be used, it must be put on and cancelled at the time of executing the instrument. Postage stamps are available up to 2*s.* 6*d.*

Every solicitor is responsible for the proper stamping of the documents he is engaged upon.

It is not essential that any of the documents before referred to should be stamped at the time of execution, but if not, and they are not subsequently stamped, they cannot be produced as evidence in any proceedings relating to them.

The time allowed for subsequent stamping of an agreement under hand only is fourteen days; of a deed, two months. The stamping can be effected on application at Somerset House, or, in the provinces, to a local stamp office.

The Commissioners of Stamps are authorised to allow stamping after the stipulated time in some cases, but such indulgence is very rare, and must be justified by extremely exceptional circumstances.

If stamping be neglected within the stipulated time, it cannot afterwards be effected without payment of a penalty of £10, or, if in court, £11, in addition to the stamp originally required.

3699. ***Rights of Purchasers.***—The alteration of the law concerning legal documents is of additional importance to purchasers, because every deed

of sale and purchase now implies conveyance to the purchaser of every legal right, whether mentioned in the deed or not, such as access, rights of way, water, light, and everything appurtenant to and necessary to the use and enjoyment of the property, unless any such ordinary right be expressly barred by an undoubted and clear stipulation in the deed.

3700. ***Covenants.***—The numerous covenants which were formerly embodied in deeds are now for the most part needless and worthless. Every deed legally implies all ordinary covenants, so that unless there is something very unusual respecting the property or the circumstances, anything in the nature of a separate covenant is surplusage. Every vendor is presumed to covenant that he is entitled to sell, and that he relinquishes all rights of ownership, which all spontaneously pass to the purchaser, whether mentioned in detail or not. These observations apply especially to purchase deeds of freeholds, and not to covenants in leases, subsequently referred to.

3701. ***Leases.***—A lease may be so called, and granted for any period, however short, but the practical meaning of a lease is a tenancy subsisting, or to subsist, for more than three years. It can only be created by a deed, subject to all the conditions relating to deeds of purchase, previously mentioned; but the remuneration due to the solicitor is different, namely:—

Lessor's solicitor for preparing, settling and completing lease and counterpart:—

Where the rent does not exceed £100... ...	£7 10*s.* per cent. on the rental, but not less in any case than £5.
Where the rent exceeds £100, and does not exceed £500	£7 10*s.* in respect of the first £100 of rent, and £2 10*s.* in respect of each subsequent £100 of rent.
Where the rent exceeds £500...	£7 10*s.* in respect of the first £100 of rent, £2 10*s.* in respect of each £100 of rent up to £500, and £1 in respect of every subsequent £100.
Lessee's solicitor for perusing draft and completing	One-half of the amount payable to the lessor's solicitor.

3702. ***Leases by Life Tenants.***—There were formerly numerous restrictions upon the granting of leases by life tenants, but, for all ordinary purposes, those restrictions are abolished. The only restrictions are that the tenant for life must not grant a lease of the mansion-house of the estate, but he may of any other part of the estate for the terms prescribed, namely:—

Building lease, ninety-nine years.
Mining lease, sixty years.
Any other lease, twenty-one years.

The only other restriction is that the rent reserved must be as much as can be reasonably obtained, without any premium or consideration in the nature of entrance fee.

3703. ***Mortgagees*** are also entitled to grant leases of the property they hold as such: building leases for ninety-nine years; any other lease, twenty-one years; an adequate rent being a condition for which the mortgagee is liable to the redemptioner if the property be redeemed by the mortgagor or his representative.

3704. ***Covenants in Leases*** continue to be frequent, and generally have the effect of restricting the use of the property, either against the carrying on of any business whatever, or of excluding any business or trade specified. There may also be covenants to any effect, and the most usual one gives the lessor power of re-entry for non-payment of rent beyond a stated number of days after it becomes due.

3705. ***Forfeiture of Leases.***—Right of re-entry and consequent liability to forfeiture for breach of covenant or condition cannot be legally enforced, by action or otherwise, unless the lessor serves on the lessee a notice specifying the breach, demanding that it be remedied (if practicable), and that money compensation be paid.

Not until the lessee has, within reasonable time, failed to effect the remedy and to pay the compensation, can the lessor legally proceed to enforce forfeiture.

In the event of proceedings, the lessee is entitled to appeal to a law court, and the court has power either to enforce the re-entry or to make any other order concerning it, for the relief of the tenant or otherwise.

Notwithstanding, right of re-entry invariably accrues if, contrary to covenant, the lessee under-lets or assigns, and, as a general rule, when the re-entry is on account of non-payment of rent within the time specified. But, when re-entry and consequent forfeiture is claimed for non-payment of rent, a judge, on application by the lessee, has power to make a summary order restoring the lessee to full possession, and to endorse the lease to that effect, on payment of the rent due and costs; or the judge may confirm the forfeiture. In either case, either the lessor or lessee has the right of appealing to the court, which has power to confirm or reverse the decision of the judge.

3706. ***Agreements for Leases.***—It is a common custom in some circles for the expense of a deed to be avoided by the execution of an agreement for a lease, which, on the face of it, binds each party, on the demand of the other, to execute such lease in the terms set forth in such agreement. If, before rent has passed, either of the parties demands the execution of the lease, the other party is legally bound to execute it accordingly, but if the tenant pays one instalment (say a quarter) of rent, and such rent is accepted without remark, the agreement instantly becomes void, and the tenancy becomes an annual one, as though there had been no writing. This rarely becomes of practical importance, because it is generally to the satisfaction and interest of both parties to carry out the conditions of the supposed lease.

3707. ***Tenancies under Agreements.***—A tenancy at will is where the tenant is at liberty to go or liable to be turned out without notice. It differs only from a tenancy on sufferance so far that the landlord has assented in some way to the tenant being there. Payment of rent does not alter the character of a tenancy at will if there is a proved agreement that such is the nature of the tenancy. In practice, tenancy at will only occurs where a tenant holds over after the expiration of a notice to quit, or where premises are already acquired for any kind of public work, pending demolition. A tenancy at will may lapse into an annual tenancy by continued acquiescence and successive payments of rent without remonstrance or remark.

An agreement for a tenancy may be implied without any writing, by the mere giving of and taking possession, which is implied by the delivery and acceptance of the key. In that case, the nature, obligations and rights of the tenancy are implied from the surrounding circumstances affecting the property. But such tenancies are getting more and more rare, being nearly always evidenced by writing.

A tenancy which is not the subject of a deed cannot extend to more than three

years certain, and any agreement which is executed before the commencement of the intended three years is void, because it extends over more than the prescribed period. In such a case, an annual tenancy is created by the first payment and acceptance of rent, as though no agreement had been made, though it is rare for any question to arise upon that point, both parties being usually content. Whether such agreement be void or not, the continuance of the tenancy after the three years creates a continuing tenancy from year to year.

Tenancy from year to year, otherwise called an annual tenancy, is almost always by written agreement. The rent being payable quarterly, and the tenancy being terminable only at the same period of the year at which it commenced, unless the agreement expressly prescribes otherwise. The following form amply suffices:

Memorandum of agreement made this 10th* day of September, 1890, between A. B., of ; and C. D., of . The said A. B. agrees to let, and the said C. D. agrees to take, the dwelling-house and premises known as No. 99, High Street, , in the county of , from the 29th day of December instant, from year to year,* at the yearly rent of £ , payable quarterly. The said A. B. agrees to maintain the whole of the external part of the buildings in a reasonably sound and weatherproof condition, as at present, and the said C. D. undertakes to preserve and deliver up the internal part of the premises in good and tenantable repair, as at present, reasonable wear and tear, and fire, storm and tempest excepted.†

Signed by the parties { A. B. / C. D.

Witness desirable, not essential.

It is usual to append to the agreement a list of minor dilapidations, the tenant being liable at the end of the term for anything additional not arising from fair wear and tear. For instance, if the tenant allows a stove to rust until it is so disfigured or fragile as to be useless, the tenant is responsible.

The landlord must deliver the key if applied for, but is not bound to do so otherwise. Neglect of the tenant to procure the key will not absolve him from the obligation to pay rent and take care of the premises, even though he never take possession.

The agreement binds the heirs, executors, administrators and assigns of both parties, though there be no provision to that effect. It also secures to the tenant uninterrupted enjoyment as against the landlord. Trespass by anyone else is for the tenant to obtain a remedy for.

3708. ***Trespass*** upon open fields is very difficult to deal with. The trespasser must first be ordered off, and if he does not go, the tenant or his representative (no one else) is entitled to remove him by force. If the trespasser resists in the least, he can be prosecuted, not for the trespass, but for an assault, or for robbery, if he takes so much as a branch or flower. More than necessary force subjects the person who resorts to it to proceedings for assault. The same rule applies to trespass upon any part of the premises, but every person found in or upon any dwelling-house, warehouse, coach-house, stable, or outhouse, or in any yard or garden included in the enclosure of a house, is liable to punishment as a rogue and vagabond, unless he can justify his presence when found. A right of trespass accrues when it is necessary for the trespasser to escape from some danger or is acting in self-defence.

3709. ***Dogs.***—The owner of a dog, as a general rule, is not liable for any person being bitten by the dog, unless the owner knew that the dog had previously

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* If the intention be to agree for three years, the date must be September 29th, or later, and "for three years" must be substituted for "from year to year."

† If fire, storm and tempest be not included, the tenant must make good severe injury or destruction from any such cause. Such destruction puts an end to the tenancy, unless the parties agree to the contrary.

bitten some one; but a person has no right to place or suffer a dog so near to the door of his house that any person coming on business can be bitten; and when a footpath passes through premises, the occupier has no right to put a dog with such a length of chain that he could bite a person going along such path.

3710. ***Drains.***—When a tenant discovers that the drains of his house are so defective as to be obviously likely to be injurious to health, he must act with promptitude, and (generally before the payment of rent) must vacate the holding, and notify the owner that he does so for such cause, or else he must require the owner to remedy the defect, and afterwards vacate upon non-compliance. In such cases, the defect must be very palpable and decided to justify the release of the tenant from his obligation to continue the tenancy. Slight dissatisfaction arising from the drains or fittings not being of the latest and best construction will not suffice as a plea. If the tenant, after the discovery of such defects, pays rent and makes no remark, the right to retire from the tenancy will, as a general rule, cease. The like considerations equally apply to the discovery that the house is intolerably infested with vermin, or is not decently habitable from any other cause not observed before occupation commenced. In all such respects the letting by the landlord implies a covenant by him that the house is decently fitted for occupation, while submission by the tenant for any considerable time must be taken as evidence that it is so fit.

3711. ***Noisome Surroundings.***—Trades which cause offensive smells must generally be submitted to if of long standing, of twenty years or more, but recent or entirely new cases can generally be stopped. It is not necessary that the offensiveness be injurious to health; it suffices that it is personally offensive according to the estimation of average people. Objections by one tenant where others do not object will not suffice, and the character of the neighbourhood must be taken into account.

Brick-burning, if designed to be carried on as a permanent business, can generally be stopped if not long established, but if temporary, for the purpose of preparing bricks for building on the same or neighbouring land, it must generally be submitted to.

A chimney, so constructed that the smoke from it passes into a neighbouring house, may be proceeded upon and removed or altered, whether used for trade or not.

3712. ***Noisy Nuisances.*** — Domestic arrangements or practices which involve noises to the vexation of neighbours can seldom be legally prevented. Hence the barking of dogs, the crowing of cocks, and the like, cannot be interfered with unless of a very unusual character, and proved to be injurious to a neighbour's health. In the absence of evidence of injury to health there seems to be no remedy. In like manner the playing of musical instruments, singing or dancing, for private amusement or recreation, is beyond the reach of legal remedy, strikingly contrary to when it is in the way of business.

Playing of musical instruments, singing, or dancing, conducted in the way of business, and so as to be an obvious nuisance to neighbours, can be legally stopped, as also can be any trade process which makes noises that disturb the rest or reasonable enjoyment of neighbours, regard being had, however, to the character of the neighbourhood, the kind of noise, and whether by day or night. The prescriptive right of carrying on the business, if of long continuance, must also be taken into account. When a noisy business nuisance is an injury to any other business that is not noisy, the right to remedy is much strengthened. Extensive printing works, with machinery running at night to the annoyance of the guests of an hotel, have been totally stopped by injunction.

Street music in the Metropolis is subject to special provisions. The householder or resident annoyed, or his servant or representative, must order the musician to desist. If the order be disregarded the only remedy of the complainant is to procure a policeman, to give the stroller (if still to be found) into the custody of the policeman, to there and then accompany the policeman and the accused to the nearest police-station, where the complainant must sign the charge-sheet, and enter into a recognizance to appear and give evidence before the magistrate at the hearing of the case, probably the next day. Failing such an elaborate course of proceeding, the stroller cannot be otherwise dealt with. In case of the stroller's conviction the penalty is not more than 40*s*., or imprisonment for three days.

3713. ***Public Obligations of Occupiers.*** — Within the Metropolitan district occupiers of houses are under obligations to the public authorities, of which the following are the most prominent instances :—

Every newly-built house must be provided with a pit or vessel, with proper coverings, for the deposit of ashes and house refuse. The penalty for non-compliance is £20.

No one is allowed to collect or carry away any ashes or house refuse except the dustmen appointed by the local authorities. Penalty for so collecting and carrying, £5.

For allowing a chimney to be on fire the penalty is £1 ; but if arising from neglect or wilful default of any person, the amount may be recovered from such person.

Discharging fire-arms of a greater calibre than a common fowling-piece within three hundred yards of any dwelling-house, after being warned by the person objecting, involves a penalty of £5.

The following offences involve a penalty for each of £2 :—

Discharging fire-arms or throwing any missile, to danger of any person.

Beating, in any thoroughfare, any carpet, rug, or mat, except door-mats before eight in the morning.

Throwing any dirt, litter, offal, or rubbish in any thoroughfare, or so that the same may get into any sewer, except litter in case of sickness to prevent noise, sand or litter to prevent slipping, or litter to prevent freezing of pipes in time of frost.

Putting or keeping up any awning so as to annoy passengers.

Keeping pigs to front of a street or road without proper fence, or keeping them anywhere so as to be a nuisance.

Neglecting to sweep and cleanse footways and watercourses adjoining premises. The occupier is liable, but, if there be no occupier, the owner is liable.

*** This is the only authority under which the Metropolitan police require snow to be cleared from the footways at the fronts of houses, though there is no mention of snow, and owners of unoccupied houses are seldom or never called upon to perform their duty in this respect.

Leaving open any vault or cellar or underground room without sufficient fence.

Leaving open any pit at night without sufficient light.

The following offences, calculated to annoy or injure householders, are each liable to a penalty of £2 :—

Causing any vehicle to stand longer than necessary for loading or unloading.

Driving or standing on any footway any vehicle or animal.

Rolling or carrying any cask, tub, hoop, wheel, ladder, plank, showboard or placard upon footway.

Posting any bill or paper on any property without consent of owner.

Writing upon or defacing any building or fence.

Blowing a horn or using any noisy instrument for hawking or calling people together.

Ringing or knocking without reasonable cause.

Extinguishing any lamp.

Flying a kite or playing any game to the annoyance of inhabitants or passengers.

Making or using a slide in any thoroughfare

Burning, dressing, or cleaning any cork; or hooping, cleansing, firing or washing any butt or cask in any thoroughfare.

Hewing or cutting timber or stone in any thoroughfare.

Slaking, sifting, or screening any lime in any thoroughfare.

Laying on thoroughfare any coals or materials except for building in progress with proper precautions.

*** In most of the cases here referred to, the police have power to take the offender into custody or to serve a summons upon him to answer the charge. Residents in London have too much reason to remark that in these respects the police are very remiss, and that the law, in the majority of instances, is not enforced, but is disregarded with impunity and contempt.

In most provincial towns similar offences are liable to similar penalties, but there is no uniformity between one town and another, either in the law, or in its administration.

3714. ***Repairs.***—As a general rule the landlord is not liable to effect repairs beyond keeping the premises reasonably weather proof. All else is the duty of the tenant, so far as keeping the place habitable is concerned, and every repair beyond that necessity is at the tenant's expense, unless the landlord voluntarily undertakes it.

3715. ***Fences.***—In the absence of other evidence, where there is a hedge and ditch, the hedge belongs to the field in which the ditch is. But if the owner of the field on the other side of the hedge has pruned the hedge and trimmed the ditch for twenty years without remonstrance from the owner of the other field, the pruning and trimming and acquiescence therein will establish ownership in the person who does such work.

Where town and other residential properties are adjoining, the fence on one side of a tenant's garden usually belongs to him and that on the other side to his neighbour. It is sometimes difficult to decide with certainty which fence belongs to the garden of which it is the boundary. It is well to determine this with certainty, as responsibilities may arise which may render the certainty important.

The owner of cattle or other animals is liable if they stray or escape on to another man's land, if he neglects to fence them in properly, and they may be detained and ultimately sold by the detainer unless the damage they have done is compensated for; but if the defective fence belongs to the land strayed upon, the owner of that land is liable for any injury which the animals may consequently suffer. It is then one of the duties of the latter owner to restore the animals to their owner. In any case, the owner of the animals is entitled to go on the land where his animals have strayed, to bring them back

A tree growing in the midst of a hedge generally belongs to the owner of the hedge, but if it be proved that the roots are mainly in the adjoining land the tree may belong to the owner of that land, though the branches may mostly project over the adjoining land, but, if the entire trunk be indisputably in one or the other land, that will determine the ownership.

When a tree undoubtedly belongs to one parcel of land and the branches, penetrate or overhang the adjoining land, the owner of the adjoining land is entitled to cut away so much of the roots and lop off all the branches that penetrate or overhang his land. But the cuttings and loppings belong to the owner of the tree, as do the fruits growing on the overhanging branches. In such cases, when the branches are cut and fall, or when fruit falls on adjoining land, the owner's course is to request permission to recover the loppings or fruit. If permission is refused he is then entitled to go on to his neighbour's land, and to recover his property without permission.

If a tree of A.'s is blown down so as to fall partially in the premises of B., then B. may remove the tree upon A. refusing to do so, or A. may proceed upon the premises of B. to recover the tree, if he cannot otherwise recover it.

3716. ***Windows.***—Every builder of a house is entitled to put windows in it wherever he pleases; but if he puts windows so as to overlook the adjoining land of another, the owner of that land is immediately entitled to build or to erect any obstruction he pleases, so as to block up or obscure the light, or diminish the prospect of such windows, and such right continues until the windows have become "ancient lights" by prescription. But, if a man builds a house and sells it, and some of the windows so sold overlook other land belonging to the builder of the house, he must not block up such windows, nor obstruct their prospect by any building or erection nearer than the width of a good road.

3717. ***Prescription.***—Right by prescription is created by the existence of anything for twenty years. It applies especially to the carrying on of an objectionable trade process, to the right of way, to the position of fences concerning which there may otherwise be doubt, and to windows.

A trade that has been carried on in the same manner for twenty years cannot be stopped, however offensive, unless the local authorities possess the power of suppression under the Nuisances Removal Acts.

Where a road or path is in habitual use, the owner of the land must submit to its use by all comers, if it has been so used for twenty years or more, though (as in the case of some field paths) the right may be a serious injury to the value of the land.

If a fence has been placed in error so as not to indicate the true boundary of the land of the owner, and it be suffered to remain unaltered for twenty years, the right of adjusting the boundary ceases.

If a window, originally liable to be obstructed, remains unobstructed for twenty years, the right of building or other obstruction by the adjoining owner is totally destroyed. But a window in one part of a wall does not create prescription for the remainder of the wall, which may be built up to any time, unless such building seriously obstructs the light of the ancient window, and such window must not be pulled down and rebuilt in a new position, or the prescription may be prevented or destroyed.

Prevention of prescription may be effected by anyone interested, any time within nineteen years, but not later, because the rule as to lapse will not have time to apply. Thus, a way that has been open less than nineteen years may be stopped by the owner of the land, unless he has, by selling some of the land or otherwise, granted a right of way which he cannot recall. The owner of a misplaced fence may pull it down and re-erect it in its proper place, if the work be completed within the nineteen years after its first erection. The owner of land overlooked by windows may obstruct the light or prospect of such windows any time within nineteen years after their first construction, and, in each case, the prescription is for ever prevented.

Lapse of prescription is effected by suffering it to be disregarded for twelve

months; so that it takes twenty years to create a prescription, but only one year to destroy it. That is, if a road or path be totally closed for a year, and no proceedings to resist the closing be commenced before the end of the year, the right of way ceases; and, if the owner of an ancient light permits it to be blocked or obstructed for a year, and does not remove the obstruction, or take proceedings during that time, his prescription is destroyed. Also, if the owner of an ancient light permits the erection of a building to its detriment, and makes no remonstrance during the building operations, he cannot claim his prescription against such building when it is completed. Such are the general rules of prescription, but infinite varieties of circumstances are liable to modify any particular case, implied assent being sometimes assumed where there is no such intention.

3718. ***Rent.***—Rent is sometimes made payable, by special agreement, in advance; if so, it becomes due in advance, and can be immediately recovered accordingly. But such cases are very exceptional, the general rule being that rent is neither payable nor due until the end of a stated term, which may be a week or a month, hence constituting a weekly or monthly tenancy; but the almost universal rule is for rent to be payable, for residential occupations, by the quarter, becoming due on the recognised quarter days.

There is risk in paying rent in advance, unless it is expressly so stipulated; for, if a landlord receives rent before it is due, and subsequently suffers foreclosure of a mortgage on the property, the mortgagee can compel payment of the same rent over again, and, the original landlord being then probably insolvent, the tenant has no remedy.

Rent is due at sunrise of the day on which it is expressed to be payable. If there be any obligation to make formal demand, it must be made before sunset of the same day. But the obligation to pay rent does not arise until midnight of that day, and the power of enforcing payment cannot be exercised until sunrise of the next day.

A landlord is the only person who, with reference to a debt, can take the law into his own hands, and enforce payment without the intervention of any magisterial or judicial authority. This exceptional power has the effect of rendering the landlord willing, in most cases, to forego payment for a month or so, because he can enter and recover, without notice, whenever he thinks proper. This power is so extreme that, though a landlord promise ever so solemnly, and even by deed, not to enforce payment, he is not legally bound by the promise; and, though he take a bill for the rent, he can pass by the bill and proceed as though it were never drawn. A tenant in arrears is therefore entirely at the mercy of his landlord's caprice.

3719. ***Distress for Rent.***—The ordinary mode of recovering arrears of rent is by distress, or entry and seizure of the tenant's goods. To avoid this the tenant is legally entitled to depart with all his goods any time before sunrise of the day on which the rent becomes due, and the landlord has no further claim on such goods. During the same day, and until sunrise of the next day, the tenant is entitled to depart with all his goods, and the landlord cannot prevent it, but, in that case, or in case of any subsequent removal, the landlord can legally follow the goods, and seize them wherever he can find them, being entitled to break in for the purpose, any time after sunrise of the day after the rent becomes due.

At sunrise of the next day after the rent becomes due the landlord is legally entitled to enter, and take possession of his tenant's goods. The right of entry and seizure may be exercised on any day afterwards until the rent be paid, only that, in all cases, the right cannot be exercised for more than one year's rent, and

the entry must be effected between sunrise and sunset, it being seriously illegal to attempt to enter between sunset and sunrise.

Entry may be effected by the landlord in person, or by anyone authorised by him in writing so to do, as his bailiff. If a door, window, or other aperture be found open or unfastened, the entry may be made that way, and if the fastening of an aperture can be unfastened, as by putting the hand through a broken window, that may be done, but the slightest degree of fracture, or breaking in of any kind, is seriously illegal. If there be no means of entry available, and admission be not given, entry must be deferred until some opportunity arises during the day, the tenant and his family being at liberty to go and come during the night to any extent.

When passive resistance is resorted to as suggested, entry is generally effected by some stratagem—sometimes by getting down a chimney. It is the duty of the bailiff, upon entry, to show his warrant and demand the rent. If the rent be not immediately paid, it is then his duty to say that he seizes the goods for the rent. He must then select so much of the goods as he thinks sufficient; for which purpose he may, if not admitted, break in any inner door. He must then make an inventory of the goods seized. The landlord is liable if an excessive quantity of goods be seized. The rest of the goods continue in the control of the tenant. When the inventory is completed it must be delivered to the tenant. Nothing else can be legally done until five days after entry, during which time payment of rent and costs will discharge the bailiff, who must give a receipt and retire. It is usual for the bailiff to remain in possession continuously, but if he goes away and returns, and admission is refused, he is then entitled to break in. Any person can be delegated to hold possession for the bailiff.

As a general rule, everything on the premises is liable to seizure, including the goods of strangers; but if the goods of strangers are there in the way of trade, to be manufactured, dressed, or mended, such goods cannot be seized, neither can the tools, implements, and perishable stock of the tenant's trade be seized if there be anything else, and, in all cases, clothing and property upon the person is exempt. There are numerous other exemptions which occur only in very exceptional cases.

If the tenant alleges that it is a wrongful distress, his only way is to give a replevin bond to try the case in the county court.

If there be no replevin or payment before the end of the five days, the landlord, at the request of the tenant, is entitled to grant a further delay. The five days, or other delay, being over, the bailiff must secure the attendance of two appraisers, who must appraise the goods, and write their estimate of value at the foot of a copy of the inventory.

After the appraisement the landlord is entitled to sell the goods in any manner he pleases, for the best price he can get. He may remove them for sale elsewhere, or sell them by auction on the premises, in defiance of any kind of objection. After the sale, if enough be not realised, he may seize more (if any available). Out of the proceeds he may take his rent and costs, and hand any balance to the sheriff or constable of the parish, from whom the tenant is entitled to payment on application. The landlord is liable for any excess of costs.

3720. ***Notice to Quit.***—When the end of a lease arrives the tenancy terminates without notice on either side, but in all other cases a tenancy can only terminate by notice to quit. If the rent is payable weekly or monthly, a week's or month's notice suffices. If it is so expressly agreed, a quarter's notice will suffice to terminate any tenancy, but the customary notice to terminate a tenancy from year to year must be six months before the termination of the year, ending at the time of the year at which the tenancy commenced. The notice may be either

verbal or in writing, by the landlord to the tenant, or by the tenant to the landlord. If the latter, and the tenant does not quit, he is liable to double rent until he quits or makes other arrangements with the landlord.

3721. ***Outgoing Tenants.***—Recent legislation with reference to agricultural holdings does not apply to trading or residential occupations, so that the rights of outgoing tenants, other than agricultural, continue as before.

Unless there be some clear custom to the contrary, which is very rare, an ordinary outgoing tenant is not entitled to remove or take away any tree or plant of any kind, not even the most fragile shrub or flower-root, which to that time may have been growing in the soil of the freehold, whether originally planted by him or not.

Matured flowers, vegetables, and fruits, he may take, but not if they are not matured sufficiently for reasonable adornment or consumption.

All kinds of buildings erected by a tenant, which have their foundation in the soil, or which are incorporated with any original building, become, with some few exceptions, the property of the landlord.

If the tenant has put in chimney-pieces, windows, shutters, doors, hot-houses, conservatories, workshops, stables, sheds, pigsties, chimneys, or any structure attached to the earth or to the original building, they all pass to the landlord, and the tenant has no right to remove them without the landlord's consent, either during the tenancy or at the end of it, unless exceptional circumstances can justify the removal.

The tenant is entitled, however, to remove chimney-pieces put in by him where there were none before, grates, fire-places, wainscots and the like (if fixed by him with screws only), hanging-peg , cupboards and shelves fixed by him to walls by holdfasts, and, if put in by him and removable without serious dilapidation, he may take domestic ovens, furnaces, pumps, gaspipes, water-pipes, bells, bell-wires and all ornamental fixtures, if put in by him.

If a conservatory be erected upon dwarf walls, with a wooden course or coping, upon which the conservatory stands, then the tenant may take away the whole of such conservatory down to and including the wooden course.

Trade fixtures of every description are privileged, including all the plants of a gardener, and may be taken away by the tenant.

In every case, however, the right of a tenant to remove trade and unattached buildings, structures, fixtures and appliances is strictly limited to the continuance of the tenancy. The moment the term of the tenancy expires, everything of the kind instantly passes to the landlord, and cannot afterwards be legally removed without his consent ; so that if the tenant is dilatory and fails to remove in good time, the landlord, by entering and taking possession, may forcibly stay any further removal, and so acquire the property, the tenant's legal claim to it being then finally extinguished. Still, if the landlord permits the removal of fixtures after the end of the term, he thereby relinquishes his claim upon them, which he cannot afterwards resume.

If the outgoing tenant sells his fixtures, &c., to the incoming tenant, and the latter proves to be unable to pay for them, the outgoing tenant cannot recover them, and they hence pass to the landlord. For this reason, all sales of fixtures should be for money down.

3722. ***Lodgers.***—Several nice points of law arise in connection with the occupation of unfurnished rooms as lodgings.

Every lodger is entitled to the use of the door-bell and knocker (if any), the skylights or windows of the staircase and the water-closet, unless the agreement expressly stipulate to the contrary. A householder who lets a lodging is legally bound to exercise all ordinary and reasonable care for the protection of the person

and property of his lodger. Such householder is liable for any injury to the lodger resulting from leaving any outer door unfastened at night, or from the employment of dishonest servants, or from permitting persons of doubtful character to enter or assemble in the house, and for any kind of wilful neglect or gross carelessness through which the lodger suffers injury. But in the absence of any specific neglect on his part, the householder is not liable for the safe keeping of his lodger's property, unless it has been delivered to him for the purpose and he has accepted the charge, for the lodger is the sole custodian of his own property, and, though the landlord's servant steal it, the landlord is not responsible, unless he is proved to have known of the servant's previous dishonesty.

3723. ***Liability for Householder's Rent.***—As all the goods of strangers, unless in the way of trade, are liable to seizure and sale under a distress for rent, a lodger's furniture and other goods are peculiarly in jeopardy in such a case, as the lodger's door may be legally broken open. Formerly, there was no remedy for this. The only course possible for the lodger was to pay the rent levied for, and deduct the amount in account with the householder for rent; and, even now, if the lodger be absent for a week or more, his goods may be taken without any remedy except recovery of the money from the householder. For, even where the lodger is present, his goods may still be seized for the householder's rent, and sold, unless the lodger makes an inventory of his goods, and delivers it to the bailiff with a written declaration, duly signed, that the lodger owes no rent to the householder, and is in rightful possession of such goods. When there is no such declaration, the bailiff may proceed as formerly, and is not bound to believe the declaration, and may proceed as though it had never been made; in which case the lodger must appeal to a magistrate wherever he can be found, who is authorised to make an order in restraint of the bailiff. Any money which a lodger may voluntarily pay to get rid of the bailiff, is a complete set-off against any rent owing or subsequently becoming due to the householder.

3724. ***Furnished Apartments.***—Every one who lets furnished houses or furnished apartments legally covenants, whether expressed or not, that the house and furniture are habitable, and free from anything that may render residence there by reasonable people intolerable. Should such cause for complaint prove to be present, the lodger, upon discovery of the grievance, and giving notice to that effect and prompt departure, is legally entitled to take that course without paying any rent, and the same right accrues should attendance or other service stipulated for be grossly insufficient.

Rent for apartments becomes due as stipulated for, generally by the week, and if the lodger attempt to leave, such lodger's property, to the amount due, can be detained, but the person of a lodger or other tenant is free from molestation or detention, all clothing and property on the person being strictly free from seizure, any attempt to the contrary being an assault severely punishable.

Notice to quit apartments is not legally requisite, but if given the necessity for it is implied, and it must be for a clear interval of a week or otherwise, according to the period at which rent is payable. In all cases it is the safer course to give such notice, or much annoyance may result.

3725. ***Marriage.***—Cousins of any degree may legally marry, but other near blood relations cannot. The prohibitions include many concerning which there is no chance of any question arising, the only cases about which practical knowledge is generally necessary being that a woman cannot legally marry her late husband's brother, nor a man his late wife's sister. The prohibition in the former case very rarely comes into practical consideration, but cases of marriage between a man and his late wife's sister are comparatively frequent. Every such marriage

in the British Isles is void in law, and the children of the marriage have no legitimate rights of inheritance or succession to property of any kind, unless specifically bequeathed to them. Such marriages are legal in some other countries; and such a marriage, having been duly effected in any such country, is subsequently binding in the British Isles in every respect, the children being legally legitimate, and entitled to all legitimate rights. A custom has arisen for persons to resort to such a country for the purpose of procuring a marriage, to be subsequently recognised as binding in England; but if both the parties to the marriage are content to make a mere flying visit to such country for the purpose of evading the British marriage law, their marriage is as illegal as if the formalities had been gone through in England. To render such a marriage legal it is essential that *one* of the parties must have obtained a domicile in the country where the marriage was legally effected, which domicile can only be inferred from a bonâ fide residence there for some considerable time.

Prohibition of marriage equally extends to minors, unless their marriage is specifically assented to by their parents or guardians, or unless the minor have no parents or guardians. If there be a declaration of such assent when it has not been given, the marriage is voidable by proceedings of the parents. If both parties make such a declaration fraudulently, or assent to one knowing it to be a fraud, the marriage is void, whether proceeded upon or not, and the children are not legitimate. A parent or guardian is entitled to stop such a pretence of marriage at any moment before the ceremony is completed.

All unmarried persons who are twenty-one years of age, and who are not prohibited by relationship, are entitled to marry without anyone's assent, and in defiance of every objection.

3726. ***Authority to Marry.***—Marriage in England is impossible until a specific authority has been procured. It may be by publication of banns in any parish where the parties reside, or in both parishes if the parties reside in different parishes. It may be by licence of a bishop or his surrogate in a parish where one of the parties has resided for the previous fifteen days. It may be by special licence of the Archbishop of Canterbury, which cannot be obtained except by persons expressly approved by the Archbishop. It may be by certificate of a superintendent registrar in a district where one of the parties has resided for the previous seven days, the authority being completed twenty-one days afterwards. It may be by licence of such superintendent registrar after residence by one of the parties for fifteen days. All the preceding forms of authority, *except* the *licence of the superintendent registrar*, are available for marriage according to the Church of England. All marriages elsewhere must be by authority of either a certificate or licence of a superintendent registrar. Every form of authority is available as soon as it is completed, and for three months afterwards, but not later. Jews and Quakers are entitled to conduct their marriages, when authorised, as and when they think proper, but all other marriages, except by special licence, must be effected between eight in the morning and three in the afternoon, which option is now substituted for the former hours of from eight to twelve.

Persons who are duly authorised to that effect are entitled to require the incumbent of the church named in the licence to perform or provide for the ceremony, which may possibly be in five minutes after licence, or otherwise in reasonable time assented to by the clergyman, according to custom. The clergyman is authorised and required to register the marriage immediately after the ceremony in a book supplied to the church by the authorities, and to procure the signature to the register of both parties to the marriage, and of two witnesses, who may be friends of the parties, or such total strangers as not to be able to identify the parties, the form of giving away the bride being in many cases a farce that is not creditable to any of the persons taking part in the ceremony.

Every superintendent registrar, after granting an authority for marriage by him, is required, in the customary manner, to conduct in his office the forms prescribed, which are very brief, religious or other ceremonies there being rigorously forbidden. The registrar is required to be present with his book, and the superintendent registrar is required to sign the register, which must also be signed by both parties to the marriage, and by two witnesses. The parties are at liberty to adjourn to any edifice, there to take part in any ceremony they may think proper, but the addition or omission of such ceremony is of no legal significance.

Marriage in any other manner than in a church of England, or in the office of a superintendent registrar, is not a right which any party to an intended marriage can legally claim or enforce. But every religious body is entitled to procure, for any place of worship belonging to such body, a licence for marriages there. Any parties to an intended marriage who desire to be married in any such licensed place, must make arrangements with the assent of the minister of such place, and the marriage can then take place there accordingly. It cannot be without the presence of the registrar, who, being duly notified of a reasonable time appointed, must attend with his book, conduct the formalities required by law, and effect the registration in his book, all else being at the option of all the parties and of no legal significance. The minister of the place of worship, whether he take part in the proceedings or not, must be present and sign the register, together with both parties to the marriage and two witnesses.

3727. ***Voidable Marriages.***—When an authority to marry is procured by a false declaration, or the marriage is in any manner conducted without due conformity to the law in any essential particular, and one of the parties is guilty of, or has guilty knowledge of the illegality at the time, the other party being in ignorance thereof, the marriage is voidable, and can be declared invalid accordingly by subsequent proceedings. Such proceedings may be taken by the party who was not guilty of the illegality, or by the parents of either party. But the proceedings, in either case, must be taken with the utmost promptitude after discovery of the illegality, for, if time be allowed to elapse before attempting thus to repudiate the marriage, the marriage will cease to be voidable, by acquiescence.

3728. ***Void Marriages.***—When both the parties have guilty knowledge of the false character of the declaration, or of any material illegality in the proceedings, the marriage is as void as though no ceremony or form of marriage had been gone through, and, upon proof of the guilt of both parties, the legality of the marriage can be effectually challenged any time afterwards, even subsequent to the death of both parties, the children declared illegitimate, and the right of inheritance of or succession to property totally destroyed.

3729. ***Law of Husband and Wife.***—The sweeping change made under this head by modern legislation renders it unnecessary to treat of it at great length.

Concerning the property of wives, the change since 1882 is immense. Wives who were married before 1883, and to whom property of any kind accrued before that year, are still liable to the ancient law with reference to such property. With few minor exceptions, taking effect before 1883, personal property of the wife, so accruing, belongs to the husband, and landed property is his for his wife's life. Should he desire to sell or mortgage any of the landed property of his wife, she must consent, and acknowledge her consent before an authorised legal functionary, otherwise the transaction is void.

But, with reference to all property accruing to any wife since 1882, it is hers, without the intervention or legal participation of her husband, to do with as she thinks fit, her rights and liabilities with reference to such property being the same as if she were not married. And, with reference to wives married later

than 1882, their marriage makes no difference to their rights and liabilities respecting property accruing to them either before or after marriage.

Under the modern law, a husband is liable for debts incurred by his wife for necessaries, whether he assent to the purchases or not, unless she be otherwise fully provided, and he has notified the creditor before purchase that he will not be answerable. Such notification is worthless, however, if it be proved that the husband has not fully provided his wife with necessaries equal to her rank and his means. On the contrary, a wife is not liable for any debt incurred by her husband, unless she joins in giving the order or initiating the business in such a manner as to commit her separately to the obligation.

A husband is liable for the maintenance of his wife's children born before the marriage, but a wife is not liable for the maintenance of her husband's children born before the marriage.

No one but the minor himself is liable for goods he may order, unless he orders as the agent of one of his parents, and with the parent's concurrence; and the minor himself is not liable unless the goods supplied are necessaries for himself, or for his wife or family if he be married; and if it be proved that he is otherwise provided with necessaries, there is much doubt whether the creditor can recover even for what would otherwise be necessaries.

3730. ***Registration of Births.***—Previously to 1874 there was considerable doubt concerning some points relating to this subject, but an Act of that year set all doubts at rest.

Responsible Persons.—In the case of every child born alive, responsibility for registration devolves upon the father and mother of the child, and in default of the father and mother, of the occupier of the house in which to his knowledge the child is born, and of each person present at the birth, and of the person having charge of the child.

Within Six Weeks.—One of the responsible persons must give to the registrar, within six weeks next after birth, information of the particulars required to be registered concerning such birth, and, in the presence of the registrar, must sign the register.

After Six Weeks.—When a birth has, from the default of the responsible persons, not been duly registered, the registrar may at any time after the end of six weeks from such birth, by notice in writing, require any of such responsible persons to attend personally at the registrar's office, or at any other place appointed by the registrar within his sub-district, within such time (not less than seven days after the receipt of such notice, and not more than three months from the date of the birth) as may be specified in such notice, and to give information, to the best of such person's knowledge and belief, of the particulars required to be registered concerning such birth, and to sign the register in the presence of the registrar; and it shall be the duty of such persons, unless the birth is registered before the expiration of the time specified in such requisition, to comply with such requisition.

Foundlings.—If any living new-born child be found exposed, it is the duty of a person finding such child, and of any person in whose charge such child may be placed, to give, to the best of his knowledge and belief, to the registrar, within seven days after the finding of such child, such information of the particulars required to be registered as the informant possesses, and, in the presence of the registrar, to sign the register.

Discovery of Births.—Notwithstanding the foregoing, it is the duty of every registrar to inform himself carefully of every birth which happens within his sub-district, and to procure the registration thereof in due course; and

Free Within Three Months.—When the registration is affected in the ordinary course within three months after the birth, it must be without fee or reward; but

One Shilling for Attendance.—If in pursuance of a written requisition, the registrar registers the birth at the residence of the person who makes such requisition, or at the house in which the birth took place (not being a public institution) the registrar is entitled to demand and receive from the informant a fee of one shilling.

After Three Months.—If the birth be not duly registered within three months, the registrar (being informed of the birth) is authorised and required, at some time within twelve months after the birth, by notice in writing, to require any of the responsible persons to attend at the district register office within such time (not less than seven days after receipt of notice, and not more than twelve months after the date of the birth) as may be specified in the notice, and make before the superintendent registrar a solemn declaration of the particulars required to be registered, and sign the register in the presence of the superintendent registrar, who must also sign. The fees then payable by the responsible person amount to five shillings.

After Twelve Months.—A birth cannot be registered more than twelve months after it occurs unless with the written authority of the Registrar-General, subject to special forms prescribed and payment of fees amounting to ten shillings.

Removals.—Every responsible person who removes from the place of a birth into another sub-district before registration has been effected continues responsible for such registration, but may effect it within three months by delivering a declaration in writing to the registrar of the sub-district removed to, and the payment of a fee of two shillings.

Baptismal Name.—If a child, after registration, is baptised in any other or additional name, the minister who performs the ceremony is required, on request, to give a certificate to that effect on payment of a fee not exceeding one shilling, and such altered or additional name may be entered on the register on payment of a fee of one shilling.

Correction of Errors.—If an error of fact be registered with reference to any child, such error may be corrected on payment of a fee of half-a-crown.

Penalties.—Several penalties are now enforced with reference to registration of births which were previously unknown, and other penalties are retained, as thus enumerated :—

Every responsible person who wilfully refuses to answer legal questions, or fails to comply with any legal requisition, forty shillings ; or

Who wilfully makes any false statement, £10, or imprisonment with or without hard labour for two years, or penal servitude for seven years.

3731. ***Vaccination.***—This being a subject which has excited so much observation, the following details are given :—

Authorised Vaccinators.—Every physician and every surgeon, duly qualified as such according to law, is authorised to vaccinate. Any other person who vaccinates, or attempts to vaccinate, is liable to a month's imprisonment for every offence.

Compulsion.—Every child is required to be vaccinated, under a penalty of 20*s.* payable by the person responsible.

Discretion of Parents.—Parents may procure the vaccination or re-vaccination of their children by any authorised person—usually the medical attendant of the family—who, of course, gives a certificate when the operation is duly completed.

Responsible Persons.—Every person in custody of a child is responsible, so far as vaccination is concerned, as if such person were one of the parents.

Vaccination Officers.—Every board of guardians is bound to have and pay a vaccination officer, or more than one officer if required by the Local Government Board.

Every registrar of births and deaths is under an obligation to deliver to the vaccination officer, at least once a month, a list of all the births and all the deaths

under twelve months of infants registered by such registrar since the date of his previous list.

The vaccination officer is required to see that all infants are vaccinated, and to prosecute for non-compliance.

When any Poor Law medical officer attends a case of small-pox in his official capacity, and he discovers that any person or persons resident in the same house (not having already had small-pox) has or have in his opinion never been vaccinated, or need re-vaccination, he is authorised there and then to vaccinate or re-vaccinate any or every such person or persons, and is entitled to a fee from the guardians for each case as if he were a public vaccinator.

Every certificate by a public vaccinator that a child is unfit for vaccination is to be delivered by such public vaccinator to the vaccination officer.

Every certificate by a private practitioner that a child is unfit for vaccination must be delivered *by the parent* to the vaccination officer within seven days after date, and the officer is required to give (without fee or charge) a duplicate of such certificate.

Certificates of successful vaccination are to be delivered to the vaccination officer within seven days after date, subject to duplicates gratis as for certificates of unfitness.

In cases of re-vaccination (gratis) by a public vaccinator, the case must be submitted to such vaccinator for inspection in a week afterwards, otherwise the responsible party is liable to the vaccinator or guardians for half-a-crown.

If a child is submitted to a public vaccinator, and he, on examination, is satisfied that such child has already been successfully vaccinated, he is authorised to give a certificate of vaccination, though the process was not performed by him.

Every person who prevents any public vaccinator from taking lymph from a child whom he has vaccinated gratis, is liable to a penalty of 20*s*.

Proceedings under the Act must be before a stipendiary magistrate or two justices.

A person prosecuted for one offence or omission under the Act, though proved innocent of that, may be convicted *at the same hearing* of any other offence or omisssion under the Act, if admitted or proved, *though no mention or hint* of such latter offence or omission appear *in the summons*.

The defendant in any proceedings under the Vaccination Acts may appear by "*any member*" of his family or "*any other person*" authorised by him in that behalf.

Proceedings must be taken within twelve months after the alleged offence or omission.

3732. ***Settlements.***—A settlement is a sum of money or any kind of property made over to a trustee or trustees, to be appropriated as directed by the will or deed which creates the settlement.

Settlements by will, in the ordinary course, are usually to provide for certain persons during their lives, the property being distributed to prescribed persons on the death of the person for whose benefit the settlement was created.

Marriage Settlements are usually designed to provide for the wife in case of the husband's misfortunes, or to ensure to the child or children of the marriage the means of living, of which their parents cannot then deprive them. When landed property is so settled upon the heirs of the marriage, it creates an entail upon the eldest son, by primogeniture, unless anything otherwise be expressed.

Effective Promises.—If, during a courtship, any person writes to either of the parties that he will settle property in consideration of the marriage, and the promise is not recalled before the marriage, the undertaking is binding, and the person who so wrote can be compelled, after the marriage, to execute a

deed accordingly. The like applies to any memorandum implying an intention to settle in consideration of the marriage.

A deed of settlement executed before a marriage can be recalled any time before the marriage, one minute sufficing; but the moment the marriage is completed, the deed, if not previously recalled, is irrevocable, and cannot be set aside, even with the consent of all the parties, as the children of the marriage, any length of time afterwards, have power to revive it if they can prove its existence and its provisions.

A sentence in a settlement which states that the recipient of income under the settlement shall be "without power of anticipation," renders it impossible for such recipient to sell, mortgage, or otherwise dispose of any portion of such income, and any transaction to that effect is then void.

Any person who has property is legally empowered to settle that property upon self or otherwise, and property so tied up cannot be disposed of except in terms of the settlement.

Every settlement is legally limited to the lives of children of persons living and twenty-one years afterwards.

Void Settlements.—If a person makes a settlement in consideration of marriage or otherwise, and it turns out that at the time of the settlement he was not possessed of the property indicated, except by taking that due to creditors to make it up, such settlement is void, and the property can any time afterwards be taken to satisfy his creditors. But if the settlor, at settlement, really had the property, over and above his liabilities, the settlement is good against subsequent liabilities.

3733. ***Wills.***—A minor cannot make a will under any circumstances. Every person of twenty-one years of age is competent to make an effectual will, unless he or she be under intimidation, or an idiot, insane, intoxicated or otherwise mentally deranged, or a condemned felon.

A will is invalid if it be expressed to be in aid of any unlawful object, and a will of land is invalid if it professes to leave the land, or the proceeds of the land, or money wherewith to buy land, for the benefit of any institution in the nature of a corporation, or for any impersonal object, as a church, a school, or a reformatory, with some minor exceptions in favour of the Church of England.

Every will, to be valid, must be printed or written, signed by the testator and by two witnesses. There is no prescribed form of a will, and anyone is competent to write it. The following is a simple form :—

This is the last will and testament of me, Sarah Smith, of 444, Fleet Street, in the city of London. I give my piano to my eldest daughter Sarah. I give my wardrobe to my daughter Caroline. I give one hundred pounds to my son John, and ten pounds to my servant Eliza. I leave all the rest of my property to my husband, William Smith, and appoint him sole executor of this my will. In witness whereof I have hereunto set my hand this first day of February, in the year one thousand eight hundred and ninety. SARAH SMITH.

Signed by the said Sarah Smith, in the joint presence of us, who, in her presence, and in the presence of each other, have hereunto subscribed our names as witnesses. JOHN BLACK. SUSAN WHITE.

The passage in the brace is desirable, but not essential. The mere word Witnesses will satisfy the law, but the witnesses must sign in the presence of each other, and in the presence of the testator. They must either see the testator sign or receive his unqualified assurance that it is his signature, or written by his instruction.

Any will can be effectually destroyed by the testator, or a will of later date will supersede it; but a codicil of later date will not invalidate the original will, only so far as the codicil goes. Marriage renders all previous wills of a testator invalid.

3734. ***Executors.***—The death of a testator immediately vests all the property of the testator in the executor. It is his duty, if informed of the death, to arrange for the funeral and to make necessary arrangements for the safe keeping and maintenance of the property. If he be not informed of the death, the nearest relative or any other person is entitled to act in his stead until he intervenes, but if he renounces the office such person becomes responsible. Two or more executors have equal authority and responsibility.

The executor must obtain probate, some time not earlier than seven days after the death nor later than six months after. Penalty for neglect, £100. The executor is entitled to possession of the will, which he must deliver at the registry, and a copy of it is issued, which is called the probate. It is desirable to obtain probate within fourteen days after the death.

The executor's first duty is to realise the estate.

The payments out of the estate have priority in the following ordinary course, unless there be something very specially otherwise:—

Funeral expenses.	Salaries and wages.
Costs of Probate.	Special and common debts.
Crown taxes.	Specific legacies.
Local rates.	General legacies.
Judgment debts.	Residue.

As a general rule, no one of the preceding items must be paid until all the preceding ones are satisfied. If this rule be not adhered to, and any item be paid too soon, and the estate prove insufficient to proceed further, the executor will be liable out of his own pocket to the parties included in the earlier item.

Specific legacies, as a piano or £100, must go for debts if necessary, but they must be satisfied before satisfying general legacies, or disposing of the residue.

3735. ***Intestacy.***—When a person dies without first making a will, the nearest relative, or, in his absence, any person at hand, is entitled to act temporarily as if he were the executor. If he do so, he may be superseded by one having a nearer claim of relationship, or he may be compelled to continue the administration of the property, as he must if no one else will.

The administrator is entitled to letters of administration not earlier than fourteen days after the death, and he must obtain them within six months; and it is not safe to do much with reference to the property until they are obtained, the penalty for neglect being £100.

On application for the letters, the administrator must be prepared to give a bond, with two sureties, to the satisfaction of the registrar, binding the administrator to administer the estate according to law. The amount named in the bond may be fixed at double the estimated value of the estate, but may be made less at the discretion of the registrar, according to the circumstances of the estate.

Payments must be made in the same order as under a will; but the subsequent disposal of the property must be according to law. If there are near relatives the decision is usually easy.

If the deceased was a married woman the whole of her personal property goes to her husband, who need not take out letters of administration, and her landed property (if any) is his for life as tenant by the courtesy, if there are children of the marriage.

If the deceased was a married man leaving no children, the widow takes all her own clothing and adornments, half the personalty—or if there be children, one-third of the personalty—the rest going to child or children.

If the deceased husband was a freeholder, then the widow is entitled to one-

third of the income of the estate for life, which is her dower, the heir succeeding to the land subject to that dower.

It the deceased be a widower or widow, with child or children, all landed property goes to the only or eldest son, or (if no son) to daughter or daughters equally as co-parceners. The personal property goes to children equally (if more than one) irrespective of sex.

In other circumstances, an intestate's property goes according to the Statute of Distributions. Its provisions are, at best, exceedingly complicated, and are liable to further complications by means of what are called "advancements," and other matters, so that proceeding in administration without early resort to a solicitor is exceedingly unwise.

3736. ***Domestic Servants.***—Every hiring of a domestic servant is presumed to be for a year, unless clearly expressed to be otherwise, consequently the hiring a day or two before commencement of service is invalid, because extending over more than a year. But though the hiring be for a year, the wages are payable monthly, from the day of commencement of service, and the servant can leave or be dismissed by a month's notice, or either mistress or servant, by payment or forfeiture of a month's wages, can there and then terminate the service without notice.

The servant can also be dismissed without warning, and without payment of any portion of the wages of the current month, for gross disobedience to reasonable orders, gross neglect of ordinary duties, gross misconduct, gross immorality, on the premises or elsewhere, gross insolence, gross attempts to injure reputation of mistress or household, gross exercise of unauthorised authority, absence when leave of absence has been expressly refused, or absence all night without reasonable excuse. In every case the offence must be gross, and beyond doubt or qualification, or the servant may, perhaps, eventually recover wages for a month or more.

The servant is entitled to food in some sort corresponding to the style of living of the family, and cannot be dismissed or punished for appropriating for her own eating any kind of food, unless she has been expressly ordered not to eat any exceptional thing. Then, if she does, she may be dismissed as for insolence.

During the undoubted temporary illness of a servant she is entitled to reasonable care and indulgence, but the employer is not bound to provide medicines or medical attendance. If the illness be prolonged the employer is entitled to terminate the service in any manner reasonably considerate.

The servant is not in the least liable for breakages which are purely accidental, unless payment on account of them has been expressly stipulated for; but the servant is liable, for malicious injuries, to instant dismissal and damages.

Servants under twenty-one are not legally responsible with reference to service. Such a servant can go when she likes, though the employer must treat her as if of full age. In every respect the employer is bound by the contract; but the servant is not. Some security may be obtained by making the engagement with the mother of the servant, on her daughter's behalf, which is a good plan, and is at least likely to be some check upon indiscretion.

3737. ***Servants' Characters.***—Every employer is legally entitled to firmly refuse to give any servant a character, and may decline to answer any questions on the subject.

If a good character is given when the servant is known to be a bad character, the responsibility, in case of the servant's offence against the new employer, is very great.

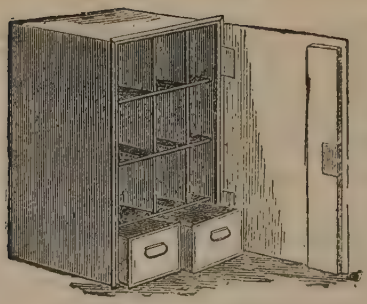
If a bad or indifferent character is given, the employer must be fully prepared to substantiate what is said or written, or a liability for damages may arise.

Accusations of idleness, want of cleanliness, or lack of ability, may be freely expressed where there is anything like ground for the statements, but to impute dishonesty is often a serious risk unless a conviction has been obtained.

The utmost care is necessary, but an employer is not only to be excused, but commended, for such candour as may prevent another employer from placing confidence where it is clearly not safe to place it, therefore, an application from an intending employer justifies telling everything unfavourable that is strictly within the precise facts.

On the contrary, the employer, who has got rid of a dishonest or disreputable servant, is not legally at liberty to speak against her in the way of gossip, and especially when there is an apparent desire to do the servant an injury out of any spirit of retaliation, when no application is made for the character. Such conduct renders the gossip liable to damages.

*** Numerous matters of interest with reference to household affairs (including gas, water, coal, bread, adulteration of foods, &c.) are dealt with at length in the "Household Adviser," price 2*s.* 6*d.* Ward. Lock and Co.



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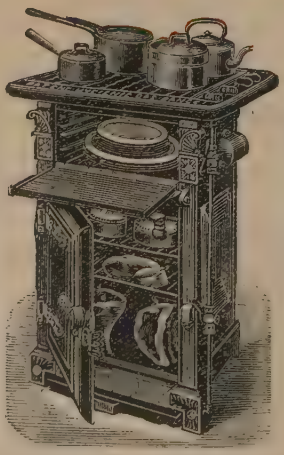

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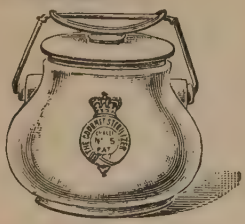

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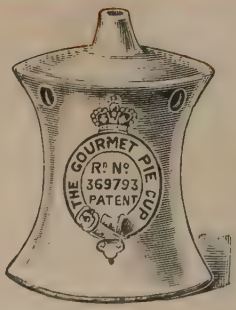

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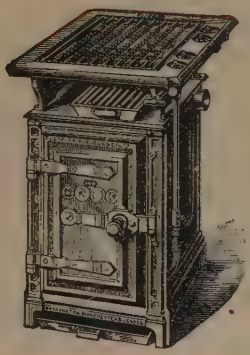

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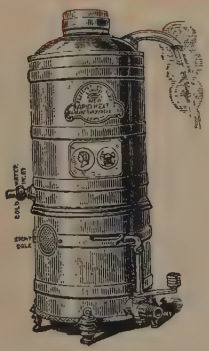

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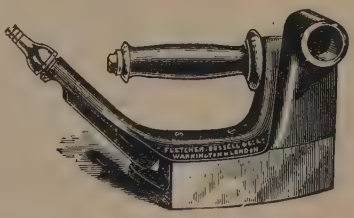

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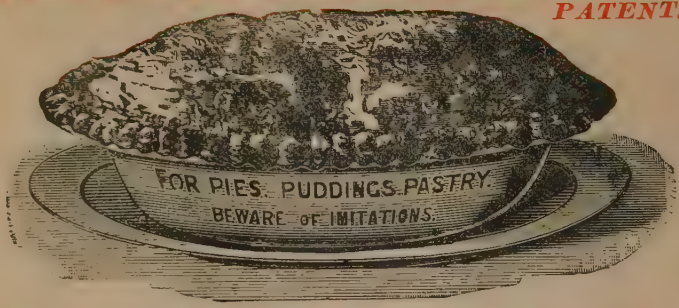

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Vice-Chancellor SIR W. PAGE WOOD stated publicly in court that Dr. J. COLLIS BROWNE was UNDOUBTEDLY the INVENTOR of CHLORODYNE, that the whole story of the defendant Freeman was deliberately untrue, and he regretted to say it had been sworn to.

See *The Times*, July 13th, 1864.

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Every Household Manager should keep a supply of WHELPTON'S PILLS as a General Family Medicine. They are a safe and gentle aperient, and by their Highly TONIC properties give vigour to the system. Suited to both sexes and all ages.

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The most valuable preparation in the world. Universally acknowledged to be the only real substitute for eggs yet discovered. This truly wonderful Powder has not gained its high reputation without meriting it to the fullest extent; its action on Cakes, Puddings, &c., &c., resembles that of the egg in every particular, enriching them in colour and flavour; also rendering them most wholesome and nutritious. Those who have not given it a trial should do so at once; they will find that one penny packet will go as far as four eggs, and one sixpenny tin as far as twenty-five, thus making the cost one-fourth that of eggs.

Sold Everywhere, by Grocers, Oilmen, Chemists, Italian Warehousemen, &c.

RECIPES.

YORKSHIRE PUDDING.

MATERIALS.—One pint of milk; four heaped table-spoonsful of flour; one salt-spoonful of salt; one dessert-spoonful of GOODALL'S EGG POWDER.

PROCESS.—Put the flour, salt, and Egg Powder into a large bowl, mix well together, then add the milk gradually, stirring the whole until thoroughly mixed. Pour the batter into a shallow tin, well greased with butter, lard, or dripping. Bake for quarter of an hour in a hot oven, and then take it out and put it under the meat for about the same time. Cut the pudding into square pieces before transferring it from the tin to the dish to be sent to table.

☞ *This kind of pudding, when well made and rendered light and palatable by using Goodall's* EGG POWDER, *is a desirable accompaniment for roast beef.*

Is Yorkshire Pudding eaten with meat only?

Its richness and lightness renders it a suitable pudding to be eaten with meat; but when a few Sultana raisins or currants are mixed with the batter, and a little sugar, it forms a nutritious pudding, especially for children, to be eaten in the usual way after meat.

PANCAKES.

MATERIALS.—One pound of flour in a dry state; a little salt; a dessert-spoonful of GOODALL'S EGG POWDER.

PROCESS.—Put the flour, Egg Powder, and salt into a large bowl and thoroughly mix them together; then pour in the milk, stir well until a batter is formed of the consistency of thick cream. Warm the frying pan, and put a little butter or lard in it, when melted put sufficient batter to cover the pan; fry of a light brown one side, and then turn the pancake and fry it on the other side. When done, send to table with sugar, treacle, and fresh lemon.

SWEET CAKE.

MATERIALS.—One breakfast cup of flour; one breakfast cup soft white sugar; two ounces butter; a good tea-spoonful GOODALL'S EGG POWDER.

PROCESS.—Mix the flour, sugar, and Egg Powder together thoroughly, then rub the butter well in, add a little milk and mix all together with a spoon, put into a tin and bake for half an hour or longer.

GINGER CAKES.

MATERIALS.—Five table-spoonsful of flour; three table-spoonsful of brown sugar; one tea-spoonful of ground ginger; two table-spoonsful of treacle; a good tea-spoonful of GOODALL'S EGG POWDER.

PROCESS.—Mix the flour, sugar, ginger, and Egg Powder well together in a dry state, then add the treacle with a little milk, stir well together, put in a tin, and bake in a moderate oven.

GROUND RICE CAKES.

MATERIALS.—Quarter pound ground rice: quarter pound moist sugar; quarter pound of butter; two table-spoonsful flour; a few currants; one tea-spoonful of GOODALL'S EGG POWDER.

PROCESS.—Mix the rice, sugar, currants, and Egg Powder together in a dry state, then melt the butter before the fire and add half a tea-cupful of warm milk, mix together with a spoon, then put into queen cake tins or moulds, and bake in a moderate oven.

The above recipes are extracts from that valuable little volume entitled—"Good Things made, said, and done for every Home and Household," a copy of which will be forwarded to any address on receipt of ½*d. Stamp (to cover postage) by the Proprietors—*

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"The difficulty of making a jelly well and quickly is one which has tried the patience and skill of many a cook, both amateur and professional. A debt of sincere gratitude is therefore due to Messrs. Goodall, Backhouse & Co., of Leeds, for their recent invention in the way of Jelly Squares. All that the cook has to do is to place the tablet in a basin, and pour upon it one pint of hot water, taking care that the water is not hot enough to boil. The tablet should then be stirred until it is dissolved, poured into a mould, and put into a cool place to set. The jelly will then be fit for use, without any further trouble. These Jelly Squares certainly deserve to be widely popular, and we can confidently recommend them to our readers, for they are most delicious in flavour, while they require absolutely neither trouble nor skill in preparation."—*Ladies' Pictorial.*

"Jellies are such welcome and tempting additions to our table delicacies, that thousands of families will hail with delight the Jelly Squares of Messrs. Goodall, Backhouse & Co., of Leeds, which reduce the making of this dainty dish to the very minimum of trouble, and by saving boiling, straining, mixing, etc., insure its success in the hands of even an inexperienced cook."—*The Lady.*

"Goodall's preparations are continually being added to. I have often written in this column about their excellent Orange Quinine Wine, a capital tonic, their Yorkshire Relish, one of the best of sauces, their Egg, Custard, Blancmange, and Plate Powders, and Brunswick Black; and now I have to add to the list their Jelly Squares, by means of which jelly can be very expeditiously and inexpensively prepared. The contents of a packet are put into a basin in hot water, and when dissolved the jelly is poured into a mould, and when cold is ready for use."—*Sylvia's Home Journal.*

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And all those other Symptoms which none but a Sufferer can describe.

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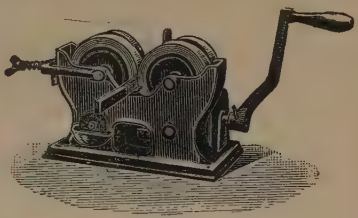

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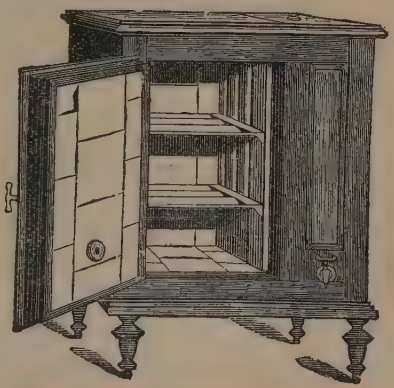

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The best and most economical invented

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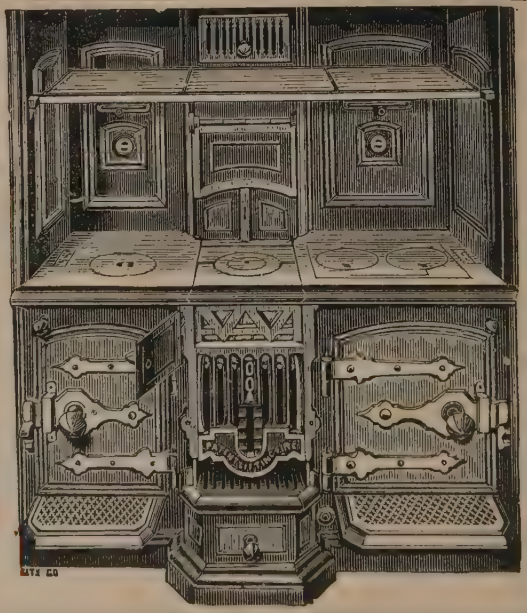

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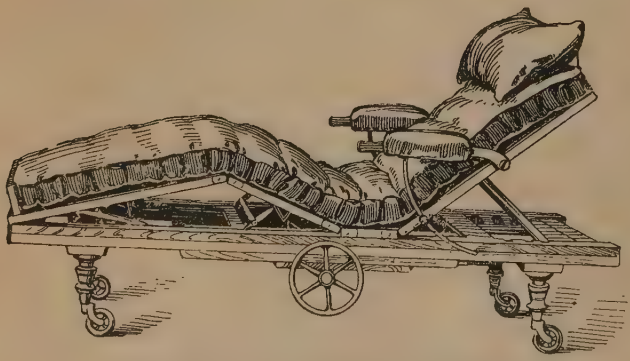

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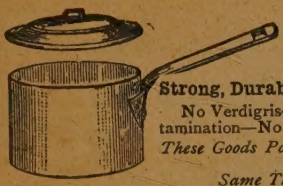

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THE EFFECT of ENO'S 'FRUIT SALT' on a DISORDERED, SLEEPLESS, & FEVERISH CONDITION is SIMPLY MARVELLOUS. It is, in fact, NATURE'S OWN REMEDY, and an UNSURPASSED ONE

CAUTION.—*Examine the Bottle and Capsule. and see that they are marked* ENO'S FRUIT SALT,' *otherwise you have a WORTHLESS IMITATION.*

Prepared only by J. C. ENO, Limited, 'FRUIT SALT WORKS, LONDON, S.E.
by J. C. ENO'S Patent.

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THE MODERN STOVE POLISH.

A PASTE
ALWAYS READY
FOR USE.

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BIGGER TINS. SAME PRICES.